



# LEADERSHIP ACADEMY

Player Name: \_\_\_\_\_

# LEADERSHIP ACADEMY

## WEEK 1 - EXPLORING LEADERSHIP

1. What does leadership mean to you?

2. List 8-10 characteristics that describe effective leaders.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

9.

10.

What are your strengths as a leader?

What should you do to continue and build up these strengths?

What are your areas to improve as a leader?

What are some specific actions to take to improve these areas?

## Team Leadership Self Evaluation

Using a scale from 1 to 5 rate yourself on the following questions.

1 – Strongly Disagree      2 – Disagree                  3 – Undecided      4 – Agree                  5 – Strongly Agree

### Commitment

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 1. I am one of the hardest workers on the team ... | 1 | 2 | 3 | 4 | 5 |
| 2. I care passionately about the team's success... | 1 | 2 | 3 | 4 | 5 |
| 3. I am a competitive person who wants to win...   | 1 | 2 | 3 | 4 | 5 |

### Confidence

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 4. I believe in myself as a person and my ability to lead... | 1 | 2 | 3 | 4 | 5 |
| 5. I want to perform in pressure situations...               | 1 | 2 | 3 | 4 | 5 |
| 6. I bounce back quickly following mistakes and errors...    | 1 | 2 | 3 | 4 | 5 |

### Composure

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 7. I stay calm and composed in pressure situations...       | 1 | 2 | 3 | 4 | 5 |
| 8. I stay focused when faced with distractions/adversity... | 1 | 2 | 3 | 4 | 5 |
| 9. I keep my anger and frustration under control...         | 1 | 2 | 3 | 4 | 5 |

### Character

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 10. I consistently do the right thing on and off the court... | 1 | 2 | 3 | 4 | 5 |
| 11. I am honest and trustworthy...                            | 1 | 2 | 3 | 4 | 5 |
| 12. I treat my teammates, coaches, and others with respect... | 1 | 2 | 3 | 4 | 5 |

Leader by Example Total (add questions 1-12) \_\_\_\_\_

### Encourager – Servant

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 13. I reach out to teammates when they need help... | 1 | 2 | 3 | 4 | 5 |
| 14. I take the time to listen to my teammates...    | 1 | 2 | 3 | 4 | 5 |

### Encourager – Confidence Builder

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 15. I regularly encourage my teammates to do my best...      | 1 | 2 | 3 | 4 | 5 |
| 16. I regularly compliment my teammates when they succeed... | 1 | 2 | 3 | 4 | 5 |

### Encourager - Refocuser

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 17. I communicate optimism and hope when the team is struggling..  | 1 | 2 | 3 | 4 | 5 |
| 18. I know what to say to my teammates when they are struggling... | 1 | 2 | 3 | 4 | 5 |

### Encourager – Team Builder

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 19. I have developed an effective relationship with all teammates... | 1 | 2 | 3 | 4 | 5 |
| 20. I am a team player who seeks to unify the team...                | 1 | 2 | 3 | 4 | 5 |

Enforcer

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 21. I hold my teammates accountable for following team rules...         | 1 | 2 | 3 | 4 | 5 |
| 22. I constructively confront my teammates when necessary...            | 1 | 2 | 3 | 4 | 5 |
| 23. I am willing to address and minimize conflicts between teammates... | 1 | 2 | 3 | 4 | 5 |
| 24. I am firm, fair and direct when dealing with conflicts...           | 1 | 2 | 3 | 4 | 5 |

Vocal Leader Total (add questions 1-24) \_\_\_\_\_

Top Three Leaders List

*Fill in the names of up to three teammates who best fit each question. Please be completely honest. You can list yourself if you feel you fit the question.*

List the top three people who have the best work ethic on the team.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

List the top three people who seem to have the most confidence.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

List the top three people who are the most mentally tough.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

List the top three people who you trust the most.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

List the top three people who care about their teammates.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

List the top three people who help build your confidence.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

List the top three people who unify the team.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

List the top three people who are willing to confront and hold teammates accountable.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

List the top three people who have the best attitude on the team.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

List the top three people whom you respect.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

List the top three people who seem to have the best relationship with their teammates.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

List the top three people who seem to have the best relationship with the coaches.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

## **WEEK 2 - COMMITMENT AND CONFIDENCE**

1. In which category would you rate yourself? Why?

2. Where do you think your teammates would rate you? Why?

3. Where do you think your coach would rate you? Why?

4. Where do you want to be? How do you need to get there?



Compelled  
Committed  
Compliant  
Existent  
Reluctant  
Resistant



1. How comfortable are you with yourself and who you are as a person?

2. How much importance do you put on what others think of you?

3. What do you stand for? What are you all about?

4. Can you do/say what is right even though it might go against the crowd?



# Strengthening Your Confidence Worksheet

What kind of training and preparation do you do?

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

What are your strengths as an athlete and a leader?

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

What past successes have you achieved?

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

Who are some people who believe in you and support you?

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

Which source do you tend to use the most when looking to build your confidence?

List 3 to 5 things you took form today's leadership lesson.

1.

2.

3.

4.

5.

## **WEEK 3 - COMPOSURE AND CHARACTER**

<b>Controllable</b>	<b>Uncontrollable</b>
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

1. What are the most stressful situations for you?
2. What do you do to maintain your composure during these times?
3. What are the likely consequences if you let the pressure get to you?

How would you rate your commitment to doing the right thing in basketball? Why?

How would you rate your commitment to doing the right thing in the classroom? Why?

How would you rate your commitment to doing the right thing in your social life? Why?

List 3 to 5 insights you gained from this lesson?

- 1.
- 2.
- 3.
- 4.
- 5.



## Teammate Mental Game Assessment

Pick a Teammate: \_\_\_\_\_

What motivates him?

How confident is he? Why?

How does he handle pressure situations and adversity? Why?

When does he tend to get down, angry, or frustrated?

What can I say or do to get him back on track?

Who does he trust the most and least on the team?

How does he feel about his role on the team?

How is his relationship with the coaches?

How would I describe my relationship with him?

What are his biggest strengths? (Physically and mentally)

What are his biggest weaknesses? (Physically and mentally)

1. Why do some people seem to lack confidence?

2. What do you do to build confidence in others?

3. From where do you get your confidence?

## **WEEK 5 - VOCAL LEADERSHIP PART 2**

What is our goal for the rest of this off season as a team?

To reach our goal, we commit to...

1.

2.

3.

4.

5.

6.

7.



1. Is team chemistry important to you? Why?

2. What are some problems that get in the way of good team chemistry?

3. What do you do to build and maintain team chemistry?

Write down a conflict that occurred this year between teammates and/or teammates and a coach. How could you have been a leader and helped the situation?

# Captain's Monitoring Worksheet

Using a 1 (terrible) to 10 (great) scale, how would I rate myself as a team leader this past week on each of the six key components to leadership?

Commitment    Confidence    Composure    Character    Encourage    Enforcer  
\_\_\_\_\_

What went well?

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What didn't go so well?

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What might I do differently next time?

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## **Team Leadership**

What's the mood of our team right now?

Distracted	1	2	3	4	5	6	7	8	9	10	Focused
Scared	1	2	3	4	5	6	7	8	9	10	Confident
Passive	1	2	3	4	5	6	7	8	9	10	Aggressive
Conflicted	1	2	3	4	5	6	7	8	9	10	Unified
Fatigued	1	2	3	4	5	6	7	8	9	10	Fresh
Apathetic	1	2	3	4	5	6	7	8	9	10	Motivated
Frustrated	1	2	3	4	5	6	7	8	9	10	Having fun

Who is struggling right now? How can I reach out to them?

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Is there anything I need to prepare for/ guard against this coming week?

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Observations/ Comments:

**\*Adapted from Jeff Janssen's "Team Captain's Leadership Manual"**