

## Chapter 5

### The Team Captain

#### Topic

The importance of following instructions and knowing how to give them.

#### Objectives

##### Knowing

- ▶ To understand that on all teams the person in charge (trainer, coach, captain, etc.) gives orders, while members of the team follow the orders so that the team can work properly.

##### Accepting

- ▶ To give importance to executing orders for the sake of the team.
- ▶ To learn that obeying prepares us for being good at giving orders.

##### Doing

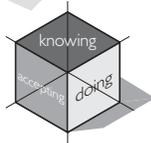
- ▶ To be cooperative and to respect the authority of the group leader.

#### Areas of Human Development to be Emphasised:

- ▶ Moral maturity: freedom and responsibility.
- ▶ Humility.
- ▶ Relationships: in authority and teamwork.

## Class Plan

### 1. Knowing



#### Motivation

- 2 Encourage students' interest in the topic through the story of Knute Rockne's life (p.33)

#### Presentation

##### The importance of obedience

Jack and Beth's attitudes illustrate that obeying is not always easy. But a well-functioning team requires each player to listen and follow instructions given by the captain. Like following instructions in a manual, it is a way for a team to perform better. Obeying requires willpower, self-control, and discipline. Trainers often request a series of exercises that individually might seem senseless, but together they help develop certain physical abilities to improve performance in a particular sport.

## The Team Captain

The next day, Miss Zeigler took the girls by themselves for a separate practice. They were still a little down because of the previous day. Miss Zeigler began by asking them what had gone wrong.

"Well, we didn't play as a team," admitted Beth.

The girls were beginning to realise how important it is to play in position. Soon they were all talking at once, asking Miss Zeigler for the position each liked best.

Miss Zeigler interrupted them. "Come on, team. You all need to learn to play in different parts of the field. Anyway, before we play, I want you to do some fitness training." The girls groaned. Running and jumping seemed like 'work'.



"I don't want to do this!" puffed Anna as she slowed to a walk.

"Why can't we practise throwing balls?" Beth whispered loudly. Several girls agreed. Jodie, however, tried to encourage the others to follow Miss Zeigler's instructions. Then one or two began to make faces and laugh at her, accusing her of being the teacher's 'pet'.

Miss Zeigler decided to call a halt. "Girls, we have a problem, don't we?" she said. "Each of you wants to play and train in your own way. Look at Jodie. Probably all of you wish you were team captain. That's quite normal and I hope all of you get to be captain at some point. But can you see why I chose Jodie? Think about what it means to be a team captain. It's not only a privilege: it's also a responsibility and means extra work. What does the captain have to do?"

A silence followed, which was eventually broken by Beth. "She has to get here before everybody else, she has to stay until the end, and she can never be absent."

"Good!" said Miss Zeigler. "What else? Julie?"

"She has to make sure that there are balls to play with and put them away at the end."

"What else, Anna?"

"She has to know how each of us plays, and help you decide whom to put where."

"Very good! Jodie, what do you have to say?"

"I think that the most difficult thing is having to keep encouraging people and make them follow the rules. It takes a lot of patience."



1

The Oxford and Cambridge boat race takes place every year. In 1899, Cambridge decided to carry an extra man to look ahead and give directions to the oarsmen. The tactic was so successful that rowing teams have had a 'cox' ever since.

31

This can apply also at home or at school. To give reasonable orders, the captain of a team must take everyone into account and respect all players. Otherwise team spirit suffers and the team will not perform well.

### The captain's attitude

Usually the captain is seen as a privileged person obeyed by the other members of the team. But captains must exert themselves more than other team members. It is the captain's responsibility to be sure the team has what it needs and plays its best. The captain's position is a privilege earned by working hard and growing in responsibility.

Rowing is an excellent example of how a team captain (in this case a cox) can make a difference between winning or losing. The members of the team, under the directions of the cox, use their united strength and skill to improve their chances of winning. (p.31)

1

**Giving and receiving orders**

Only people who know how to obey orders will gain the experience and knowledge necessary to give orders effectively.

Obedient players persevere and are disciplined; both these qualities are also needed in giving orders. If team leaders are disorganised and give orders impulsively, they lose credibility and are less likely to be obeyed.

2

Knute Rockne's story is a twofold example. He illustrates how a good team leader (in this case a coach) can make a big difference (giving timely instructions can win or lose the game). He is also an example of someone who learnt how to command by knowing how to obey. (p.33)

"That's true, isn't it, everyone? Sometimes it's easier to obey than to give the orders. That leads to another point. Captains obviously have to learn to give instructions so that people want to obey them. But they also need to know how to follow orders themselves. You can't give instructions effectively unless you know how to obey them!"

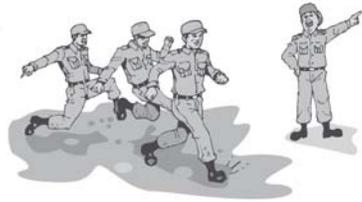




Many people think that the best coach of all time was an American called Knute Rockne. He didn't just know his players' weight and speed; he knew how they all thought and felt and how to make the most of each person. This made him a superb tactician. His instructions were always exact but given in an encouraging way.

2

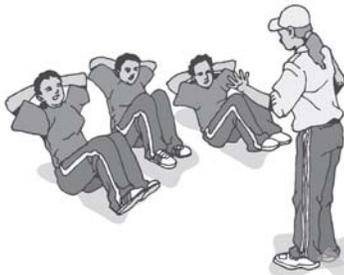
Having been a player who followed orders closely, he knew how to give them and how to win.



In the army, those chosen to give orders are the ones who follow them best. Soldiers perform difficult, boring, and sometimes dangerous tasks. They do this because they respect their officers.

3

Giving orders is not easy. You need to be sure of what needs to be done, how it should be organised and how to be fair, without asking more than people can give. This will motivate others to trust you and follow your orders.



4

33

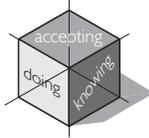
The effectiveness of any military unit is founded on its team spirit. Absolute respect for the chain of command is essential. Soldiers who question orders are not suited to this type of work. Sacrifices made by individuals within the group also increase group spirit. (p.33)

3

Emphasise that giving orders is not easy. Orders should be kept to a minimum and cover only what is important. Those in command should be meticulously fair and open with everyone, so that they win the trust of those under them. Care should be taken to avoid mistakes; if they occur, responsibility should be taken for them. Talk to students about the virtues of a good leader. (p. 33)

4

Alive to the World Sample



**2. Accepting**

**A. Written Activities**

**1. What are Jodie's responsibilities?**

Ask students to pick out from the text what makes a good captain. Then, ask them how they would feel if they had this attitude.

**2. Re-read Knute Rockne's story and answer**

In answering the questions, students will focus on obedience, its importance and benefits.

**3. Team Captain**

This activity deals with obedience and how we respond to an order. Students should think about their own reactions. Do they question orders? If they remember resenting an order, why was this (it may perhaps have been thought trivial, unfair, poorly known, badly delivered, unsuited to the circumstances, or pupils may feel their points haven't been listened to.) How do they feel about questioning an order?

**4. Little by little towards a goal**

The object of this activity is help students to overcome their resistance to taking orders by setting a particular goal to be followed for a week. Warn them that it will take some effort. Learning to obey in one aspect of life helps us to acquire a healthy spirit of obedience.

**B. Oral Activity**

As an alternative, start a dialogue about the benefits of obedience and the problems that arise from not obeying.

*When obeying:* Life is easier for the group; everyone knows what to do; there is order.

*Not obeying:* There is frustration; some actions aren't completed; accusations are made; there is disorder.

**1. What are Jodie's...**

...responsibilities as the captain of the rounders team?

.....

What do you think are the responsibilities of a team captain during a hiking expedition?

.....

Imagine that you are a team captain. What do you think would be your most difficult task?

.....



**2. Re-read...**

... Knute Rockne's story and answer:

a. Why was it important that Knute Rockne learnt to follow orders from his coach when he was a player?

.....

b. Why did his team win when he was a coach?

.....

c. Why did his team trust him?

.....

.....

### 3. Team captain

a. When you are given an instruction, what motivates you to follow it?

.....  
 .....

b. What puts you off or makes you want to rebel?

.....  
 .....

c. What do you think is the best way to give orders? Why?

.....  
 .....

d. Which orders do you find the most difficult to follow?

.....  
 .....

### 4. Little by little towards a goal

Choose an order from your list given at 3d. above and see if you can make yourself follow it all this week. Start by filling in the form below:

#### Goal

I, ....., promise this week to follow a difficult order from.....  
 .....when he/she asks me to.....



Think and talk about the following with your parents or an adult at home:

a) What does it mean to be a 'leader'?

.....  
 .....

b) List the qualities of a leader.

.....  
 .....

.....

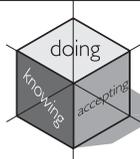
We did it well

It was a little difficult

We need to do it again

.....  
*Signature of a parent or responsible adult.*

### 3. Doing



#### Home activity

Get students interested in the topic of leadership and ask them to think through with their parents what it entails. Ask them: "Do leaders know how to obey?" Why is this important?

Glossary

**Attitude:** Outlook on life which will be reflected in a person's manner and disposition. Attitudes can be good or bad.

**Perseverance:** Spiritual firmness and persistence in action and intention. Not quitting.

**Freedom:** Ability to choose what is good. Mistaken choices lead to increasingly difficult situations which hamper freedom. Right choices increase one's freedom further.

**To obey:** To carry out the instructions of a person in authority for the good of all.

**Rebel:** A person who does not obey legitimate authority; someone who revolts.

**Responsible:** Putting care and attention into what one does or the decisions one makes, knowing that one will assume the consequences of one's acts.