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What factors contribute to make a good leader and how might your style of leadership vary to be successful when involved in individual, racket and team activities?

The role of a leader can be essential. Barrow (1977) defines leadership as "the behavioral process of influencing individuals and groups towards set goals". This definition is important because it places emphasis on the vision of a leader (i.e. goals, objectives) while also highlighting the necessary interaction between the leader and group members. A team without good leadership can cause it to fail; this is the consequence of a team without organization and a sense of direction. The approach of the leader is very important but this depends on the situation, and the group size or members. Research has been carried out which focuses on whether leaders are born with leadership qualities or if they develop through time. There is no evidence to say that leadership qualities are skills that people are born with, overall it is suggested that leadership qualities are a mixture of the both. There are no certain characteristics which need to be present in a leader, but it appears that some important factors need to be present. Some of the main factors are: sport specific skills/knowledge, interpersonal skills, peer respect, good communication skills, empathy, consistency and fairness.

Leaders are most obvious if they have specific leader titles, such as a coach or a captain of a team. Other leaders may emerge out of a sports group, as they are seen as a leader by the other members of the group and are accepted by them. Corbin (1981) suggests that there are two different types of leaders and this was discovered from researching how the leader achieves the position of power. The two different types of leader are prescribed leaders and emergent leaders. Emergent leaders come from within the group itself, either informally because of the skills and abilities or formally through nomination or selection. For example, candidates for a team captain may be selected by the manager and then voted by the players. Therefore the captain has emerged from the choice of the team. Prescribed leader roles are established. The manager must have been

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