

... I will use transactional leadership aspects when the class is practising the skills set by watching and picking out faults in their technique in which they can improve on. This type of leadership principle promotes compliance of the participants through both rewards and punishments by meeting tasks or goals. I used this leadership principle by having goals when doing drills to only make a certain amount of mistakes. For the first session I got the players to pass the ball in pairs looking for accuracy. If someone missed the ball or didn't trap it and the ball rolled away then I got both people to run to a certain point. The reward for completing the drills without making mistakes was playing a game of football at the end. I also praised the team when they meet the goals of correct passing, by saying "good one Sals" or "that was a good pass Tom". So meeting the goals of accuracy when passing will allow students to improve their passing skills. Finally I will try to incorporate aspects of transformational leadership where the leader often passes on their enthusiasm for the activity by having an active and demonstrative role in the teaching or practise.

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Transformational leaders are inspiring because they expect the best from everyone on their team as well as themselves. This leads to high productivity and engagement from everyone in their team.

While transformational leadership does have some potential problems, leaders can often learn to use elements of this style without gaining the dislike of their group for example, an transformational leadership principle can be used effectively in situations where the leader is the most knowledgeable member of the group or has access to information that other members of the group do not. This was why I tried to incorporate it in my session as I have lots of experience and prior knowledge of football making the advantages of this principle out way the disadvantages so long as I combined it with other less dictatorial leadership principles. The age of the participants made this the ideal style to use in a sporting context because it meant that things got done quickly and effectively. We saw ourselves as knowledgeable members of the activity and therefore this principle was effective in getting the best out of or group.

I also used aspects of transformational leadership in my training session which was somewhat effective in the game as most people enjoyed the competitive aspect of the game rather than just doing drills. From using this leadership principle I learnt that I am able to be more enthusiastic when I am teaching something that I am passionate about and be more patient when I am interested in what I am teaching, making transformational leadership aspects a good principle to use for me in any future sessions. A disadvantage of this leadership principle in my session was that not everyone is as passionate about football as me and this decreased the motivation for participating fully and trying to win the game as the main part of transformational leadership I focussed on relays on people being motivated by enthusiasm and enjoyment in what they are doing.

I felt that the aspects of transactional leadership principle I incorporated in my lesson plan and session were effective in the progress of skills for many people in the group because I tried to give everyone individual praise and constructive criticism on how they personally could improve. This was by me setting goals and then trying to get them to meet them. I think some people got bored with the repetitive nature of the drills but progress wise transactional leadership principles can be very helpful in gaining individual improvement as people know there is a punishment for not completing the skill correctly so they work hard at trying to improve those skills. I saw a big improvement from the first session to the fifth session as all the teams passing skills and also the game at the end gave them to play against their friends and this made a big difference in the effort people were putting in to the lesson so this showed me that if I were to do this again challenges and actual games making use of the principles of transactional leadership would be a good style to use. The use of punishment where if they lost in the 1on 1 drill they had to retrieve the ball also provided the class with more motivation so I think transactional leadership was one of the most effective principles I incorporated in my session.