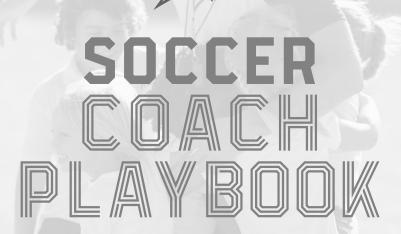


UPULAD SPORTS

A COMPREHENSIVE GUIDE TO PROVIDING THE BEST LEAGUE EXPERIENCE!

DEVELOP SKILLS | STRENGTHEN CHARACTER | HAVE FUN



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SECTION 1

COACHING ESSENTIALS

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The goal of our sports ministry is:			
Success looks like:			
Success looks like.			
Success in our sports ministry is measured by:			
Success in our sports ministry is measured by.			

→ What You Do Matters

Thank you for coaching this season! You are about to influence the lives of families for the next several weeks but don't worry. This league and Upward Sports provide the tools you will need for the journey, even if you are new to a sport.

Matthew 5:13-16 - You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless. You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

→ Your Role in Sports Ministry

As a coach, you play a vital role in the sports ministry to players and families. You are on the front lines of what takes place this season.

Sports ministry requires that the sport and ministry are both done with excellence as you give your best effort in teaching the sport and caring for people through ministry opportunities. Your league is not "just an Upward league" or "just a church league." Sports ministry is your chance to provide the best youth sports experience in your community and demonstrate the gospel to the families you serve.

Hebrews 12:1-2 reads, Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer, and perfecter of our faith.

How do you plan to grow spiritually and as a coach this season?	

→ An Upward Sports Coach

Whether you are a first-time coach, veteran coach, or somewhere in between on the coaching journey, there are five crucial things to do as an Upward Sports coach.

Five Keys To Coaching:

- 1. Be organized to teach the sport Take time to teach the fundamentals of the sport and the rules through organized and detailed practices. Refer to the practice plans for drills and look to enhance each player's skill development.
- **2. Lead the practice devotion** Coaches lead a devotion, discussion, and prayer during practices using the devotion materials. If you need help, let the league director or coach commissioner know, as they are ready to provide support.
- **3. Communicate with parents** Parents on the team want you to communicate with them. Send a weekly email, text, or both to let parents know how the team is doing and remind them of upcoming events.
- **4.** Instill sportsmanship, a competitive spirit, and a growth mindset Help your players learn how these work together.
 - Great sportsmanship involves valuing others and showing appreciation for opponents, teammates, and officials regardless of the scoreboard.
 - ◆ A competitive spirit is about doing your best in all situations during practice and games.

- ◆ A growth mindset focuses on growing and improving at each opportunity so that small improvements lead to more significant change as they compound over time. There is always growth potential.
- **5. Follow the Circle of Affirmation** Support game day officials by being their biggest fans and following the Circle of Affirmation on game days. Following the Circle of Affirmation will provide families with a positive experience and show we value people as God's creation.

As a coach, invest time in giving your best while considering Genesis 1:27 and Genesis 2:7. Realize that God created the participants you are coaching and those around you. As image-bearers of God, we should treat everyone with the love that God treats them, as you promote the discovery of Jesus.



GENESIS 1:27

"So God created human beings in his own image. In the image of God he created them; male and female he created them."

GENESIS 2:7

"Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person."

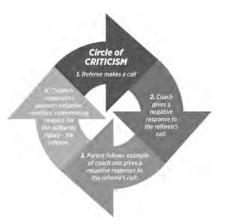
→ Circle of Affirmation

Game Day Attitude

Choosing the right game day attitude is a key to being an effective Upward Soccer Coach. Actions and reactions on the field can either open or close the door to ministry. The Circle of Criticism and the Circle of Affirmation are simple diagrams that illustrate the results of a coach giving a referee either negative or positive feedback.

In Upward Soccer, coaches and referees work together as a unified team. Coaches have the opportunity and the responsibility to stop the Circle of Criticism by starting the Circle of Affirmation.





The Circle of Affirmation goes beyond the referee. A coach's affirmation of players inspires encouragement and praise from parents, family members and other players. Practicing the Circle of Affirmation makes the game a better experience for everyone.

→ Three Layers of Coaching

The three coaching layers are essential to understand the dynamics of coaching a team. They include a player, the team, and the coach.

PLAYER A coach will need to observe each player's skill level and teach accordingly. You may have a wide range of skill levels, with players who have experience and skill and some who have never played the sport. Work one-on-one with players and give them direction on individual skills to try at home. Celebrate success as they develop and be patient with their mistakes.

TEAM

As you coach each individual, you must also bring the team together. In a team sport, players must learn how to work well with each other. The team concept changes as players become more mature, advance in age, and can focus on others and not just themselves. Small-sided scrimmages and in-game scenarios at practices can aid in developing the team concept. Helping them communicate with each other by using participants' names and showing them how to encourage each other will help them come together as a team.

COACH You must prepare for practice and games to coach a team. Coaches should be willing to invest the time it takes to be ready to lead. Spend time reviewing practice plans and thinking about backup plans so that you can move forward if something isn't working. Take time to check the Scouting Report section of the practice devotion and spend time praying for your team.

→ Interacting with Players, Parents, Coaches, and Referees

As you are in a coaching role, people watch how you respond at practices and games and how you lead the team. Your interactions influence the atmosphere of the league, if a family will return next season, and the league's and your ability to conduct ministry.

Interacting with players

Interacting with players is pivotal for a coach. This coaching opportunity may place you as someone's first-time coach. In sports ministry, you have the chance to impact someone for eternity.

Here are ten tips on interacting with your players.

- Greet each player by name as they arrive.
- Always be mindful of speaking on a level that the player can understand.
- ♦ Tell participants the details of what you are teaching, show them what you are teaching, have them do it, and then apply it in a game scenario.
- ♦ Focus on one skill at a time as you teach so that players can learn each one thoroughly.
- ♦ Recognize differences in skill levels so that you can help each player improve.
- Be familiar with the devotion and allow time for discussion.

- Hold a ten to fifteen-minute meeting with parents at the end of the first practice to set expectations and answer questions.
- Allow players to be creative during the game. Teach at practice and observe and encourage during the game.
 You don't need to control all of the player actions.
- Understand that there is a lot of information a player is processing during a game. When a player is not in the game, one simple question to gain understanding is, "What did you see?" This question requires listening and patience to discover what they saw from their perspective.
- When distributing stars on game days, give specific reasons each athlete earned a particular game-day star. Don't underestimate the value of recognizing players!

What about distracted and disruptive players?

A challenge for coaches is what to do with distracted or disruptive participants. Here are four things to understand in these situations that will help.

- **1.** Understand that players have short attention spans. Be patient.
- 2. Players come into practice and, like coaches, are influenced by things that have already occurred during the day. Greet them by name to welcome them into a new environment, so they know you see them.

- **3.** Maintain engagement by cutting down on lines and lectures. To do this, ask parents to help run a drill, so there are multiple stations.
- **4.** Praise desired behavior right away, use the player's name, and let them know how it helps the team. Other players will recognize this and follow.

If undesirable behavior continues, address it with the player and parent so that the player doesn't disrupt a learning environment. Let the parent know that you need their help, as they may be able to offer insight into working with their player.

Interacting with parents

Start the season by getting to know your players' parents and families. Include parents in your first post-practice huddle. Here are a few tips for interacting with parents.

- ♦ Introduce yourself to parents, share expectations, and explain why you are coaching.
- ♦ Share your contact information.
- Each week take time to have a conversation with one family.
- Encourage parents to have fun working on skills at home with their players.
- ♦ Be ready to step into any spiritual conversation with parents and talk about what you teach during devotion time.

- ◆ Demonstrate care and concern for players, so parents know you are looking out for their players.
- Be organized and prepared for practice. Parents want to know you value their time by coaches being prepared and organized.
- Communicate one time per week through email, text, or both. Keep it short and simple.

After you receive your roster, contact the parents right away. Families are eager to hear from you, and it cuts down on the number of calls and emails a league director has to spend time answering.

Interacting with Other Coaches and Referees

An Upward Sports league can set the standard in your community by how coaches and referees interact on game days. Parents, players, and families notice how both team's coaches and referees work together to provide a fantastic player experience. Remember, youth sports are about the youth.

Here are some tips on how to interact with coaches and referees.

- ♦ Introduce yourself to the other coaches and referees on game day, and remember their names.
- Realize that you would not have a game day without the other team and referees. It's essential to work together.

- Review Genesis 1:27 and Genesis 2:7 and understand that we are all God's creation, which should be reflected in how we interact.
- ◆ Be the referee's biggest fan. If you want to have referees for your league, critical behavior does not help.
- Coaches work together for the experience of all participants.
- ♦ Love one another, John 13:34.
- ♦ Thank the coaches and referees after the game.
- ◆ Review the Circle of Affirmation and follow it.

What sets this league apart from others is that when differences of opinion or mistakes are made during a game, we are all part of one team, providing a great player experience that honors God.

→ Create a Positive Culture

A positive culture is one of safety, learning, and fun. A team's attitude and mindset often mirror that of its coach. Use the beginning of the season to set a tone of positivity through the weeks ahead.

- ◆ Set expectations of behavior and communicate them with players and parents.
- ♦ Start and end each practice on time.

- Encourage players to support each other by cheering for teammates.
- ♦ View mistakes as teaching opportunities, not a chance to be critical at the moment.

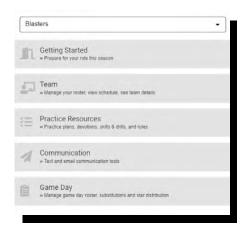
One practical way to create a positive team culture and teach communication is to establish a team huddle at the end of practice. Have players circle up and include the coach. The coach can talk about things done well in practice.

Next, have players look to the person on their right, use their name, and offer something they saw their teammate do well in practice. Continue around the circle until everyone has had a chance to speak. The topic could be different at each practice, such as something the player would like to improve on their own, something they appreciate about the other player or something they would like to see the team accomplish in the next game.

→ Coach Resources and Tools

Many resources are available to help you provide a great experience for your team, plan and efficiently use your time this season.

MyUpward.org - This is the primary tool for you as a coach. The league director will send you an invitation to access resources on MyUpward.org. After you accept the invitation and create a username and password, you can also create an icon on your home screen when accessing from a mobile device.



- Getting Started includes how-to videos and other resources to help you this season.
- Team area helps you manage your roster and see participant information and the schedule for practices and game days.
- ◆ Practice Resources provide a step-by-step outline for each practice, devotions, skills and drills, and sports rules.

- ◆ Communication is where you will find email and text capabilities, as well as attaching a link to the team page.
- ◆ Game Day helps you to manage the substitutions with the Upward Sports game day rotation and the ability to track game day stars.

Devotions - Weekly devotion content for your practices is located on MyUpward.org under the "Practice Resources" and can also be found in the Coach Playbook.

Game Day Stars – Use these stars on game day to highlight each player's contributions during the game. The Star Distribution Form can be found in the Appendix of the Coach Playbook.

Gospel Video - Sent out from the league director to families to share a video version of the gospel message with them during the season.

Green Practice Stars – Use these stars at practice to encourage participation in the practice devotion, scripture learning, or the goals your league has outlined for the devotion content.

Practice Cards - The practice cards show the bible verse associated with the weekly devotion. Depending on the devotion track, you will hand out cards every week or only at designated weeks noted in the devotion.

Practice Plans – Use the practice plans found on MyUpward.org under the "Practice Resources." These can be printed before practice or used directly from your mobile device.

Season Celebration - Celebrate the season with your team. Your league may have individual team parties or a leaguewide celebration.

Team Page – Share the team page with your team to give them access to the practice and game schedule. The team page also includes your contact information and a team roster. The team page link is available to send from the communication area of the mobile view of myupward.org.

Team pages can be accessed on MyUpward.org through the "Team" tab. A link to the Team Page will be under the team name and division.



Upward.org/coach - Helps you learn more about sharing the gospel using the 3 Circles.

→ Play with Purpose

A coach can help develop not only a player but a person. That person has a long-term impact on the community, their family, and eternity. You coach, and they play with purpose. This relationship develops someone through a player development model that is remembered by the acronym M.A.S.S.

PLAYER DEVELOPMENT MODEL = M.A.S.S.

As an Upward Sports Coach, you play a major role in encouraging your players mentally, athletically, spiritually and socially as they participate on your team.

This approach is based on Luke 2:52: "And Jesus grew in wisdom and stature and in favor with God and man."



Mental development for young athletes is a byproduct of the weekly practices and games where players participate. Players grow in confidence, courage, decision-making, and cognitive self-regulation.

Confidence and Courage - As players learn and improve their skills and confidence will increase. Players then gain the courage to attempt new skills and recognize that mistakes are a part of the game that they can overcome.

Decision-Making - The intricacies and complexities of sports, help train young athletes on making correct decisions quickly. When to pass a ball, when to attempt a move or make a defensive play are all part of building decision-making. Through observation and repetition, players improve their muscle memory and learn when and how to make individual and team decisions.

Cognitive self-regulation - Through intense games and drills, players learn to self-regulate emotions and gain focus. Through sports, they will enter various experiences (practices, scrimmages, games, etc.) where they will learn to narrow their focus from a broad range to a specific individual focus and team responsibilities in the pursuit of attaining particular goals.



ATHLETICALLY

Athletic development compounds through small improvements over time. Players learn and grow in their sport to achieve long term growth

Exercise: In a recent State of Play report, the Aspen Sports Institute reported only 24% of youth ages 6 to 17 engage in at least 60 minutes of physical activity per day, down from 30% a decade earlier. With many kids spending over 6 hours in front of screens each day (TVs, computers, phones/tablets), the desire to get out and be active is waning.

How can you tell if a child is getting proper exercise? Sweat. Sweat requires constant activity with little "downtime." Practices should have drills that allow for continuous movement using various muscle groups. Avoid players standing in lines when possible. Keep practice fast-paced and fun, allowing for water breaks and short periods of rest.

Physical Development: Physical development has enormous benefits for children, including stronger bones and muscles, improved heart and brain health, and lowered risk of diseases such as diabetes and cardiovascular disease. Participants may learn fundamental movements that allow them to run, jump, throw, catch, balance, and change direction. Basic moves will help participants enjoy a variety of sports and begin a path to physical literacy.

Fun: The key to getting kids interested in physical activity is by making it fun. Sports do just that, provided the coaches in charge are focused on the development of the athlete. Practices should teach the game using fun and safe methods.



SPIRITUALLY

Spiritual growth is an essential part of sports ministry. You play a vital role in the spiritual development of players on your team and help them discover a sense of self and a sense of purpose. This development happens in various ways.

Practice devotions - By guiding discussion around the practice devotions each week, you plant seeds of discovery within the minds and hearts of young athletes. Remember to guide every practice devotion conversation back to the Gospel and what Jesus has done for us.

Your relationship with players - You are a safe, trusted adult in the lives of young athletes. You hold a remarkable amount of influence. Listen intently, guide carefully, and be someone who continually points young athletes to Christ in your interactions.

Your relationship with parents - The top spiritual influence in a child's life is their parents. What they learn from their home life will speak more into their spiritual development than anything else. Your relationship with a child's parents must be strong. Share with them what their child is learning each week in practice. Discuss the devotions. Talk about how their child is developing in their skills. When parents know you care and are investing in their child's well-being, they'll trust you and your spiritual influence on their child.

Your example - Be ready to step into opportunities God provides during practices, games, and your communications to demonstrate and share the gospel message



SOCIALLY

Participants develop socially by learning how to work as a team, communicate, and serve others through a sport.

Teamwork: Through team sports, children learn how to interact with peers and adults in positive ways. These include numerous opportunities for "selfless" behavior, focusing all mental and physical efforts towards the goals of the team. Participants learn how to navigate relationships, encourage others, and recover from mistakes.

Communication: Players learn how to communicate in complex social situations with teammates and competitors. This learning carries over to other areas of life, helping them communicate in school, at home, and in other environments.

Serving: Serving others becomes a critical component for social development in team sports. Children learn to share the ball, encourage teammates, and give their best effort to help the team and not just themselves.

SECTION 2

PRACTICE

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→ Invest in the team by preparing for practice

Your investment shows in the results each week. There are entire practice plans for each week of the season found on MyUpward.org. These plans have been designed for each age group and include age-appropriate skill development and devotion material that progress through the season.

As the season continues, you may need to modify the plans based on what takes place in practices and the game. Be sure to always focus on the fundamentals of the sport. As you become more experienced, you may begin to include other resources for practice. Be sure to use the weekly devotion material as you design a practice.

Coaches are named as the top reason parents and players return or not each season. Parents want to see organized and detailed practices.

→ Practice Breakdown

Opening practice huddle (3-5 minutes) - Start on time the signal to the team parents that you are ready to begin. Point out a couple of things that you will cover in practice. Once games occur, use the first few minutes of practice to talk about the previous game and something you will work on from the game and highlights from the game.

Warm-up activity (3-5 minutes) – Provide players with the opportunity to warm up their bodies slowly.

Practice skills through drills (20 minutes) - Focus on specific skills that matter to the sport. Use drills and game scenarios that reinforce skill development.

Practice devotion (5-7 minutes) – Share the practice devotion for each week. Be mindful of the opportunities to demonstrate the gospel throughout practice, so players see you living it out.

Scrimmage or skill challenges that teach (20 minutes) – Use a controlled scrimmage or skills challenges to test their skills.

End of practice huddle (3-5 minutes) – Review the skills learned at practice and praise efforts. Hand out practice cards and stars and do things to create a positive team culture.

Post-practice time - After practice, take time to get to connect with one family each week.

Here is a chart that outlines the weekly practice plans you can find on MyUpward.org.

Practice	Practice Focus	Team Meeting	Rules to Cover	Skills & Drills
1	Get to know each other Evaluate skills Set practice rules Teach dribbling fundamentals	Get to know each other through introductions Discuss practice ground rules Introduce attacking basics	› Practice rules	› Dribbling Page 32
2	Continue skill evaluation Teach passing fundamentals Teach positions and responsibilities	 Re-introduce players and coaches Discuss common fouls Explain substitutions 	Re-start (kickoff, corner kicks, goal kicks, throw-ins) Game format and substitutions	> Passing Page 35
3 week of first game	 Review re-start situations Teach shooting fundamentals 	› Discuss practice focus	> What are the common fouls	> Shooting Page 40
4	Skill development Review positions and responsibilities Teach defensive tactics	Discuss practice focus Discuss successes from first game	> What happens after a foul	> Tactics - Defense Page 44
5	Skill development Teach offensive tactics	Discuss practice focus Answer players' questions about the game Discuss successes from previous game	> Review all rules as a fun quiz	> Tactics - Offense Page 46
6-11 through last practice	> Continue skill development	Discuss practice focus Discuss successes from previous game Answer players' questions about the game	Continue to review rules for clear under- standing	› Improvements from games

→ Warm-Ups & Stretching

Use the first five minutes of practice to get the players moving. This can be done by incorporating athletic development exercises like the examples below. Warm-up first and then follow with stretching.

Here are warm-up activities that you can use. Add music, move to the beat and create a warm-up activity you will use at the start of each practice.

- ◆ **Arm Circles**: Hold arms out standing in a T and circle them.
- ◆ Back pedal: Run backwards while stepping back as far as possible.
- ◆ Donkey Kicks: In a standing position or moving forward, kick heels toward up toward your back side.
- ◆ Feet on fire: Running in place.
- Heels to Hands: Have players line up on one of the sidelines. On the coach's signal, players jog slowly with knees pointing toward the ground and their heels kicking upward toward their backsides where their hands are. Once all players have made it to the other side of the field, have them return to the starting point by sprinting back across the field.
- ◆ High Knees: With hands in front and waist high, lift knees up and alternate between knees. Vary speed as desired.

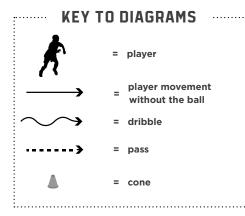
- ♦ Hops: This can be done in one movement. It can be done on one foot or both feet.
- ◆ Jumping jacks: Players jump in place, extending arms out to the side and kicking legs out to the side.
- Log Step: With both feet on one side of an imaginary log, high step sideways with one foot and then the other to cross over the "log." Vary speed.
- Lunges: From a standing position, large step forward while keeping the back foot in place without the knee touching the ground.
- ◆ Push-ups: May use a modified version for very young players.
- ◆ Running: One minute of running. If you have limited space, run in place and change the pace.
- ◆ **Shoulder circles**: With arms by your side, lift your shoulders and take them back down, creating a circular motion.
- ◆ Side lunge: Feet wider than shoulder width apart, keep one leg straight while the other bends into a squat position. Keep your back flat, chest up and rear out behind you.
- ◆ Sprint to Backpedal: Have players line up on one of the sidelines. On the coach's signal, players sprint across the field then backpedal to the starting point. As players backpedal, instruct them to lean slightly forward and land on the balls of their feet so they don't trip and fall backward.
- ◆ **Trunk twists**: From a standing position, twist back and forth slowly.

Basic Dribbling and Passing

Basic dribbling and passing work can be used in the team warm-up time. Pair players up with a teammate or two. Give each group a soccer ball and have them dribble and pass to each other within your practice area.

→ Skills and Drills

This section reviews the fundamental skills of soccer, explains why each is important, and emphasizes the skill's key teaching points. Each skill is followed by a basic drill that reinforces it. These drills are acceptable for any age group as an introduction to the concept behind each skill. For more advanced age-appropriate drills for each skill, as well as complete practice plans, go to MyUpward.org.



Many of the drills described in this playbook require one ball per player. If you are limited in the number of soccer balls you have for practice, you will need to modify the drill by creating lines based on the number of soccer balls available.

Dribbling Skills

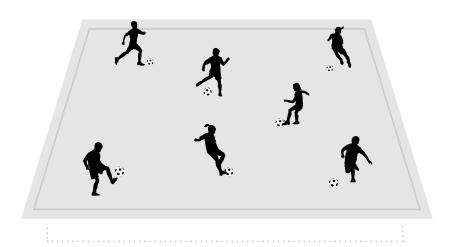
The information below will help you to teach players to control the ball when dribbling.

Techniques and skills to emphasize:

- ◆ Get comfortable dribbling the ball in different body postures (standing straight for slower control, leaning to the side for turns and fakes or leaning forward for speed).
 - » Repetition is the key to becoming comfortable with all styles of dribbling.
 - » Activity should be done slowly to learn the technique; Remind players it is not a race.
- Focus on making clean touches on the ball; avoid being sloppy with things like balance, body positioning, and loose ankles.
- ♦ Keep looking up, down, and around as often as possible to know your options to keep the ball close.
- Keep the ball close so it doesn't go out of bounds or is not lost to an opponent.
- ◆ Encourage players as they begin to see success while dribbling. Dribbling is very unnatural at first, so increasing confidence is important.

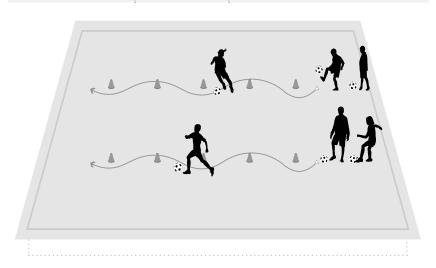
DRILL: FREE DRIBBLING

OBJECTIVE	EQUIPMENT	PROCEDURE
Training players to keep the ball in their possession by tight/clean touches on the ball	One soccer ball per player	On the coach's signal, players begin to freely dribble throughout the practice area using different parts of their foot. This will increase player's confidence with the ball.



DRILL: BASIC DRIBBLING

OBJECTIVE	EQUIPMENT	PROCEDURE
Training players to keep the ball in their possession by tight/clean touches on the ball	One soccer ball per player and ten markers/ cones	On the coach's signal, the first player in each group begins to dribble (weaving) through the line of markers/cones in front of their group. As players dribble through the markers/cones, give specific instructions to dribble with emphasis on different techniques of dribbling: "Inside of the foot only" (left and right foot); "Outside of the foot only"; "Inside & Outside of the foot" (alternating).



Passing Skills

The information below will help you to teach players to become confident passers.

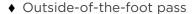
Techniques and skills to emphasize:

- ♦ The support leg holds body weight and the kicking leg strikes the ball and follows through with it in the direction of the pass.
- ♦ The ball should be struck with a "locked" ankle and toes slightly raised toward the shin.
- When striking the ball for a pass, imagine a horizontal line drawn through the middle of the ball and strike the ball just above the line. This keeps the ball from going up in the air. If the ball is hit on the lower half, it typically pops up in the air.
- Do not pass with the toe, because it does not result in an accurate pass.
- Use both feet to pass instead of relying on the dominant foot.
- ♦ Inside-of-the-foot pass
 - » The ball is struck on the inside of the foot, right above the arch of the foot.
 - » Toes should be slightly raised toward the shin to lock the ankle.
 - » Posture: Knees should be slightly bent for balance and the plant foot is pointed in the direction of the pass.

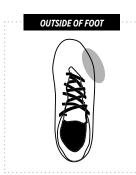




- » Focus: Eyes are on the ball, which is generally hit at its center with a locked ankle.
- » Follow through when first learning. As players progress, it is a quick "popping" motion, with more force and less follow through.



- » The ball is struck with the outside of the foot, just behind the small toe.
- » Toes should be turned in and down to help lock the ankle.
- » Posture: Knees should be slightly bent for balance and the body stance is in a line with the ball.
- » Focus: Eyes are on the ball and players crouch or hunch over for balance and to increase force on the ball.
- » Follow through when first learning. As players progress, it is a quick "popping" motion with more focus and less follow through.





Receiving/Trapping Skills

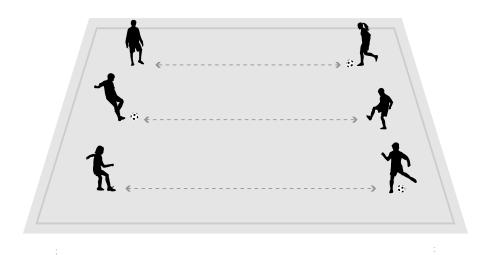
The information below will help you teach players to receive a pass.

Techniques and skills to emphasize:

- Anticipate a pass from your teammate by being ready.
 Know where the ball is at all times, don't stand flat footed, and move to an open space.
 - » Think about the options you will have once you receive the ball.
 - » Be aware of teammates and opponents and their positioning on the field.
- ◆ The support leg holds body weight and the receiving foot moves back with the ball once it touches the foot. This absorbs the force of the ball and allows for better control.
 - » The force of a pass is absorbed by placing the foot in alignment with the ball while stepping forward with the support leg. The ball is absorbed into the foot by carrying it backward or wedging it against the ground with the sole of the foot.
 - » Step forward when the ball is approaching to get your body ahead of the ball as you receive it. This will prevent the ball from getting too far away and helps with balance when absorbing the ball into the foot.
- Keep your head and eyes moving up and down, left and right. This helps increase ball control and gives better awareness of other players on the field in the game.
- As players master the basics of receiving the ball, teach them to "cut down" on the ball as it arrives, with a fast motion using the inside of the foot. This creates a backspin to keep the ball close to the body.
- Use both feet to receive passes instead of relying only on the dominant foot.

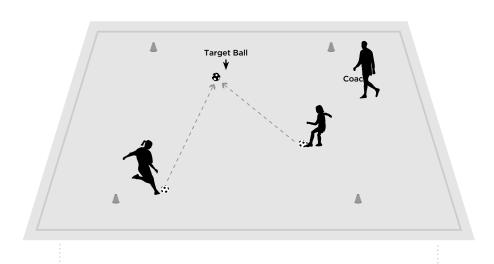
PASSING & RECEIVING/TRAPPING DRILLS DRILL: BASIC PASSING

OBJECTIVE	EQUIPMENT	PROCEDURE
Players learn the touch of good passing and receiving/ trapping to control the ball	One soccer ball per player	On the coach's signal, players pass to each other back and forth. After players have passed for two to three minutes, change passes to seven to 10 yards apart, then progress to jogging around the field and passing.



DRILL: HIT THE TARGET

OBJECTIVE	EQUIPMENT	PROCEDURE
Players learn the touch of good passing with accuracy	One soccer ball per player, one clearly identified ball to be used as the target, and four markers or cones	To begin the game, the coach will kick the target ball into play. Players attempt to hit the target ball with their own soccer ball by passing at the target ball. After a couple of players hit the target ball, the coach should kick it to another area inside the grid. Players do not have to use the same soccer ball throughout this drill. They should use the ball nearest them (other than the target ball).



Shooting Skills

The information below will help you to teach good shooting fundamentals.

Techniques and skills to emphasize:

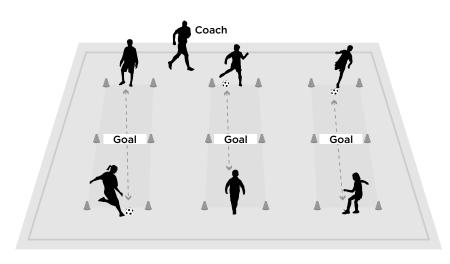
- Striking the ball when shooting
 - » Use inside the foot (push-pass) for accuracy shooting.
 - » Use instep/laces of the foot for power shooting.
- The plant foot should be located next to the ball with the shooting leg drawn back. The shooting leg is bent at the knee at a 90 degree angle with the knee directly above the ball.
- ◆ Keep your head down and over the ball when shooting to keep the ball from going too high.
- ♦ Shooting accuracy
 - » Concentrate on shooting the ball through the openings of defenders accurately.
 - » To establish the foundation for fundamental shooting, aim for one of these areas on the goal:
 - Corners (on the ground or the upper corners)
 - Near post (post closest to the ball) with a push-pass or accuracy type shot.
 - Far post (post furthest from the ball) and strike the ball with power.

♦ Shooting skill progression

- » Shoot the ball while it is stationary to develop confidence.
- » Shoot with the ball in motion, while players take two to three steps to approach the ball and shoot.
- » Shoot the ball while the player and the ball are in motion without defensive pressure.
- » Shoot the ball while the player and the ball are in motion with defensive pressure.

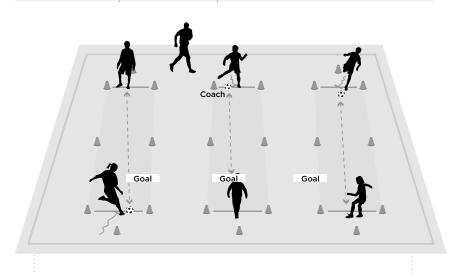
SHOOTING DRILLS DRILL: INSTEP SHOOTING (STATIONARY)

OBJECTIVE	EQUIPMENT	PROCEDURE
Teach the posture and positioning of how to shoot the ball	18-24 cones and one soccer ball for every two players	On the coach's signal, the player with the ball shoots the stationary ball through the target or goal. The ball should pass through the target or goal where the partner will retrieve it and bring it back between their markers/cones. Players should continue shooting back and forth. As players are shooting, walk from grid to grid to give more detailed shooting tips and encouragement to players as they practice.



DRILL: INSTEP SHOOTING (WITH MOVEMENT)

OBJECTIVE	EQUIPMENT	PROCEDURE
Learn the posture and positioning of how to shoot the ball while moving	24-28 markers/ cones and one soccer ball for every two players	On the coach's signal, the player with the ball slowly dribbles the ball up to the line and then shoots the ball through the target or goal to their partner on the opposite side of the grid. The ball should pass through the target or goal where the partner will retrieve it and bring it back to their line. Players should continue shooting back and forth. As players are shooting, walk from grid to grid to give more detailed shooting tips and encouragement to players as they practice.



Defensive Tactical Skills

The information below will help you teach players a solid defensive philosophy.

Techniques and skills to emphasize:

- Good balance is a key to properly playing defense. Be aware of your timing in attacking the ball controlled by an opponent. Play defense in a clean but hard fought way.
- ◆ Be aware of the whole field when playing defense, including passing lanes and the support players from the opposing team in order to limit their options.
- When defending the attacking player, you should have one foot slightly in front of the other and knees slightly bent. You should also be on the front part of the foot and slightly crouched.
- ♦ Be patient and aware of timing the tackle or "winning the ball." If you simply wait until the attacker makes a bad touch on the ball, it allows you to win it from them. Being too aggressive and jumping into the situation without thinking can result in a good attacker dribbling right past a defender.
- Play "light-on-your-feet" so you can react quickly to the play in front of you.
- ◆ Stay in the defensive position as much as possible, keeping the player with the ball in front of you.
- Don't cross your legs when marking an attacker. As you slant the attacker, move your legs in a shuffling motion.
- ◆ Don't approach the ball "flat" with both feet side by side and heels on the ground. This allows the attacker to dribble around the defender much easier.

 SOCCER COACH PLAYBOOK

DEFENSIVE DRILLS DRILL: DEFENSIVE SHAPE

OBJECTIVE	EQUIPMENT	PROCEDURE
Training players to work as a team by having defensive shape (positioning as a team)	10 markers or cones, pinnies for half of the team and one soccer ball	This is meant to be a time to walk through play. Give possession of the ball to one player and have the defense adjust to the location of the ball. The attacking team moves the ball at walking speed (instead of game speed) to another teammate. The defense should not attempt to win the ball at this time; they should only be working on positioning as a team. After moving the ball eight to 10 times, switch possession of the ball to the other team.

Teaching Points/Phrases:

◆ Low-pressure defense: When a team plays low-pressure defense they let the other team pass the ball around and wait for a win the ball.



HIGH-PRESSURE

LOW-PRESSURE

High-pressure defense: When a team plays high-pressure defense they are trying to win the ball from the opposing team as fast as they can. They move quickly and often with more than one player on the ball.

Offensive Tactical Skill

The information below will help you teach players a solid offensive philosophy.

Techniques and skills to emphasize:

- Players should learn where and how to move without the ball.
 - » Often the player without the ball plays a more important role in a play than the attacker with the ball, because the player without the ball is needed for support of the player with the ball.
 - » Players should be moving to open spaces to keep possession of the ball.
 - » While moving to open space, try to maintain the triangle support positions, so players with the ball have at least two passing options.

OFFENSIVE DRILLS DRILL: OFFENSIVE TACTICS WALK THROUGH

OBJECTIVE	EQUIPMENT	PROCEDURE
Teach players the general rules and guidelines for playing soccer	A ball, pinnies, and lines on a field (or use cones)	This is meant to be a time to walk through play. Give possession of the ball to one player and have the defense adjust to the location of the ball. Assign one team to offense and the other to defense. Put players into positions and cover each of the scenarios below, ensuring each player understands their role. As time allows, have players put the ball in play using each method.

Offensive Methods:

For the Offensive Tactics Walk-Through Drill, go through the following offensive methods.

- ♦ Kickoffs
- ♦ Out-of-bounds restarts
- ♦ Corner kicks

- ♦ Goal kicks
- ♦ Throw-ins

OFFENSIVE DRILLS DRILL: OFFENSIVE SHAPE

OBJECTIVE **EQUIPMENT PROCEDURE** Teach Eight Triangle: On the coach's signal, plavers markers or players pass the ball from corner "shapes" cones and to corner. After the ball is passed, of how to two soccer the players on the markers or provide balls cones move to support the player who now possesses the ball and support to teammates keep the triangle shape. The with the ball shadow defender is passive on defense by only moving toward the player with the ball. The shadow defender should not GENERAL RE-STARTS attempt to kick or take the ball away at this time. Change players to be the shadow defender every TOUCHLINE / SIDELINE THROW-INS 60-90 seconds. Diamond: In the diamond shape, players practice keeping the shape while passing the ball to one another. The shape of a diamond provides good width and depth so a team has good spacing. Support Width

TRIANGLE

SUPPORT / SHAPE

DIAMOND

♦ NOTES

SECTION 3

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→ Devotions

As an Upward Coach, you are not only teaching skills for the sport but also values for life. The devotion time allows you to teach the character of Christ through biblical virtues. This season will focus on virtues which are taught in your practices and are highlighted by Bible verses. The chart below is designed to assist you as you organize and prepare for your devotions. It shows biblical virtues and verses for each group of practices.

PRACTICE NUMBER	BIBLICAL VIRTUES	VERSE
Week 1	Holiness	No Key Verse this week.
Week 2	Obedience	"But don't just listen to God's word. You must do what it says" JAMES 1:22a (NLT)
Week 3	Obedience	"But don't just listen to God's word. You must do what it says" JAMES 1:22a (NLT)
Week 4	Obedience	"But don't just listen to God's word. You must do what it says" JAMES 1:22a (NLT)
Week 5	Discipline	"Work willingly at whatever you do, as though you were working for the Lord rather than for people" COLOSSIANS 3:23 (NLT)

PRACTICE NUMBER	BIBLICAL VIRTUES	VERSE
Week 6	Discipline	"Work willingly at whatever you do, as though you were working for the Lord rather than for people" COLOSSIANS 3:23 (NLT)
Week 7	Discipline	"Work willingly at whatever you do, as though you were working for the Lord rather than for people" COLOSSIANS 3:23 (NLT)
Week 8	Good News	"For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life" JOHN 3:16 (NLT)
Week 9	Wisdom	"If you need wisdom, ask our generous God, and he will give it to you" JAMES 1:5a (NLT)
Week 10	Wisdom	"If you need wisdom, ask our generous God, and he will give it to you" JAMES 1:5a (NLT)
Week 11	Wisdom	"If you need wisdom, ask our generous God, and he will give it to you" JAMES 1:5a (NLT)



- Background: This season, our devotions will focus on three virtues—obedience, discipline, and wisdom—under an overall theme of holiness. Holiness is probably not a concept that your athletes are very familiar with, but it's an essential concept to grasp when it comes to understanding God and how we relate to Him. Each of these virtues plays a significant role in helping us live holy lives, but before we dive into specifics, we need to introduce the idea of God's holiness and His desire for us to be holy. It's important to help the athletes on your team understand why we should want to live holy lives. This motivation will serve as the foundation for how we obey, why we stay disciplined, and our need for wisdom. In Why Holiness Matters, Tyler Braun writes, "Holiness is not found in strict rule keeping alone; it is found in our desire of the Holy One. Holiness is not new behaviors. Holiness is new affections." True holiness is motivated by love for a holy God.
- Big Picture: For more insight, read 1 Peter 1:13-23; Leviticus 19:1-2;
 Revelation 15:3-4; 1 Peter 2:9; Romans 12:1-2. If you don't own a Bible, you can download the YouVersion Bible App for free.
- Encouragement: The topics we'll cover this season are heavily related to what we should do and how we should live as people who want to follow God. We'll be reminded often how imperfect we are and how much we fail to be holy. But don't be discouraged. In Practice 8, we'll talk about how Jesus lived a holy life and died a sacrificial death to cover our imperfection, our unholiness. We are not without hope because our hope is in Him.
- Coach's Question for Reflection: How would I define holiness?

Practice Devotion | Share This With Your Team

Bottom Line: God is holy, and I want to be like Him.

We're going to kick off our devotion time this season with a really BIG question. Are you ready? Here it is. What makes God, God? Take a second to think about that, then raise your hand if you have any ideas. (Let a few athletes answer.)

That's quite a head-scratcher, isn't it? A lot of adults might have to think pretty hard about that question, too. But let's try to answer it together. The Bible tells us that God created everything, including us. It tells us that He knows everything and can do anything. It also tells us that He is perfectly perfect. No part of Him makes mistakes. He never fails. Nothing is impossible for Him. He never does anything wrong or bad. The word for that is holy.

God's holiness is a pretty big piece of what makes Him who He is. It also sets Him apart from everything and everyone else, including us. Because we are NOT perfect. You can ask your brother or sister, your mom or dad, your friends—they'll all agree that you're not perfect. And you'd agree that they're not perfect. My friends and family would tell you I'm not perfect, either! We mess up all the time—sometimes on purpose, and sometimes even though we try our hardest to do our best. Unlike God, we're just not very holy.

It's a little strange, then, that the Bible also teaches us that God wants us to be holy. 1 Peter 1:15-16 (NLT) says this: "But now you must be holy in everything you do, just as God who chose you is holy. For the Scriptures say, 'You must be holy because I am holy."

What? Why would God tell us we have to be holy when He KNOWS it's impossible for us to be perfect the way He is perfect?

Don't worry. God knows our weaknesses, and because of Jesus, He will have mercy on us, be patient with us, and help us—even though we can't be holy on our own. What God wants is for us to want to be holy, to want to be like Him. He wants the things we do, the things we say, and the way we live our lives to be motivated by our desire to honor Him.

This season, we're going to look at three important virtues that can help us live in a way that seeks after holiness. These virtues are obedience, discipline, and wisdom. We'll also learn about how the ultimate way that God has made for us to be holy is through Jesus.



God, we are so excited for this season. Thank You for bringing our team together. God, we know You are holy, and we are not. This season, help us to learn what holiness looks like and to live in a way that honors You. We love You, Lord. Amen.



- Background: The first virtue we will explore this season is obedience. Throughout the Bible, it is clear that the identity of God's people is tied to their obedience. If we want to reflect our holy God rather than our unholy world, that requires obeying God's ways. Our obedience does not earn us a place in God's family, but if we want to act like members of God's family, we will need to obey Him. James 1:22-24 (NLT) gives this brilliant illustration: "But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like." When we only listen to God's word but fail to do what it says, we are forgetting our very identity. Obedience is not the means to obtain new life in Christ, but it is the means to express new life in Christ.
- Big Picture: For more insight, read James 1:22-25; John 14:15; 1 John 5:1-3.
- Encouragement: Obedience is not a burden but a blessing. Matthew 11:28-30 (NLT) says, "Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."
- Coach's Question for Reflection: What is my initial reaction to the word "obedience"? Why is that?

Practice Devotion | Share This With Your Team

VIRTUE

OBEDIENCE is trusting those who lead you by doing what you're asked to do.

KEY VERSE

But don't just listen to God's word. You must do what it says. James 1:22a (NLT)

Bottom Line: I want to obey God because He's God.

How many of you like to create things? Maybe you love to draw or paint. Maybe you play an instrument, and you've written a song or two. Maybe you love to build cool LEGO structures. Maybe you haven't quite figured out how you're creative. But do you know who's infinitely creative? God.

Okay, another question. How strong are you? Can you lift your little brother? What about that jumbo bag of dog food your mom just bought at the grocery store? Think you could pick up a car or a refrigerator? Okay, maybe that's a little too heavy for you guys. But you know who's incredibly powerful? God.

Okay, let's switch gears a bit. How many of you are perfect? Anyone here who's never made a mistake? You've never lied. You've never cheated. You've never thought a mean thing about anyone. Anyone? No? Do you know who is perfect? God.

Did you know we have a lot in common with God? The Bible says that He made us in His image. But we can't do all the things He can do because we are not God.

Last practice, we talked about how God is holy and we are not. No matter how creative we might be, no one here is as creative as God is. We didn't carve out the Grand Canyon, and we can't paint a sunset high in the sky. And no matter how much we might work out, lift weights, or train like crazy, we'll never be powerful enough to control the waves in the ocean or calm a storm. And perfect? Forget it. You and I both know that we're far from perfect. We make mistakes all the time. And even if we tried hard not to mess up, we still would. Guaranteed.

But because all these things are true of God, and because He is holy, we should listen to Him. He knows what is right, what is good, and what is best for us. And He wants what is best for us. So we should listen to Him, but not just that—we should also obey Him.

You guys know what obedience means, right? Obedience is trusting those who lead you by doing what you're asked to do. That's what we'll be talking about for the next few

practices. When we obey God, we show Him that we believe He is who He says He is. When we obey God, we show Him that we believe that He loves us. It's right to listen to God and obey Him, because He's God.

There's a verse in the Bible that says this: "But don't just listen to God's word. You must do what it says." (James 1:22a, NLT) You aren't obeying your mom or dad if you just hear them tell you to clean your room. You obey them when you actually clean your room. That's what it's like with God, too. We don't just want to learn about Him. We want to obey Him by actually doing what He's told us to do.

Discussion Ouestions

(K-2nd Grade)

- · Why do you think we should obey God?
- · What's the difference between listening and obeying?

(3rd-6th Grade)

- · What's the difference between listening and obeying?
- · Is it hard for you to obey God sometimes? When? Why?

(7th Grade and up)

- When you realize God is perfect, does it make it easier to obey Him?
- · What does it look like to obey God?

LET'S PRAY

God, You are powerful. You are creative. You are perfect. You are gracious. Thank You for loving us! Help us to obey You. We know You want what's best for us because You created us in Your image. Help us to follow You. Amen.

Practice Card Reminder: If your league uses practice cards, remember to distribute the practice cards entitled "Practice 2" at the end of practice.

Green Practice Star Reminder: If your league uses green practice stars, remember to distribute one to every athlete at the end of practice.



- Background: Many stories from the Old Testament of the Bible illustrate disobedience, but Jonah's story stands out. It's not every day that someone disobeys God and then spends three days in the belly of a giant fish! Our devotion will focus on helping kids understand that it's important to obey the first time—which is a good lesson we can draw from Jonah. However, when you read the entire book, you realize Jonah's problem wasn't just one act of disobedience. Jonah disobeyed because he disagreed with the very nature of who God is. Jonah hated the Ninevites and didn't want God to forgive them and show compassion to them. The truth is, when we fail to obey the first time, there is often deeper resentment and darker sin beneath the surface.
- Big Picture: For more insight, read Jonah 1-4. Search "The Bible Project Jonah" on YouTube and watch The Bible Project's video, "Book of Jonah Summary: A Complete Animated Overview," for an illustrated breakdown of this fascinating book of the Bible.



- Encouragement: The story of Jonah highlights how vast and inclusive God's
 mercy truly is. The Ninevites were known for great wickedness, but when they
 repented, God forgave them. Even when you feel like your sins could never be
 forgiven, if you turn away from your sin and turn to God, He will embrace you
 with open arms.
- Coach's Question for Reflection: Have I ever questioned God's motives the way Jonah did? How did that affect my obedience?

PRACTICE 3 (CONTINUED) OBEDIENCE

Practice Devotion | Share This With Your Team

VIRTUE

OBEDIENCE is trusting those who lead you by doing what you're asked to do.

KEY VERSE

But don't just listen to God's word. You must do what it says.

James 1:22a (NLT)

Bottom Line: It's always better to do what God says-the first time.

Last practice, we started talking about obedience—trusting those who lead you by doing what you're asked to do. Let me start today by asking you a question. Do you ever get in trouble for not doing something the first time you were asked? My guess is that not one of you can say you always follow directions the first time. It's probably one of the things you get in trouble for—especially when someone has to ask you to do something over and over again.

Sometimes we really have to obey the first time or we could get in serious trouble. Let's say a little boy is heading straight for the street, and his mom yells, "STOP!" If he doesn't stop immediately, he could get hurt. Or what if you're not listening when I tell the team to do one thing and you do your own thing? Something might happen, and the other team could score. In both situations, it's important to do what you're told the first time.

But what about when it comes to following God? Why should we listen to Him the first time?

Have you ever heard about a guy named Jonah from the Bible? In the book of Jonah, we read that God asked Jonah to go to a city called Nineveh and tell the people there to follow God. But Jonah didn't listen. In fact, instead of going to Nineveh, he got on a boat and headed in a completely different direction. Does anybody know what happened next? A storm came, the sailors threw Jonah overboard, and he was swallowed by a huge fish! He stayed inside the fish's belly for three days. Three days to think about what he should have done in the first place. When that fish finally spit him out, where do you think Jonah went? That's right! To Nineveh! And when Jonah finally got to Nineveh and told the people there God's message, they turned away from the bad things they were doing and started to follow God.

It is important to listen to God the first time, just like it is important to obey those in authority and follow instructions. If Jonah had done that to begin with, instead of trying to run from God, he could have saved himself from a pretty terrible (and stinky!) situation. Remember, God created you and has a plan for your life that you can follow the easy way—or the hard way, like Jonah. So, when it comes to following God, it's always better to do what God says—the first time!



Discussion Questions

(K-2nd Grade)

- · What happened to Jonah when he didn't listen to God?
- · How did Jonah show he was listening to God after the fish spit him out?

(3rd-6th Grade)

- · What makes it difficult to obey the first time?
- · What might be the consequences of not obeying God in your life?

(7th Grade and up)

- · What might happen if you disobey God?
- How did God use Jonah even after he disobeyed Him? What might God have planned for your life?

LET'S PRAY

Thank You, God, for reminding us through the life of Jonah of the importance of listening to You. We want to honor You by obeying You. Help us to listen to You the first time. We know You have a plan for our lives. Help us to follow You. Amen.



- Background: At this point in their lives, one of the most practical ways that the young athletes on your team can obey God is to obey their parents and the other authority figures in their lives. But this is not just a command for children. This is a command for all of us. In fact, one of the Ten Commandments says this: "Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you." (Exodus 20:12, NLT) The original Hebrew word for honor here is "kabbed," which "calls for people to give their parents the respect and honor that is appropriate for them. It could be paraphrased to say, give them the weight of authority that they deserve." (NET Bible Notes on Exodus 20:12) As an adult, you are no longer under your parents' authority the way you were when you were a child. However, you can still give them the respect and care they deserve as your parents.
- Big Picture: For more insight, read Ephesians 6:1-3; Hebrews 13:17; Exodus 20:12; Colossians 3:20.
- Encouragement: None of us has perfect parents. Or perfect teachers, bosses, or government officials. Human leaders will fail time and time again. But God is a different kind of leader. He will never let us down. We want to obey and honor the other leaders in our lives as best we can because we want to trust God and obey Him.
- Coach's Question for Reflection: Do I honor my parents? How can I show respect for the other leaders in my life?

Practice Devotion | Share This With Your Team

VIRTUE

OBEDIENCE is trusting those who lead you by doing what you're asked to do.

KEY VERSE

But don't just listen to God's word. You must do what it says.

James 1:22a (NLT)

Bottom Line: How I obey my parents shows what I think about God.

"Eat your veggies."

"Brush vour teeth."

"Turn off your tablet and go play outside."

"Finish your homework."

Ever heard any of these from your mom or dad? Does it feel like they're always telling you what to do? Why is that? Do you just sometimes wish you could do whatever you want? I mean, so what if you miss brushing your teeth a couple of nights in a row? And sure, you might get in trouble for not finishing your homework, but there's always extra credit, right?

Not so fast. We've been talking about obeying God, but the Bible has something to say about obeying your parents, too. Ephesians 6:1 (NLT) says, "Children, obey your parents because you belong to the Lord, for this is the right thing to do." If you want to obey God, you should obey your parents, too, because that is one of His commands!

Another verse, Hebrews 13:17a (NLT), says this: "Obey your spiritual leaders, and do what they say. Their work is to watch over your souls, and they are accountable to God." Let's break this verse down a little bit.

First question: Who are your leaders? They are your parents, your teachers, your coaches—yes, even me. God wants us to obey the leaders in our lives.

What about the second part of that verse? It says, "Their work is to watch over your souls, and they are accountable to God." Your parents, teachers, and coaches are responsible for you because God put them in that position to do His work. So, when you obey them, you're also obeying God. And when you refuse to obey them, you're saying you don't trust God to put the right leaders in your life. How you obey your parents and the other leaders in your life shows what you think about God.

But that doesn't mean your parents, teachers, and coaches are perfect. Sometimes we mess up. Still, God has placed them in authority over you. It's not a light responsibility: they are accountable to God.

Do you see how it's all connected? It says in the Bible that God put your parents in your life to lead you—to keep watch over you. It's like when your teacher is out sick and puts a substitute in charge of the classroom. If you treat that substitute with respect, you're also showing your teacher that you respect her decision. But if you disobey and misbehave for the substitute, you're showing your teacher that you really don't think very highly of her or trust her enough to put a capable leader in charge. That's how it is when you disobey your parents. It tells God that you don't trust Him. Remember, how you obey your parents shows what you think about God.

Discussion Questions

(K-2nd Grade)

- · What is your least favorite thing your parents ask you to do? Why?
- · Why is it important we obey our parents?

(3rd-6th Grade)

- · Why should we obey people in authority?
- · When are you tempted to be disobedient? How can you improve?

(7th Grade and up)

- · What authorities exist in your life? How obedient are you to them?
- Have you been a leader in any area of life? How do you want people to treat you when you are doing your best to lead them?

LET'S PRAY

God, help us to obey, even when it is hard. We are thankful for parents who love us and teachers and coaches who want to help us. Help us to honor You by obeying them! You want what's best for us. We love You, Lord. Amen.



- Background: The next virtue we'll be looking at this season is discipline. Staying disciplined can be a real challenge for adults and kids alike in our modern times. Instant gratification is available everywhere you look, and it can feel like our attention spans are shrinking daily. But that's why it's vital to help your athletes understand the benefits of staying disciplined, especially when it comes to following God. There is a natural connection between discipline and sports, as developing athletic skills takes great discipline. In fact, the word often translated as "discipline" in the New Testament is the Greek word gumnasia—where we get English words like gymnasium and gymnastics. Sports practice and physical exercise give us a good idea of what discipline should look like in other areas of our lives.
- Big Picture: For more insight, read Colossians 3:23; 1 Timothy 4:7-10; Galatians 5:24-25.
- Encouragement: "Tom Landry, coach of the Dallas Cowboys football team for most of three decades, said, 'The job of a football coach is to make men do what they don't want to do in order to achieve what they've always wanted to be.' In much the same way, Christians are called to make themselves do something they would not naturally do—pursue the Spiritual Disciplines—in order to become what they've always wanted to be, that is, like Jesus Christ." Donald S. Whitney, Spiritual Disciplines for the Christian Life
- Coach's Question for Reflection: In what areas of my life am I the most disciplined? The least?

Practice Devotion | Share This With Your Team

VIRTUE

DISCIPLINE is doing what you need to do even when you don't feel like it.

KEY VERSE

Work willingly at whatever you do, as though you were working for the Lord rather than for people. Golossians 3:23 (NLT)

Bottom Line: Having discipline helps us obey God.

We've been talking a lot about obeying God. That takes discipline, which we'll be talking about for the next few practices. You might have heard the word "discipline" when someone is describing the consequences of getting in trouble at school or at home, but discipline can also mean something else.

We'll be talking about the kind of discipline that means doing what you need to do even when you don't feel like it. This discipline means having the commitment and determination to keep going even when it gets tough. This is the kind of discipline that professional athletes must have to stay in shape, practice every day, and keep working to improve their game.

Believe it or not, you probably use this kind of discipline every day yourself. You might have learned to keep yourself calm even when your little sister is annoying you so you don't get in trouble for fighting. And I'm sure you work hard to do your homework and study for tests in school, even when that's the last thing you want to do. At practice, you listen to me, your coach, and do drills that maybe aren't the most fun but that help you get better as a player. In games, I know you'll try your absolute hardest for our team, even when your legs start to hurt or when the other team is really good.

Discipline helps us obey God and live holy lives because it teaches us good habits. When you are committed to reading your Bible and praying, you will get to know God more and better understand how to follow Him. When you are determined to do what's right even when it's hard, you will make the right choice even when you're tempted to lie, cheat, or say something mean. The more we stay disciplined in these areas, the more we get used to doing what God wants us to do. Just like in sports, practice makes perfect.

Having discipline is hard work, no matter what. So, how can we stay motivated to stick to what we need to do? There's a verse in the Bible that says this: "Work willingly at whatever you do, as though you were working for the Lord rather than for people." (Colossians 3:23, NLT) Whatever you do, remember to work as if you're working for God. Because you are!

Discussion Questions

(K-2nd Grade)

- · What is something you've done that took a lot of hard work?
- · We usually think easy is best. Why might something that takes hard work be good?

(3rd-6th Grade)

- Can you think of something you have done that takes discipline? What were some of the ways you had to stay disciplined?
- · How can discipline help you live a holy life?

(7th Grade and up)

- What motivates you to stay disciplined? When is it most difficult for you to stay disciplined?
- · How can discipline help you live a holy life?

LET'S PRAY

God, You made us so that we can work hard. We can achieve goals. We can do things we didn't realize we were capable of. I pray that every athlete on this team would have the discipline to get to know You and follow You. Help them with anything they are struggling to stay committed to. Remind them that they are working for You. Amen.

Practice Card Reminder: If your league uses practice cards, remember to distribute the practice cards entitled "Practice 5" at the end of practice.

Green Practice Star Reminder: If your league uses green practice stars, remember to distribute one to every athlete at the end of practice.



- Background: One of the most important habits for young Christians to develop through discipline is reading and studying the Bible. Jesus modeled spiritual understanding and a dedication to learning the Scriptures even at a young age. The account in Luke 2:41-52 is the only glimpse the Bible gives us into Jesus' childhood, and it highlights these characteristics. At the same time, Luke tells us that Jesus is twelve years old when this happens—the age at which a young man was held responsible for keeping God's law in Judaism. And where do His worried parents find Him? Asking questions and listening to the teachers at the temple. For three days! He was clearly fascinated with the rich truth to be found in the Scriptures. You have the opportunity to help foster this kind of love for and desire to understand the Bible in the athletes on your team.
- Big Picture: For more insight, read Luke 2:41-52; 2 Timothy 3:16-17; Psalm 119.
- Encouragement: You're never too old to start reading and studying the Bible. If
 you've never prioritized this in your life, you can use this discussion of discipline
 as a launch point. And if you feel like you've been reading the Bible your whole
 life and know most of what it has to say, think again! There is always more that
 God wants to show you through His word.
- Coach's Question for Reflection: What comes to mind when I think of the Bible?
 What practical steps can I take to make studying God's word more of a priority in my life?

Practice Devotion | Share This With Your Team

VIRTUE

DISCIPLINE is doing what you need to do even when you don't feel like it.

KEY VERSE

Work willingly at whatever you do, as though you were working for the Lord rather than for people. Golossians 3:23 (NLT)

Bottom Line: If you want to know God better, read His book.

One big part of any sport is learning how to play it. If we didn't run drills and practice together, you wouldn't know how to work together as a team. And we wouldn't be successful on game day!

We follow different drills and practice plans so we can perform our best. But what about when you're not playing a sport? What if you had a book that showed you the best way to live, how to make wise choices, and how to treat others? What if there was a playbook for life?

I have some great news for you. There IS a book like that. It's called the Bible! Why is the Bible special? Because the Bible is God's word to us. The more we read it, the more we learn about God and how He wants us to live. But just like we practice each week to get better, we have to be disciplined and read God's word regularly.

Jesus knew this was important, too. We read in Luke 2:41-52 that when Jesus was around 12 years old, His family traveled to Jerusalem for this big annual celebration. When the celebration was over, Jesus' family started their long journey home. They traveled with a large group of people, and at first, Jesus' parents didn't realize that Jesus wasn't with them.

Do you know where Jesus was? The Bible tells us that they found Him back in Jerusalem at the Temple, surrounded by all these religious leaders. He was right in the center of these men who had spent their whole lives studying Scripture and was talking with them and asking questions. Jesus knew how important it was to know and understand God's word.

Reading God's word is about knowing God more. You'll build a stronger friendship with God as you make this part of your routine. If you don't have a Bible of your own, let me know so we can get you one. If you do and you aren't sure what to read first, I have a suggestion. Read the book of John, which tells about Jesus' life on earth. That's a great place to start!

If you have questions about what you're reading, you can always ask me, your parents, or another trusted adult. Remember: if you want to know God better, read His book.

Discussion Questions

(K-2nd Grade)

- What's a book that's important to you? Why is the Bible important?
- What are some ways you can learn more about what God wants you to do?

(3rd-6th Grade)

- · Have you ever spent much time reading the Bible? What can you tell me about it?
- · Why do you think it's important to read God's word?

(7th Grade and up)

- · Who or what do you go to for advice? Why?
- Have you ever studied the Bible? Do you think it's important to do so? Why or why not?

LET'S PRAY

Dear God, thank You so much for giving us the Bible so that we can know You better. Help us be disciplined to read Your word each day so we can follow You. Amen.

Note for Next Week: Bring a tube of toothpaste with you to use as a visual aid.



- Background: Bible study is one of the most basic spiritual disciplines, and prayer is another. Sometimes, prayer may seem complicated, dry, or pointless. But the Bible teaches that prayer is simple, dynamic, and powerful. Prayer means having a conversation with God, whatever that looks like for you. Eyes closed or eyes open. Head bowed or head on the pillow. Before a meal or during a run. Prayer takes discipline because if we don't plan time to pray, we often will forget to do it. But the habit of prayer also thrives in flexibility. 1 Thessalonians 5:17 (NLT) says, "Never stop praying." Imagine being so devoted to prayer that you converse with God throughout the day without even thinking about it. It's just your natural response to anything that arises—good or bad. This is the kind of closeness that God desires for us to have with Him. In this devotion, you'll challenge your team to pray every time they brush their teeth this week. As their coach, take up this challenge yourself and see what impact it has on your life.
- Big Picture: For more insight, read Philippians 4:6-9; 1 Thessalonians 5:17;
 Colossians 4:2.
- Encouragement: In Spiritual Disciplines for the Christian Life, author Donald S. Whitney writes that when he travels, his wife expects him to call her because she wants to hear from him. "God's expectation that we pray is a lot like that," Whitney writes. "His command to pray is a command of love. In His love He desires to communicate with us and to bless us."
- Coach's Question for Reflection: Is prayer part of my daily life? What is holding me back from making prayer more of a priority?

PRACTICE 7 [CONTINUED] DISCIPLINE



Practice Devotion | Share This With Your Team

VIRTUE

DISCIPLINE is doing what you need to do even when you don't feel like it.

KEY VERSE

Work willingly at whatever you do, as though you were working for the Lord rather than for people. Golossians 3:23 (NLT)

Bottom Line: If you want to know God better, talk to Him.

Note: Bring a tube of toothpaste to use as a visual aid.

Name some people that you talk to every day. (Pause for responses.) We talk to our parents, siblings, friends, and teachers. One big way we build relationships is by spending time just talking to each other!

Did you know that the same is true when it comes to knowing God? Talking to God in prayer is one big way we can know Him better. But praying regularly requires discipline. And as we've been learning, discipline is doing what you need to even when you don't feel like it.

It's good to spend time praying every day. But that's not always easy. It takes discipline! Sometimes, you have to stop what you're doing and just focus on talking to God—even when there might be a hundred other things that seem more important. When you do, you'll probably feel better about everything going on around you. Because talking to God helps us know God better.

I have a little challenge for you. This week, I want you to spend time praying to God when you brush your teeth. I know, I know. You're probably thinking, "What does brushing my teeth have to do with talking to God?" Well, one way to make the discipline of prayer a part of your everyday life is to include it in your everyday routine!

(Hold up toothpaste.) So tell me, when do you brush your teeth? (Pause for responses.) Yep, in the morning before you head off to school and at night before you go to bed. This week, when you brush your teeth in the morning, I want you to think about the day ahead and ask God to help you. If something is coming up that day that you're a little worried about, ask God to remind you that He's with you.

When you brush your teeth at night, I want you to thank God for three things. It can be anything from making a new friend, to scoring an "A" on your math test, to the beautiful sunshine outside. Take the time to thank God for who He is and all He has done for you.

Remember, discipline is making the choice, again and again, to do what you need to do. So this week, pray in the morning for the day ahead and pray at night by thanking God for three things that happened that day. Are you up for a little prayer/teeth-brushing challenge?

We've talked about having discipline to pray and read the Bible, but many other things in our relationship with God also require discipline. As you learn more about what God asks us to do, try to apply what you've learned about staying disciplined to those things, too. Things like loving your neighbor, telling people about Jesus, and more!

Discussion Questions

(K-2nd Grade)

- · What are three things you can thank God for right now?
- · What is something you want to ask God to do in your life or in a friend's life?

(3rd-6th Grade)

- · Do you ever pray? Why or why not?
- What are some reasons we should pray? What things do you want to pray about today?

(7th Grade and up)

- · Is prayer important? Why or why not? Have you ever spent time praying?
- What are some other aspects of your relationship with God that might require discipline?

LET'S PRAY

Heavenly Father, You are such an awesome and loving God. Thank You that we can talk to You and that You hear us when we do. I pray that each of these young people would take our prayer and teeth-brushing challenge seriously this week and spend time talking to You in the morning and at night. Help us to make the discipline of prayer a part of every day so we can know You more. We love You, God. Amen.

Note for Next Week: If you have the game Jenga, bring it with you to use as a visual aid.



This week's devotion includes a gospel presentation.

Scouting Report | Coaches, here's an inside look at this week's devotion.

- Background: It can seem confounding that God both asks for our holiness and rejects our attempts at it. Yet it is in the desperation brought on by our lack of holiness that we find our hope fulfilled. Our inadequacy leads us to recognize our need for a Savior. It's when we put our trust in Jesus to save us that His holiness and righteousness are applied to our account. During this devotion, it's important to help the young athletes on your team understand that the only way for us to be saved from our sins is through what Jesus did for us, not through anything we can do. As Romans 10:9-10 (NLT) says: "If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved."
- Big Picture: For more insight, read John 3:16-17; Acts 4:10-12; Romans 5:6-11; Romans 10:9-10; John 19-20.
- Encouragement: "The beauty of holiness is found through God in Christ making us holy. We are able to experience true joy by participating in Christ's life in order to become holy because it is not something we earn on our own . . . I found myself amazed to know God's love was not predicated upon my actions or abilities. It was just a constant stream of acceptance of me right where I was. Just as God was forgiving me of my sin, He was also releasing me from the bonds of seeking holiness in life through perfection." Tyler Braun, Why Holiness Matters
- Coach's Question for Reflection: Do I see salvation and holiness as achievements to earn or as gifts to receive?

Practice Devotion | Share This With Your Team

VIRTUE

The GOOD NEWS is that Jesus died on the cross to save us from our sins.

KEY VERSE

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.

John 3:16 (NLT)

Bottom Line: Jesus came to save us from our sins.

Note: If you have the game Jenga, bring it to use as a visual aid. Have two players build a small Jenga tower before you begin the devotion.

Have you ever played the game Jenga? It's a game where you build a tower out of wooden blocks, but every turn, someone has to take a block out of a lower part of the tower and put it on the top of the tower. (Get your two Jenga builders to demonstrate removing and replacing the blocks.) What always happens to the tower eventually? It falls down! (Gently knock the tower over if it hasn't fallen yet.)

Unfortunately, that's pretty similar to what it's like when we are trying to be holy—when we're trying to obey God and stay disciplined. We're trying to build up our tower of holiness to be tall and perfect, but our tower keeps getting shakier and shakier because of a thing called sin. If we keep trying on our own, our tower of holiness will come crashing down.

You can do everything you can to obey God. You can be as disciplined as a drill sergeant. You can get to know all about Him. You can try your best every single day. Still, it's not enough. Because sin gets in the way. Sin is when we choose our way instead of God's way. It's anything we think, do, or say that is disobedient to God. We all sin. And because God is holy and perfect, our sin separates us from Him.

That might make you want to throw your hands in the air and say, "I give up! This is just impossible!" But the Bible tells us that nothing is impossible with God. You see, God loves us so much that even though we all sin and choose to do things our way instead of His way, He still made a way for us to overcome sin and have a relationship with Him. And it's all possible because of Jesus.

Jesus is God's Son. Two thousand years ago, He came to earth and was born as a baby like you or me. He grew up and lived a normal life. And then He started teaching people about God. He started doing amazing things, like healing people. He asked people to follow Him because He could show them how God wants us to live. And while Jesus was

doing all that, He never sinned. He obeyed God perfectly. He was holy.

But some people got mad about what Jesus said about God. They arrested Him and nailed Him to a cross, where Jesus died a terrible death. But three days later, God raised Him from the dead! He appeared to many of His followers before He went back to heaven, where He is still alive today!

Not only did Jesus live a perfect life, but when He died on the cross, He paid the price for all our sins. The Bible says the consequence of sin is death and being separated from God forever. But when Jesus died, He took our punishment Himself, so when we ask God to forgive us for our sins, He will—because Jesus took the consequences for our sin and made a way for us to be forgiven. And when Jesus rose back to life, He defeated death. If we trust in Jesus, when we die, we get to live with God in heaven forever. Jesus made a way for us to have a relationship with God! When you build your tower of holiness with Jesus as your foundation, it will never fall down. He's the glue that holds it together!

Listen to these words from the Bible: "For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him." (John 3:16-17, NLT) God did all this because He loves us!

Another awesome thing God does for us is that when we believe in Jesus, He gives us the Holy Spirit, who helps us live in a way that honors God. The Holy Spirit helps us with holiness, obedience, discipline, and all the things we struggle with because of sin. We still won't be perfect, but we can grow to be more like Jesus every day.

If you have questions or want to talk more about what all this means, I'd be happy to talk with you after practice.

LET'S PRAY

God, thank You for loving us so much that You sent Jesus to rescue us. Thank You that we can have a relationship with You through Him. Forgive us for our sins. Help each of us to trust in Jesus to save us. We love You, Lord. Amen.

Note: If someone has questions about following Jesus, let your League Director know and ask them about the follow-up process for your league. You can also let the parents know their child is asking questions. If the family does not attend church, this would be a great opportunity to invite them to come to church with you.

Practice Card Reminder: If your league uses practice cards, remember to distribute the practice cards entitled "Practice 8" at the end of practice.

Green Practice Star Reminder: If your league uses green practice stars, remember to distribute one to every athlete at the end of practice.



Scouting Report | Coaches, here's an inside look at this week's devotion.

- Background: While discipline helps you build habits for a holy life, wisdom (our final virtue) enables you to make good decisions for a holy life in any circumstance. Wisdom is understanding and applying your knowledge in the right way. The Bible actually has a whole group of books that scholars often label as "Wisdom literature." These writings emphasize important truths and their applications in poetic form. They include the books of Job, Proverbs, and Ecclesiastes. Each of our devotions about wisdom will draw specifically from the book of Proverbs. "The book of Proverbs represents the basic and clearest model of Wisdom literature in the Bible . . . It presupposes that there is a fundamental order to the universe, that a person's conduct either strengthens or weakens that order, and that the universe is subject to the divine will." (Richard S. Hess, *The Old Testament*) In this practice, we'll focus on Proverbs 13:20, which encourages us to spend time with wise people rather than foolish ones.
- Big Picture: For more insight, read Proverbs 13:20, 12:26, 22:24-25.
- Encouragement: The idea of choosing your friends wisely goes two ways. We
 want to be sure to spend time with and be influenced by wise people who make
 good decisions. But we also want to be sure that we act wisely and influence the
 people around us in positive ways.
- Coach's Question for Reflection: How do I choose my friends? Do I need more wise people in my life?

PRACTICE 9 (CONTINUED) WISDOM

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Practice Devotion | Share This With Your Team

VIRTUE

WISDOM is finding out what you should do and doing it.

KEY VERSE

If you need wisdom, ask our generous God, and he will give it to you.

James 1:5a (NLT)

Bottom Line: If you want to be wise, hang out with wise people.

What qualities make for a good friend? (*Let athletes answer.*) Friends are really important! When you're having a bad day, they can crack a joke to make you feel better. When things are awesome, they're with you to celebrate. Friends can definitely help make things more fun!

How do you choose your friends? More than likely, the friends you have are friends from your neighborhood, from school, or maybe even on this team. But choosing friends requires some wisdom. Over this season, we've talked about how obedience and discipline can help us live holy lives. But wisdom also plays a big role in helping us follow God. What is wisdom? Wisdom is finding out what you should do and doing it! It helps us make good decisions in any circumstance.

Let's talk for a few minutes about how we can apply wisdom when it comes to choosing the right kind of friends. Proverbs 13:20 (NLT) says, "Walk with the wise and become wise; associate with fools and get in trouble."

According to this verse, hanging out with wise people will help us, what? Yes, become wiser! That's a pretty cool benefit, right?

But the reverse is also true. Do you remember what the second part of that verse said? "Associate with fools and get in trouble." Do you know what a fool is? A fool is someone who lacks judgment or sense. This means that if you hang out with friends who don't make smart choices, you'll be much more likely to find yourself in trouble, too.

This isn't about leaving someone out or being unkind. When it comes to close friends you spend time with, it's wise to choose friends who lead you in the right direction. Choosing your friends is a big deal. Let's make sure that the people we spend the most time with are people who will make us wiser. So remember, if you want to be wise, hang out with wise people.

Discussion Questions

(K-2nd Grade)

- · What's a wise choice that you have made lately?
- · How can you be a wise friend to someone else?

(3rd-6th Grade)

- · What does wisdom look like in your daily life?
- Do you make wise choices regarding your friends? How can you be a good influence on your friends?

(7th Grade and up)

- · How have your friends influenced your decision-making?
- What are some unwise choices people your age make? Have you considered asking God to give you wisdom? Why or why not?

LET'S PRAY

God, thank You for friends! We know that all good things come from you, and friends are definitely one of the best gifts ever. Help us to be wise about the friends we choose so that we can grow in wisdom, too! We don't want to be foolish or get into trouble. Thanks for loving us enough to care about who our friends are! We love You. Amen.

Practice Card Reminder: If your league uses practice cards, remember to distribute the practice cards entitled "Practice 9" at the end of practice.

Green Practice Star Reminder: If your league uses green practice stars, remember to distribute one to every athlete at the end of practice.



Scouting Report | Coaches, here's an inside look at this week's devotion.

- Background: When we think of wisdom in the Bible, we often think of Solomon. Solomon was a young man when his father, King David, died and left him to rule. Solomon knew he was inexperienced and would need God's help to lead the nation of Israel. So when God offered to bless him with a gift, Solomon made this request: "Give me an understanding heart so that I can govern your people well and know the difference between right and wrong." (1 Kings 3:9a, NLT) This pleased God. He gave Solomon great wisdom and promised him wealth, success, renown, and long life. Proverbs is one of the books in the Old Testament attributed to Solomon, who was said to have written thousands of proverbs and songs (1 Kings 4:32). Proverbs 3:5-6 reminds us of what Solomon knew: trust in the Lord, and He will guide you. Solomon's wisdom came from God. And we can ask God to guide us, too.
- Big Picture: For more insight, read Proverbs 3:5-6; Lamentations 3:22-23; Hebrews 10:23; 1 Kings 3:4-15, 4:29-44.
- Encouragement: Trust can be challenging. We are used to people letting us down. We are used to letting other people down ourselves. But God is faithful. He always does what He says He will do. He always keeps His promises. You can trust Him.
- Coach's Question for Reflection: Who or what do I go to when I need wisdom or guidance?

Practice Devotion | Share This With Your Team

VIRTUE

WISDOM is finding out what you should do and doing it.

KEY VERSE

If you need wisdom, ask our generous God, and he will give it to you.

James 1:5a (NLT)

Bottom Line: If you want to be wise, trust God to give you wisdom.

We started a conversation last week about wisdom. Wisdom is finding out what you should do and doing it. Where does wisdom come from? All wisdom comes from God because He is the wisest of all. Because all wisdom comes from Him, we can always put our trust in God to help us make wise decisions.

Check this out. Proverbs 3:5-6 (NLT) says, "Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take."

You guys know what it means to trust in something, right? You trust in stuff every day. You trust a chair to hold you up when you sit down. You trust your bike to get you to your friend's house. You trust your best friend will want to hang out with you over the weekend.

But what happens when chairs or bikes break? Or your friend made different plans? Sometimes we trust in things or people that let us down. But God never will. He is completely trustworthy. When God makes a promise, He keeps it, always.

When it comes to wisdom, we shouldn't lean on or trust in our own way to make the right kind of choices. Why? Because we can't know everything. But God does. He made you, He loves you, and He has a perfect plan for your life. When you ask Him to help you, He will. You can trust that God will always lead you in the right direction. If you want to be wise, trust God to give you wisdom.

PRACTICE 10 (CONTINUED) WISDOM

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Discussion Questions

(K-2nd Grade)

- · What's something you trust each day without really thinking about it?
- · Why should we trust God more than we do other things or other people?

(3rd-6th Grade)

- · Has anyone that you trusted ever let you down? How did you react?
- Is it easier to trust in our own understanding or trust God? Why?

(7th Grade and up)

- · Has your trust in someone ever been broken? How did you react?
- · Do you trust yourself more than you trust God? Why or why not?

LET'S PRAY

Heavenly Father, thank You for being completely faithful and trustworthy. Help us put our trust in Your ways instead of our own this week. As we make decisions, help us to pray and ask You for Your help. Show Your wisdom so that we can make choices that honor You. Amen.



Scouting Report | Coaches, here's an inside look at this week's devotion.

- Background: One key to living wisely is acting on what you already know and planning ahead. "The shrewd person knows where the dangers and pitfalls are in life and so can avoid them; the naïve person is unwary, untrained, and gullible, unable to survive the dangers of the world and blundering into them." (NET Bible Notes on Proverbs 22:3) Several proverbs express this sentiment, and it's suggested in many other ways throughout the Bible. Many biblical characters are found making the wise choice to trust and obey God in preparation for what is to come. It took Noah at least one hundred years to build his ark. Joseph paid attention to the dreams God sent him and wisely prepared all of Egypt for a coming famine. Gideon took time to listen to God and whittle down his army to the right group of men before successfully attacking the Midianites. Jesus didn't begin His public ministry until He was thirty years old. If we want to act with wisdom, we will listen to God and plan ahead instead of blindly jumping into an unknown situation.
- Big Picture: For more insight, read Proverbs 22:3, 21:5, 21:29.
- Encouragement: "We can make our plans, but the Lord determines our steps."
 (Proverbs 16:9, NLT) While planning ahead is good, we can't allow our own
 preparation to become a crutch or an idol that takes the place of our trust in
 God. It's an easy way to feel secure in ourselves apart from God. Instead, we
 want to plan prayerfully and prepare obediently, knowing that our plans will
 sometimes fail, but God will always be with us.
- Coach's Question for Reflection: How can I do my best to plan and be prepared to act with wisdom?

PRACTICE 11 [CONTINUED] WISDOM

UPU#AD

Practice Devotion | Share This With Your Team

VIRTUE

WISDOM is finding out what you should do and doing it.

KEY VERSE

If you need wisdom, ask our generous God, and he will give it to you. James 1:5a (NLT)

Bottom Line: If you want to be wise, look before you leap.

Raise your hand if you like to play hide-and-seek. You might not believe this, but I played hide-and-seek as a kid! It's one of those classic games that never goes out of style. Since you guys are such hide-and-seek experts, someone quickly explain how the game works.

(Pause and call on a kid to respond.)

That was an awesome description! When you play hide-and-seek, the goal is to get back to the base before you're found by the kid who is "it."

For the last few practices, we've been talking about wisdom. Wisdom is finding out what you should do and doing it! We've talked about how all wisdom comes from God and how He will help us choose wisely when we ask for His help. I'm glad that God doesn't keep all that wisdom to Himself. He is always willing to help us make wise choices when we ask.

Proverbs 22:3 (NLT) says, "A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences." Prudent can be another word for wise. A simpleton is someone who doesn't act very wisely.

According to this verse, wise people see danger and what? Yes! They go to a safe place, just like you run to "base" when you play hide-and-seek. Wise people pay attention. When they see they're going in the wrong direction, they move to a safe place, away from danger. But people who lack wisdom don't pay attention to the warning signs! They just keep going, and, well, things don't go so well.

You should always pay attention to what's ahead, and when you see danger, say "NO WAY!" and head in the opposite direction. When you aren't sure what to do or think you might be headed in the wrong direction, stop! Read God's Word, and pray to ask for wisdom. Talk to the people around you who know and follow God. Remember, if you want to be wise, look before you leap.

This season, we've seen how being wise, having discipline, and being obedient can help us seek after God and His holiness. We've learned that while we can't achieve holiness on our own, God sent Jesus to make a way for us to have a relationship with Him and gives us the Holy Spirit to help us grow in holiness. I hope you will come away from this season realizing how much God loves you and wants to help you live a holy life.

Discussion Ouestions

(Apply to All Grades This Week)

- · Why is it important to watch out for warning signs when It comes to sin?
- · What is something you learned this season about holiness?
- · What was your favorite part of this season?

LET'S PRAY

Dear God, we love You. We know that all wisdom comes from You and that when we ask for help, You will show us the way to go. This week, when we find ourselves in situations where we might be heading in the wrong direction, help us to stop and look before we leap. Thank You for an amazing season together. Amen.

♦ NOTES

SECTION 4

GAMES

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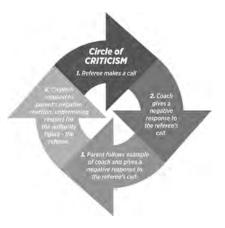
→ Circle of Affirmation

Game Day Attitude

Choosing the right game-day attitude is a key to being an effective Upward Soccer Coach. Actions and reactions on the field can either open or close the door to ministry. The Circle of Criticism and the Circle of Affirmation are simple diagrams that illustrate the results of a coach giving a referee either negative or positive feedback.

In Upward Soccer, coaches and referees work together as a unified team. Coaches have the opportunity and the responsibility to stop the Circle of Criticism by starting the Circle of Affirmation.



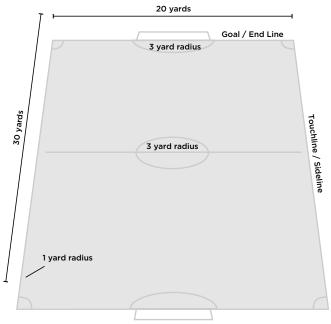


The Circle of Affirmation goes beyond the referee. A coach's affirmation of players inspires encouragement and praise from parents, family members and other players. Practicing the Circle of Affirmation makes the game a better experience for everyone. The rules of Upward Soccer are designed to promote healthy competition, skill improvement, fun and sportsmanship while also being challenging and teaching the objectives of gameplay. The three formats and rules for Upward Soccer are 4v4, 7v7 and 11v11. The sections below include not only the rules of play but also information on the field of play, ball sizes, game duration and overall game format.



4V4 GAME FORMAT AND RULES

Field of Play



4' x 6' recommended goal size

4V4 RULES FOR PLAY

MAX. # OF PLAYERS	8 (recommended 7)
FIELD OF PLAY LENGTH	30 yards
WIDTH	20 yards
GOAL SIZE	4' x 6'
GOALKEEPERS	No
	Size 3 for K, 1st grade and 2nd grade
BALL SIZE	Size 4 for 3rd grade, 4th grade, 5th grade and 6th grade
	Size 5 for 6th grade and up
SUBSTITUTION SITUATIONS	At clock stoppage times every six minutes.
PLAYER EQUIPMENT	Shin guards required
NUMBER OF REFEREES	One referee
MATCH LENGTH	Matches consist of two (2) eighteen (18) minute halves with the clock stopping every six (6) minutes for substitutions. There should be an eight (8) minute halftime. There will be no extended time.

4V4 RULES (CONT.)

START / RESTART OF PLAY	A restart kickoff is taken from the center circle at the start of each half and after a goal is scored. The ball may go in any direction and must touch another teammate or opponent before the initial player kicker touches the ball again. If the pass/touch kick is touched a second time by the initial kicker before another player touches the ball, the kickoff should be retaken. A goal may not be scored from the kickoff, because all goals must be scored from the offensive side of the field. The opposing team must stay outside of the center circle. Both teams must be on their own half of the field and outside of the center circle until the first touch on the ball is made, after which they may attempt to win the ball.
FOULS / MISCONDUCT	Fouls shall result in either a direct or indirect free kick. The referee must explain ALL infringements to the offending player. No cards shown for misconduct. Players who commit two (2) fouls resulting in direct kicks (excluding handballs) in the same segment must sit out the remainder of that segment. Those players can return during their next scheduled substitution.
INDIRECT / DIRECT FREE KICK	Opponents of team taking the free kick must be at least four (4) yards from the ball until put into play.
PENALTY KICKS	None
THROW-INS	Opponents four (4) yards from ball until put into play.
GOAL KICKS	The ball should be placed on the end line, five (5) yards from the shooting arc on the side in which the ball was played out. Defenders should retreat behind midfield until the ball is put into play.

4V4 RULES FOR PLAY (CONT.)

CORNER KICKS	Opponents of team taking the corner kick must be at least six (6) yards from the ball until put into play.
BALL KICKED IN WRONG GOAL	N/A due to no score kept
GOAL SWITCH AT HALFTIME	K5 Only: No 1st Grade and up: Yes
BALL IN/OUT OF PLAY	The entire ball must go out of bounds to be out of play. If part of the ball is still touching the line, play continues uninterrupted.
SCORING	Score is NOT kept in Kindergarten, 1st grade, or 2nd grade divisions.
SCORING REQUIREMENT	A goal may only be scored from a player's offensive end of the field. This prohibits a player from scoring a goal from the center circle on a kickoff or from a goal kick and encourages them to pass the ball and work as a team rather than attempting to kick the ball the length of the field.
TOURNAMENT PLAY	No tournaments.
SHOOTING ARC	There is no ball contact allowed within the shooting arc. If the ball comes to a stop within the arc, a goal kick is awarded to the defensive team regardless of who touched the ball last. Any part of the ball or player's body on the line is considered in the shooting arc. If the ball has broken the plane of the shooting arc and a defensive player touches the ball, but the referee determines that the ball would not have gone in the goal, a corner kick is awarded to the

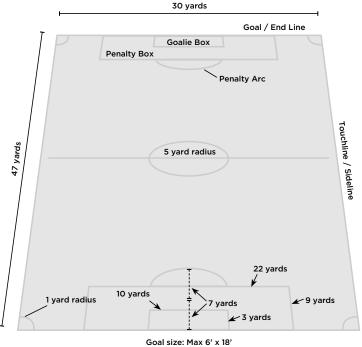
attacking team. If the attacking player touches the ball inside the arc, a goal kick is awarded. The plane of the shooting arc extends upward.

4V4 RULES FOR PLAY (CONT.)

POSSESSION OF THE BALL	The team in possession of the ball at the end of the first, second, fourth and fifth substitution segments retains possession of the ball. The team with possession of the ball will start the next period with a throw-in at the closest point on the sideline when play was stopped. The team that did not start the game with the kickoff will begin the second half of the game with a kickoff.
SLIDE TACKLING	Slide tackling will NOT be allowed.
HEADERS	Headers will NOT be allowed. Although this technique is used in advanced levels of soccer, it can pose as a safety risk and is therefore not allowed.
OFFSIDE	Offside is NOT called.

7V7 GAME FORMAT AND RULES

Field of Play



7V7 RULES FOR PLAY

MAX. # OF PLAYERS	14 (recommended 10)
FIELD OF PLAY LENGTH	47 yards
WIDTH	30 yards
GOAL SIZE	Max size is 6' x 18'
GOALKEEPERS	Yes
BALL SIZE	Size 4 for 3rd grade, 4th grade, 5th grade and 6th grade
BALL SIZE	Size 5 for 6th grade and up
SUBSTITUTION SITUATIONS	At clock stoppage times every eight (8) minutes.
PLAYER EQUIPMENT	Shin guards required
NUMBER OF REFEREES	Two (2)
MATCH LENGTH	Matches consist of two (2) twenty- four (24) minute halves with the clock stopping every eight (8) minutes for substitutions. There should be an eight (8) minute halftime. There will be no extended time.
START / RESTART OF PLAY	A restart kickoff is taken from the center circle at the start of each half and after a goal is scored. The ball may go in any direction and must touch another teammate or opponent before the initial player kicker touches the ball again. If the pass/touch kick is touched a second time by the initial kicker before another player touches the ball, the kickoff should be retaken. A goal may not be scored from the kickoff, because all goals must be scored from the offensive side of the field. The opposing team must stay outside of the center circle. Both teams must be on their own half of the field and outside of the center circle until the first touch on the ball is made, after which they may attempt to win the ball.

7V7 RULES FOR PLAY (CONT.)

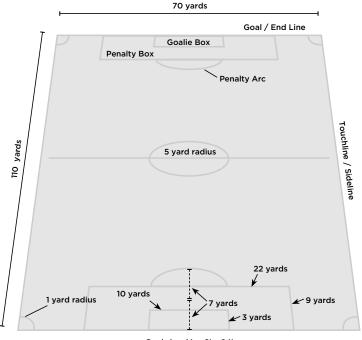
FOULS / MISCONDUCT	Fouls shall result in either a direct or indirect free kick. The referee must explain ALL infringements to the offending player. No cards shown for misconduct. Players who commit two (2) fouls resulting in direct kicks (excluding handballs) in the same segment must sit out the remainder of that segment. Those players can return during their next scheduled substitution.
INDIRECT / DIRECT FREE KICK	Opponents of team taking the free kick must be at least eight (8) yards from the ball until put into play.
PENALTY KICKS	The penalty mark is made seven (7) yards from the midpoint between goalposts and all players should be positioned behind the player taking the penalty kick. If the kick does not result in a goal and the ball is still in play, then play continues live.
THROW-INS	Opponents five (5) yards from ball until put into play.
GOAL KICKS	Conform to FIFA. It is recommended that opponents remain in their own half until ball is in play. The team taking the goal kick does not have to wait for the opposition to retreat and can restart beforehand if they choose. The ball is in play when it is kicked out of the penalty area.
CORNER KICKS	Opponents of team taking the corner kick must be at least seven (7) yards from the ball until put into play.
BALL KICKED IN WRONG GOAL	Treated as a goal for the opponent.
GOAL SWITCH AT HALFTIME	Yes
BALL IN/OUT OF PLAY	The entire ball must go out of bounds to be out of play. If part of the ball is still touching the line, play continues uninterrupted.

7V7 RULES FOR PLAY (CONT.)

SCORING	Score is kept in every game and recorded to reflect "points for" and "points against" for tournament seeding.
SCORING REQUIREMENT	A goal may only be scored from a player's offensive end of the field. This prohibits a player from scoring a goal from the center circle on a kickoff or from a goal kick and encourages them to pass the ball and work as a team rather than attempting to kick the ball the length of the field.
TOURNAMENT PLAY	End of season tournaments are encouraged.
SHOOTING ARC	No shooting arc exists.
POSSESSION OF THE BALL	The team in possession of the ball at the end of the first, second, fourth and fifth substitution segments retains possession of the ball. The team with possession of the ball will start the next period with a throw-in at the closest point on the sideline when play was stopped. The team that did not start the game with the kickoff will begin the second half of the game with a kickoff.
SLIDE TACKLING	Slide tackling will NOT be allowed.
HEADERS	Headers will NOT be allowed. Although this technique is used in advanced levels of soccer, it can pose as a safety risk and is therefore not allowed.
OFFSIDE	Offside is called. Teaching offside at this level is important.

11V11 GAME FORMAT AND RULES

Field of Play



11V11 RULES FOR PLAY

MAX. # OF	
PLAYERS	16
FIELD OF PLAY LENGTH	110 yards
WIDTH	70 yards
GOAL SIZE	Max size is 8' x 24'
GOALKEEPERS	Yes
BALL SIZE	U11/12 size 4, U13 and above size 5
SUBSTITUTION SITUATIONS	Allowed during any stoppage of play.
PLAYER EQUIPMENT	Shin guards required
NUMBER OF REFEREES	2 (one referee, one linesman)
MATCH LENGTH	U15 & U16: 2x40 min. halves U13 & U14: 2x35 min. halves U11 & U12: 2x30 min. halves Halftime: 5 minutes

FOULS / MISCONDUCT	Fouls will result in either a direct or indirect free kick. Referees will explain infringements to the offending player.
INDIRECT / DIRECT FREE KICK	Opponents of the team taking the free kick must be at least ten (10) yards from the ball until put into play.

11V11 RULES FOR PLAY (CONT.)

- Awarded when any of the fouls that result in a direct kick occur inside the penalty area.
- Only the goalkeeper and kicker are allowed inside the penalty area.

PENALTY KICKS

- Opponents must be ten (10) yards away before the kick is allowed.
- The goalkeeper must stay on the goal line until the ball is kicked.
- The kicker cannot touch the ball twice until it has been touched by another player.

THROW-IN

When the ball goes out of bounds, the team opposing whichever team last touched the ball will throw the ball in from the sideline where it went out. The ball must be thrown in from directly behind the head and delivered in front of the head onto the field.

GOAL KICK

- Goal kicks are taken by a member of the defending team when the ball crosses the goal line outside of the goal and is last touched by a member of the attacking team.
- The kick is taken from anywhere within the goal area.
- The ball must leave the penalty area before it can be played/touched by any player from either team.
- If the ball is touched by another player before leaving the penalty area, the goal kick is retaken.

START / RESTART OF PLAY

A restart kickoff is taken from the center circle at the start of each half and after a goal is scored. The ball may go in any direction and must touch another teammate or opponent before the initial player kicker touches the ball again. If the pass/touch kick is touched a second time by the initial kicker before another player touches the ball, the kickoff should be retaken. A goal may not be scored from the kickoff, because all goals must be scored from the offensive side of the field. The opposing team must stay outside of the center circle. Both teams must be on their own half of the field and outside of the center circle until the first touch on the ball is made, after which they may attempt to win the ball.

11V11 RULES FOR PLAY (CONT.)

CORNER KICKS	 Corner kicks are taken by the attacking team when the ball crosses the goal line outside of the goal by a player from the defending team. The kick is taken from the corner arc on the side of the field where the ball went out of bounds. No defending player may be within ten (10) yards of the ball.
BALL KICKED IN WRONG GOAL	All "own goals" will be scored.
GOAL SWITCH AT HALFTIME	Yes
SCORING	Score IS kept. Regular season games may end in a tie. Tournament games will have overtime to determine a winner.
SCORING REQUIREMENT	A goal may be scored from either side of the field because goalkeepers are used in the 11 v 11 format. Teams may accidentally kick the ball into their own goal. At this level, those goals WILL be awarded to the opposing team.
TOURNAMENT PLAY	Tournament play will follow the same rules as the regular season but overtime rules will be used in case of a tie.
SLIDE TACKLING	Slide tackling is NOT allowed.
HEADERS	Headers are NOT allowed.

11V11 RULES (CONT.)

Offside IS called as defined in the following ways:

A player is considered offside if he is nearer to the opponent's goal line than the ball at the time the ball is kicked except in the following cases:

- 1. The player is in his own half of the field.
- 2. The player is not nearer to his opponent's goal line than at least two of his opponents.

OFFSIDE

A player is only penalized for being offside if the ball is played or touched by one of his team and he is involved in active play in one of the following ways:

- 1. Interfering with play.
- 2. Interfering with an opponent.
- 3. Gaining an advantage by being in an offside position.
- Overtime rules should only be utilized in tournament play.
- If both teams are tied at the end of regulation, play one five-minute half to determine a winner. The first team to score in overtime wins.

OVERTIME

- If no team scores in the first five-minute period, play another five-minute half.
- If still no team scores, use penalty kicks.

The "away" team will kick first.

• Use only if teams are tied after 2 overtime periods.

• Each team gets 3 penalty kicks, alternating each kick.

PENALTY KICKS

• If teams are still tied after 3 penalty kicks, use sudden death kicks to determine a winner.

Commonly Used Terms

Direct Kick: If a player commits any of the following in a manner that the referee considers to be reckless or using excessive force: Kicking, tripping, pushing, tackling, or holding an opponent or deliberately handling the ball to prevent a goal being scored. Ball is placed at location of offense. Goal can be scored directly.

Throw In: When the ball completely passes over the sidelines, the last team to touch it loses possession and the opposing team takes a throw-in. The player throwing the ball back into play must stay behind the sideline and throw the ball over their head with both hands and keep both feet on the ground.

Indirect Kick: If a player commits any of the following: offsides, touches the ball more than once on a restart, keeper uses hands when receiving a ball from own teammate, stalling with the ball, and other "minor offenses." Ball is placed at location of offense and gaol can not be scored directly (has to touch somebody else).

Offside (7v7 & 11v11): An offensive player cannot be ahead of the ball and involved in a play unless there is a defender between the player and the goal. An offensive player cannot hang around the other team's goal (behind the opposing team's defenders).

Penalty Kick: If a player commits any of the following in a manner that the referee considers to be reckless or using excessive force AND in the penalty area: Kicking, tripping, pushing, tackling, or holding an opponent or deliberately handles the ball to prevent a goal being scored.

Goal Kick: Goal kicks occur when the attacking team plays the ball over the goal line, in the shooting arc, or if the ball comes to a stop within the shooting arc.

Drop Ball: Occurs between two players, one from each team, to restart the game anytime an official has to stop play for a no-penalty situation. The ball is dropped at the spot where it was last in play unless this happens in the goal arc, in which case it is dropped at the nearest point five yards outside the goal arc. The ball may only be kicked after it has touched the ground. A goal may be scored directly from a drop-ball.

Corner Kick: When the ball passes over the goal line by the defending team, the ball should be placed inside the corner arc on the side it went out of bounds.

→ Substitutions

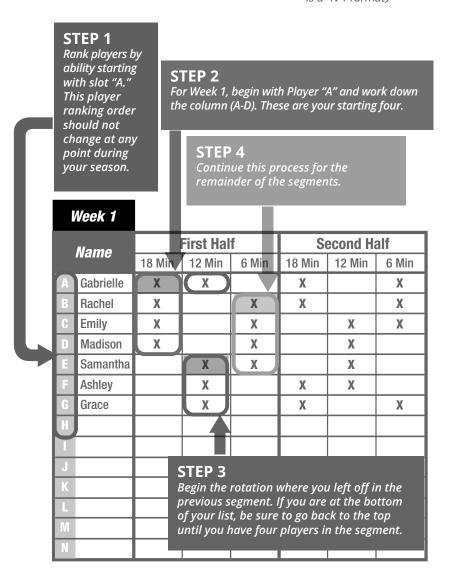
The substitution system is designed to provide every player equal opportunity for improvement. The substitution system ensures the following:

- ◆ Every player will play at least half of the game. This eliminates preferential treatment of players.
- No player will sit out more than one substitution segment at a time. This allows each player to be involved in consistent game action and assists in keeping players focused and engaged in the game.
- ◆ The starting lineup shifts down one player every game allowing every player to be in the starting lineup. This gives all players a time to be on the field first and no child feels as though they are used only as a reserve player.
- ♦ Coaches are not open to making unfair substitutions. Fair substitutions help to provide a positive sports experience for every player and not just wins and losses.
- ◆ Coaches are free from monitoring playing time for each player. The substitution system allows coaches to focus more on instructing and encouraging players than awarding playing time.
- Playing time for all players is virtually even over the course of the season. This gives all players game experience and to allows them to be a contributing teammate.

◆ NOTES

→ Filling Out the Substitution Form

(The example below is a 4v4 format)



For Week 2, begin with Player "B" and fill in four players for the starting lineup.

Week 2

	Name		F	First Hal	f	S	econd H	alf
	NaiiiG	18 Mi	n	12 Min	6 Min	18 Min	12 Min	6 Min
A	Gabrielle							
В	Rachel	X						
C	Emily	Х						
D	Madison	Х						
Е	Samantha	Х						
F	Ashley							
G	Grace							
Н								
J								
K								
M								
N								

Using the method we just learned, fill in the rest of the substitution form for Week 2.

Substitution Scenario

It's Week Three begin the rotation with the third player down on the list player C, Emily. Samantha has not arrived (she is supposed to be in the starting lineup for Week Three). She did not call prior to the game and inform you that she will not be

present.

Week 3						
Name		First Hal	f	S	econd Ha	alf
Waine	18 Min	12 Min	6 Min	18 Min	12 Min	6 Min
A Gabrielle						
B Rachel						
C Emily	Х					
D Madison	Х					
E Samantha	_					
F Ashley	Х					
G Grace	Х					
H						
J						
K						
L						
M						
N						

How to fill out the form:

Begin with your original starting two (Emily and Madison). For the first segment only, draw a line through the box for Samantha. Fill in the box for Ashley (this now gives you three players). To occupy the fourth spot, fill in the next person in the rotation (Grace). This is your new starting lineup for Week Three. For the second segment, start with the next person in the rotation (Gabrielle) and work down the form to include Rachel, Emily and Madison.

If by the third segment Samantha has yet to arrive, draw another line through her name and begin with the next person in the rotation (Ashley) to begin this segment. Continue this lineup with Grace, Gabrielle and Rachel.

Week 3

Name		First Hal	f	S	econd Ha	alf
Wallic	18 Min	12 Min	6 Min	18 Min	12 Min	6 Min
A Gabrielle		Х	Х			
B Rachel		Х	Х			
C Emily	Х	Х				
D Madison	Х	Х				
E Samantha	_	_	_			
F Ashley	Х		Х			
G Grace	Х		Х			
H						
J						
K						
L						
М						
N						

If Samantha arrives during halftime, continue with the proper rotation including Samantha in the following segment. Then continue with the rest of the rotations through the end of the game.

	Week 3						
	Name		First Hal	f	S	econd H	alf
	Maille	18 Min	12 Min	6 Min	18 Min	12 Min	6 Min
A	Gabrielle		Х	Х		Х	
В	Rachel		Х	Х		Х	
C	Emily	Х	Х		Х	Х	
D	Madison	Х	Х		Х		Х
E	Samantha	_	_	_	Х		Х
E	Ashley	Х		Х	Х		Х
G	Grace	Х		Х		Х	Х
Н							
J							
K							
L							
M							
N							

As you can see with the previous example, it is important to NOT fill out your form prior to the game. If a participant is absent, it is best to fill out your form segment by segment in case the absent player arrives at some point during the game.

→ Game Day Stars

If your league is using Game Day Stars, you have an Award Stars booklet These multi-colored stickers are given to each player at the end of every game. Star presentation should be an exciting time. Encourage parents to cheer as stars are distributed to each player. Make specific points why each participant receives a particular star. Notes you or your assistant coach take during the game should be used during this time as you encourage their efforts.

TIP: Find a location off of the field and take your time with this activity after the game.

Here is an example of how to conduct a star presentation:

"During the game today Quinn stopped the ball three times as the other team was trying to score. She made great decisions that put her in the right position to make the stop each time. Today, Quinn gets the red star for defense. Let's all give a hand for Quinn. Great defense today Quinn!"

Use the star distribution form on MyUpward in the Gameday area or in the back of your coach playbook to track which stars each participant has received. Make an attempt to award each participant all five stars throughout the season.

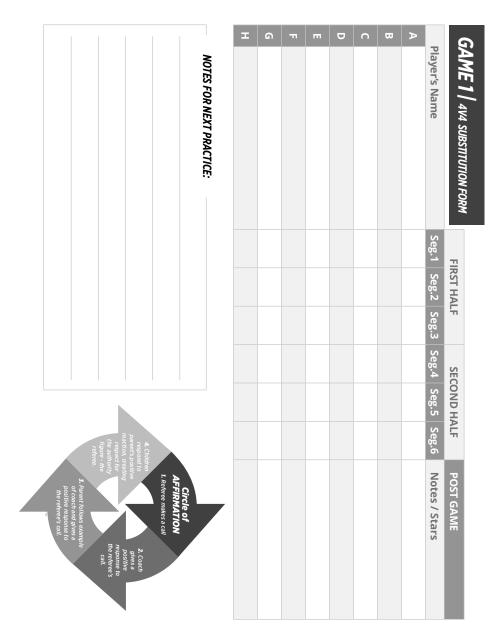
Encourage players to display the stars they receive on their posters. Here is a list of the game day stars and what they represent.



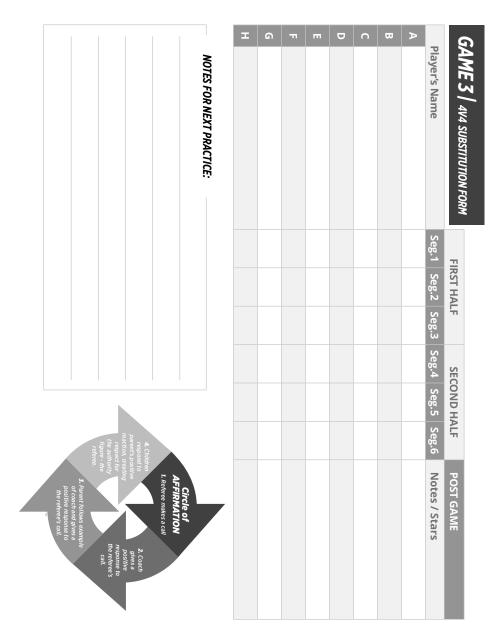
SECTION 5

FORMS

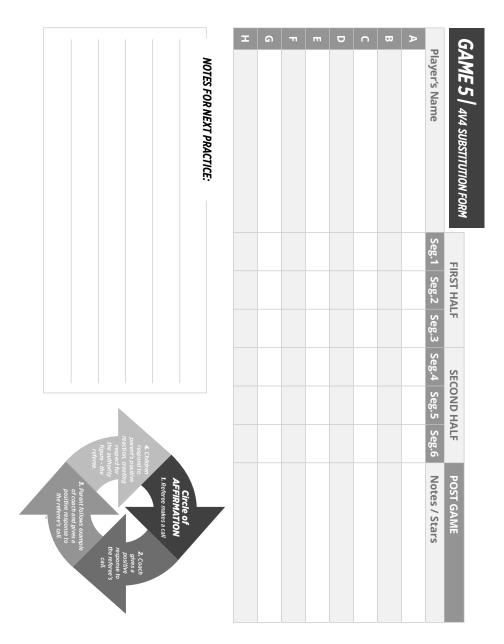
4v4 Substitution Forms	115
7v7 or 11v11 Substitution Forms	123
Star Distribution Form	131



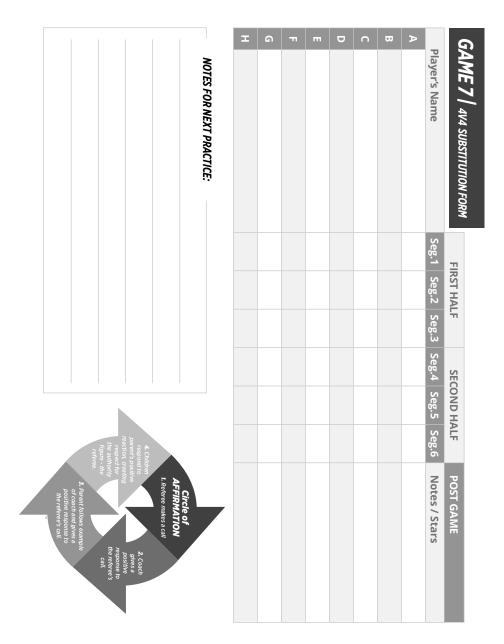
	POST GAME	Notes / Stars									Circle of AFFIRMATION 1. Referee makes a call	A coard gives a gives a gostifive response to the response to the referee's call. The referee's call. The referee's call. The referee's call.
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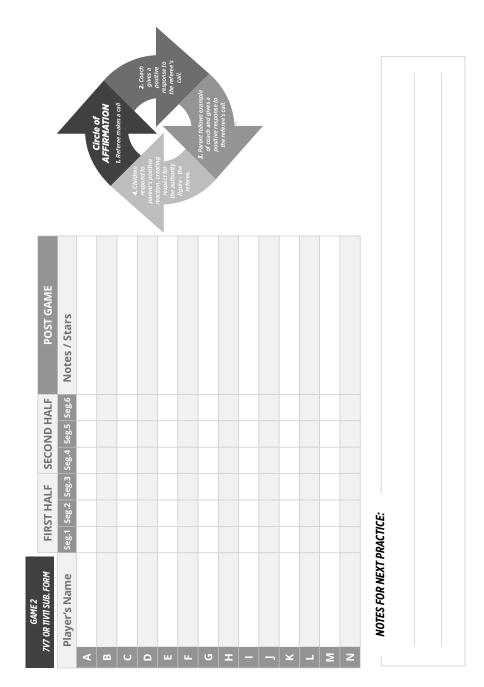


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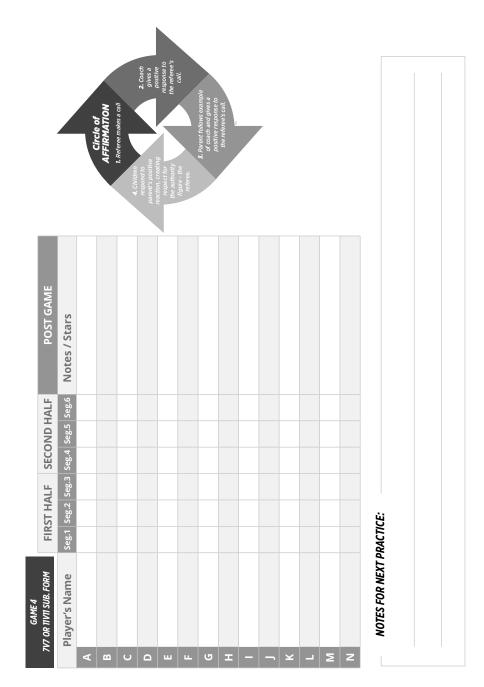


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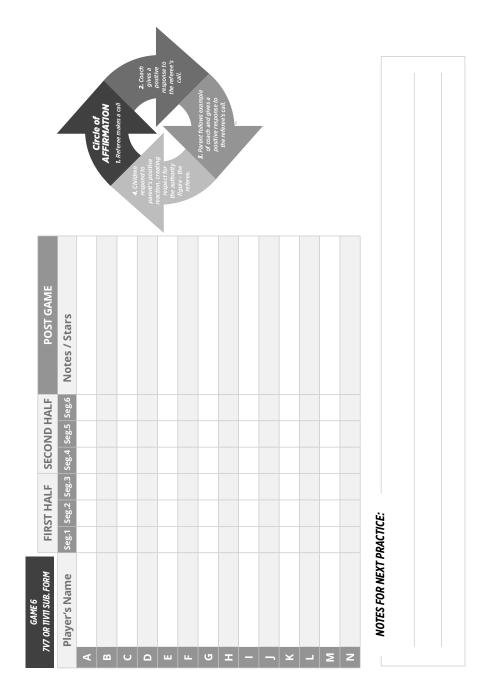
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													Player's Name	7V7 OR 11V11 SUB. FORM	GAME 1
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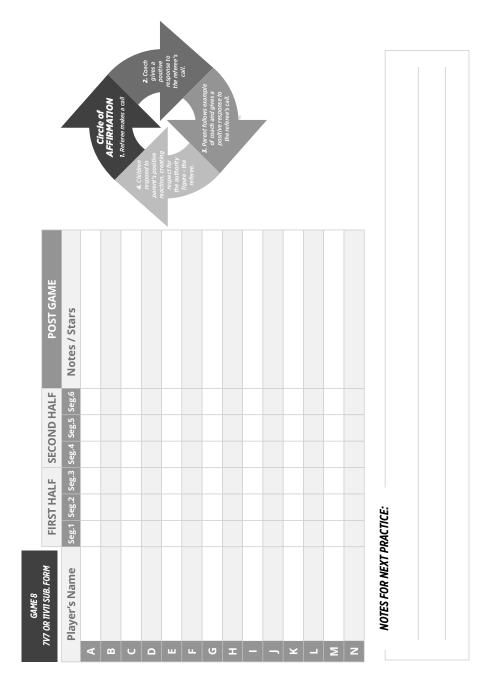
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		game.	s receive each	Use a pencil to record the color of the star that the players receive each game.	lor of the star	record the co	Use a pencil to

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