

Leadership



The C.A.R.E Formula For Leadership

To be a regular and reliable leader for your team, use the C.A.R.E. Formula. This is an easy way to remember the most important leadership traits.



EXAMPLES:

C: Compliment. Tell your teammates what they're doing well; thank the coach for their time and effort.

A: Act. You may personally want to work on your offensive soccer skills, but your team's defense is weak. If a whole practice is dedicated to defense, you should still engage fully and try your hardest.

R: Respect. Teams are naturally made of players of differing abilities. Everybody—not just the top players—bring something important and necessary to the team; be sure to acknowledge that.

E: Extend. Volunteer to pick up the cones after practice; help a teammate with her throw to home plate before practice.