

**FORMATION OF TEAM COLLABORATION AND LEADERSHIP QUALITIES THROUGH
A SYSTEM-ACTIVITY APPROACH IN SPORTS ACTIVITIES****Kozlova Galina Gennadievna**

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ORCID ID: 0009-0006-4216-6836**Abstract**

This article examines the importance of developing team collaboration and leadership qualities in the field of sports activities through the use of a system-activity approach. The author analyzes the key principles of this approach and its application in sports practice. Special attention is paid to the impact of the system-activity approach on the development of teamwork and the formation of leadership skills among athletes.

Keywords

system-activity approach, sports activity, team collaboration, leadership qualities, development, integrity, interaction, activity, communication skills, goals, objectives, feedback, self-assessment.

In the modern world, sport is becoming an increasingly competitive and demanding field of activity. In conditions of intense competition for victory, the formation of team collaboration and the development of leadership qualities play a key role in achieving success. The system-activity approach, based on the understanding of sports activity as a complex system, can serve as an effective tool for achieving these goals.

The system-activity approach in sports activities is based on considering a sports team as a complex system that includes various elements and the relationships between them. The main principles of this approach are:

Integrity

A sports team is viewed as a unified whole, where each member plays their role in achieving common goals. Within the system-activity approach, integrity implies that every team member is perceived as an integral part of the system, performing a unique function. It is important that each participant understands their significance and responsibility for the overall result, as team success depends on the contribution of every member. This principle emphasizes the need for coordinated actions and awareness of interdependence among team members to achieve high performance.

Interaction

The importance of interaction between team members and their interconnection in achieving common results. Within this approach, interaction implies not only communication but also deep cooperation and joint activity aimed at achieving shared outcomes. Team members exchange information and ideas, support each other, and make collective decisions. Interaction stimulates collective thinking and allows the most effective use of individual skills and potential for achieving common goals.

Activity

Emphasis on the active participation of each team member within their roles and functions. Every athlete should be actively involved in fulfilling their responsibilities, striving for self-development and improvement of their skills. Activity also implies initiative, readiness to act, and engagement in solving team tasks. This approach enhances motivation, creates a favorable environment for self-realization, and increases overall effectiveness.

Development

The system-activity approach promotes continuous development of athletes as individuals and team members. This includes not only improvement of sports skills but also the development of personal qualities necessary for successful performance. The approach involves creating conditions for learning and self-development through modern training methods, psychological support, and mental coaching. It focuses on developing physical, psychological, emotional, and social skills useful both in sports and everyday life.

Thus, the system-activity approach contributes to the harmonious development of athletes and strengthens their role within the team, improving overall performance and results. The application of the system-activity approach in sports practice can be implemented through various methods, including:

Development of communication skills

Athletes must be able to communicate effectively, express their ideas clearly, and respect others' opinions. Communication plays a key role in teamwork, interaction, and achieving shared goals. It includes active listening, asking questions, clarity of expression, empathy and respect. This enhances mutual understanding, strengthens relationships, and helps resolve conflicts constructively.

Goal setting and task formation

It is important to define common team goals and break them down into specific tasks. Goals should follow the SMART principle (specific, measurable, achievable, relevant, time-bound). Tasks may include training sessions, physical conditioning, psychological preparation, and organizational planning. This ensures clarity of responsibilities and coordination of efforts.

Development of leadership qualities

The system-activity approach fosters leadership qualities such as responsibility, determination, motivation, and the ability to lead others. Athletes become more accountable, resilient, and internally motivated. Leadership also involves influencing others, communication skills, emotional intelligence, and teamwork abilities.

Feedback and self-assessment

It is important to establish feedback mechanisms and self-assessment systems. Feedback provides information about performance from coaches and teammates and should be constructive and goal-oriented. Self-assessment helps athletes analyze their actions, identify strengths and weaknesses, and develop self-awareness and self-regulation. These tools enhance both personal and professional growth.

Conclusion

The system-activity approach in sports activities is an effective tool for developing team collaboration and leadership qualities. It allows viewing a sports team as a complex system where each member plays a unique role. The application of this approach improves training efficiency, enhances performance, and creates a positive team environment.

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