



NY WEST ODP Leadership Tasks



Activity 1: STAND ON OWN FEET

- Break team into groups of 10-12 players
- At first, all players stand on own feet and coach asks them to stand “like a team”. Then each team needs to support one player from it’s team as this player cannot touch the ground in any way. Next, two players from each team must be supported. Then, three players....four players....etc. etc. until only one player from each team can touch the ground. This player must support all other players from the team as he/she is the only player who can touch the ground.
- As group must support more players make rule that suspended players must be suspended for 3 seconds minimum in order for them to successfully complete that stage of the task.
- Point system could be that each group gets a point for each stage of task successfully completed. -OR- Teams could compete and only the team that successfully completes each stage of task in quickest time gets a point.

Coaching Points:

1. At end, point out how much easier it is to stand on their own two feet, rather than to have others have to carry your weight.
2. watch and observe who leads, who follows, who listens, who does not.
3. see who acts before thinking.
4. do not provide advice to any team as they need to solve on own.

Rationale:

This task should teach players it is easier to perform a group task if everyone carries their own weight. It should also help them learn how to work cooperatively as a group. Some groups may splinter and multiple players will try to lead at one time. With a simple comment, you may point this out to the group. See if they learn how to follow a leader and see if everyone in the group learns when to lead and when to follow. Lastly, if doing this intelligently the lightest and smallest players will be suspended first and the biggest players will ultimately be the last to touch the ground. Did your teams figure this out? This is a good time to talk about all of us having different roles based on our abilities and characteristics --- similar to the game of soccer.



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Activity 2: LEADER GAME

- Keep team in one group or break into two groups if more than 30 players
- Ask one person for each group to volunteer to leave room (“outsider”)
- Once that person is out of room, ask one person of each group to be the leader for that round
- Instruct the leader to do a simple, repetitive motion, such as clapping, stomping feet or pulling earlobe and to switch actions somewhat frequently (every 3-8 seconds) but unobtrusively.
- Tell everyone else to follow without making it obvious who the leader is.
- The outsider is called in, asked to stand in the middle of the circle and given 3 tries to guess who the leader is.
- Play again with a different leader and different outsider.

Options:

- A) Play same game but with 2 leaders. 2 leaders share leadership without communicating to each other verbally. Outsider has 5 guesses to guess the 2 leaders.
- B) Outsider tries to pick out people who are not the leaders. If picked out and not a leader, must sit down and stop participating. Outsider picks until only the leader(s) are left. Game stops if they erroneously pick a leader. Compare who can pick out all the non-leaders.
- C) Break team into 2 groups that compete against each other. Each group tries to guess the other teams selected leader (no outsiders in this version). Can add points for correct guesses and subtract points for incorrect guesses and keep score.

Rationale:

Part of the task of soccer is for a team to work in unison. Can players do that in this setting? At times players need to make changes to style of play and let teammates know that “un-obviously”. Can teams determine methods of doing that? Another aspect of the game is reading the cues of the other team and understanding who the leaders or “go to players” might be. This task teaches players to work in unison and to communicate non-verbally and to read cues --- all skills are transferable to the field. Later options of the game can teach players to think through their decisions before spitting out answers --- as they should think out their options on the field before rushing into a precarious position.