Cohesion and Leadership
Aims

• To identify the aspects concerned with the way the team performs.

• Comment on the social aspect and refer to the rapport between team members.

• On social side –cohesion appears to depend on having a sense of belonging to the group.
Team

Defined As:

• Any body of individuals within a group who work together to achieve the same goal.

Together
Everyone
Achieves
More
Characteristics of a team

• Working together to achieve the same goal
• Win and loose together
• Social aspect
• Leaders within the team
• Levels of cohesion within the team
Rapport

• This refers to a group of individuals who have similarities and are united through these similarities.

• In this case the similarities been the interest in the chosen sport/sports.
Social Rapport

• Rapport is a term used to describe a relationship between people

• Rapport is based on mutual like, trust, and respect

• Social aspects of rapport refer to the rapport that affects the teams performance
Affects on Performance

• The greater the social rapport present within the team the greater the sense of cohesion and feeling of belonging by each group member.

• Bad social rapport on a team can result in team members not working together for each other.

• Good social rapport on a team can result in team members working together for each other.
Leadership

• The behavioural process of influencing athletes and teams toward set goals

Types of leaders

• Directive
• Supportive
• Achievement
• Oriented
• Participative
Cohesion

The process below develops cohesion:

• Forming
• Storming
• Norming
• Preforming
Process

1. **Forming** – also known as the testing stage, athletes begin to make judgements about team mates and coaches.

2. **Storming** – also known as the infighting stage, during this stage there is disagreements, conflict and arguments.

3. **Norming** – this is when everyone on the team is assigned a role by the coach and told of the importance of all the roles coming together as a team.

4. **Performing** – this is when the whole team perform for one another and are concerned for there team mates.
A coach should identify what stage of cohesion the group/team are at through observations at training sessions and during competitions.

Coaches can then work their way through the stages to the performance stage.
Developing Cohesion

Coaches develop cohesion by:

• Developing rules for behaviour with the athletes
• Setting team goals
• Having team bonding exercises
• Having good communication with the athletes