



# CENTRAL SPORTS

## VOLLEYBALL

*Central Sports exists to promote the  
discovery of Jesus through sports.*

Team Name: \_\_\_\_\_

Practice Day/Time: \_\_\_\_\_



# Table of Contents

<b>Central Sports</b> .....	<b>2</b>
Sports Offered.....	2
Practice/Game Day Cancellation Policy .....	2
<b>Important Dates Table</b> .....	<b>2</b>
<b>Coaches: Requirements</b> .....	<b>3</b>
Application & Background Check.....	3
Ministry Safe .....	3
<b>Coaches: Expectations</b> .....	<b>3</b>
Keys to Coaching .....	3
Central Sports Coaches’ Dress Code .....	4
<b>Coaches: Responsibilities</b> .....	<b>4</b>
Attend Coaches’ Training .....	4
Contact Your Team .....	4
Attend ‘Meet the Team’ .....	4
Conduct Practices .....	5
Coach Games .....	5
Award End-of-Year Awards.....	5
<b>Volleyball at Central</b> .....	<b>6</b>
General Rules of Volleyball .....	6
Rules Specific to Central.....	6
Play Time/Line-Up Rotation .....	7
Zone Serving: 1 <sup>st</sup> – 3 <sup>rd</sup> Grade Division .....	8
Zone Serving: 4 <sup>th</sup> – 6 <sup>th</sup> Grade Division .....	8
Practice .....	9
Practice Breakdown .....	9
Skills to Teach/Links to Drills.....	9
Game Day Format: 1 <sup>st</sup> – 3 <sup>rd</sup> Grade Division.....	10
Game Day Formant: 4 <sup>th</sup> – 6 <sup>th</sup> Grade Division .....	10
<b>Examples</b> .....	<b>11</b>
<b>Diagrams/Visual References</b> .....	<b>13</b>
<b>Weekly Devotions</b> .....	<b>16</b>

## CENTRAL SPORTS

Central Sports focuses on these three things: fun, growth, and respect.

- **Fun**- We want the kids, parents and you, the coach, to have fun. We want learning about Jesus to be fun. He is the creator of fun, so why wouldn't we have fun learning about Him?
- **Growth** - We want kids to be better players at the end of the season than they were at the beginning of the year. We want the players', coaches' and parents' relationship with Jesus to be deeper that it was when the season started. If they don't know Jesus, we want them to get to know Him.
- **Respect**- We want players and coaches to play to win, but at the same time not win at all costs. We want players and coaches to respect the opponent. We want you to have the same reaction in winning and in losing. Jesus taught us to love others, so we need to love the other team.

### Sports Offered

January-February : Basketball, Cheerleading

March-May : Soccer

August- November : Flag Football, Volleyball

### Practice/Game Cancellation Policy

Volleyball does not normally have weather related cancellations. However, if for some reason a cancellation does occur, emails will be sent out to the league and cancellation notices will be posted to the Central Volleyball Facebook page

(<https://www.facebook.com/groups/cbcupwardvb/>).

### IMPORTANT DATES

Meet the Team: \_\_\_\_\_

First Week of practice: \_\_\_\_\_

First Game: \_\_\_\_\_

Last Game: \_\_\_\_\_

Deadline to request award medals: \_\_\_\_\_

Gym unavailable on this day (dates): \_\_\_\_\_

Teams that affected by this day (dates) can practice the Friday of that week.

\*\*\*You **MUST** notify Bill Wise if you plan to practice on that Friday!

## **COACHES: REQUIREMENTS**

### **Application & Background Check**

All coaches must complete an application and background check. This includes assistant coaches and fill-in coaches. If you know you will miss a game and need a fill-in coach for a game, please make sure they have completed and turned in the appropriate paperwork.

### **Ministry Safe**

As a coach, you MUST complete the Ministry Safe Sexual Assault Awareness Training. This is to protect the players, you as the coach, and Central Sports. There are videos and a test at the conclusion of the training. The entire training should take no longer than 45 minutes. This training certification lasts 2 years. If you have taken the Ministry Safe Training at another church, please send your certification to [familyactivities@centralbcs.org](mailto:familyactivities@centralbcs.org). If your training expires during the middle of the season, you will be asked to complete a new training prior to the start of the season. We thank you for taking every step possible to protect the kids that we love.

## **COACHES: EXPECTATIONS**

We want you to grow in the knowledge, skills and passion for stewarding players to Christ through the sport of volleyball. When you coach, we want you to instill character in the players. This only comes from a relationship with Jesus and a constant renewing of your mind with the things of Him. (Rom. 12:2)

Coaching can have more purpose than teaching players how to serve or pass. As a coach, you can teach your players about the truths of God: that He loves us and wants to know us, along with the sport. We want to come alongside and equip you to share Jesus with your players.

As a coach, we want you to be a positive role model – encourage and respect your players and the game by communicating clearly and consistently, listening to your players, and knowing the sport.

### **Keys to Coaching**

- Teach the game through drills – The ability to execute proper drills enhances skill level and improves athletic foundations. Your practices should utilize drills that enhance skill development.
- Teach the rules of the sport – For the players to grow in the sport, they must understand and apply the rules of the game. Take time to explain rules and why they are important.
- Instill sportsmanship with a competitive spirit – In sports, winning and losing are part of the game, just as it is for life. Knowing how to handle both in a positive way builds character in young athletes. Teach your players to play hard and play to win, but also teach them to put others before themselves with a positive attitude and sportsmanship.
- Communicate effectively – In order to teach the rules, explain drills, and teach sportsmanship, you have to be an effective communicator. Likewise, good communication and organization are crucial in keeping parents informed throughout the season. This includes keeping them up to date on practice and game times and having a plan in place each and every practice.

## Central Sports Coaches' Dress Code

- Central Sports Coach shirt or sleeved t-shirt
  - NO tank tops, muscle shirts, crop tops or spaghetti straps
- Athletic or walking shorts
  - NO yoga pants, compression pants, compression shorts, leggings, jeggings, etc., unless covered by shorts.
- Tennis/athletic shoes
  - Come dressed for practice the way you want the kids dressed for practice; set the standard and example.

## COACHES: RESPONSIBILITIES

### Attend Coaches' Training

- Attend training
- Pick-up shirt, roster, and handbook

### Contact Your Team

- Introduce yourself (and your assistant coaches if applicable)
- Inform parents of:
  - Team name & age division (for the parents with multiple children playing)
  - Practice nights (day of week, time)
  - Meet the Team details
  - First Practice date
  - First Game date
  - Knee pads
  - Dress code for practice & games
  - Practice atmosphere
  - Game day atmosphere
  - Line judges

We encourage you to request a confirmation so you know your parents receive the information.

### Attend 'Meet the Team'

**Location:** Family Life Center Gym (FLC Gym)

**1<sup>st</sup>-3<sup>rd</sup> grade division:** 6:00-6:20 pm

**4<sup>th</sup>-6<sup>th</sup> grade division:** 6:30-6:50 pm

- Introduce yourself
- Tell them when the first practice is (day of week, time)
- Tell them where the first practice is (all practices will be the same)
- Tell them what to bring to practice; knee pads, water bottle, learning attitude
- Ask for a team parent to handle snack sign-up (if wanted/needed)
- Ask for help coaching if wanted/needed (must fill out paperwork/Ministry Safe training)
- Let them know when/if you will be out
- Hand out team rosters

IF YOU AND YOUR ASSISTANT COACH WILL NOT BE AT 'MEET THE TEAM', PLEASE LET YOUR TEAM KNOW THAT THEY DON'T NEED TO ATTEND. PLEASE LET US KNOW AS WELL!

## **Conduct Practices**

- Be prepared for your practices! Conduct drills that teach skills.
- Be prepared for devotions! The players will get out of it what you put into it.
- Use positive reinforcement only; no punishment! Please no burpees, push-ups, etc.
- No scrimmages during the first two weeks of practices.

## **Coach Games**

- Be prepared for the game! Have your lineup ready and captains picked. Make sure players are given equal game starts, playtime, and coin tosses.
- Be involved! Engage with players from the bench.
- Be an encourager! Always have uplifting words for your players. Praise them in the post-game locker room.
- Do not argue with the refs/scorekeepers. Remember that they are volunteers! Please set a good example for your players.

## **Award End-of-Year Medals**

End-of-the-Year Medals are given after the last game of the season. This highlights your player's strength; it is not a "most improved, MVP, or best player" award. Multiple players can receive the same award. You will email Central Sports with a list of the awards you need. There are 10 award categories:

- Offense, Defense, Passing, Serving, Hustle, Sportsmanship, Leadership, Character, Effort, Encourager

You will receive a reminder from Central Sports to provide your medal count & categories.

**Please be aware: if you miss the deadline, you will NOT receive any medals for your team.**

# VOLLEYBALL AT CENTRAL

## General Rules of Volleyball

- Ball that lands on the line is in.
- Serve that does not go over the net is a point for the other team.
- Ball that lands out is a point.
- Serve that strikes the net and goes over is a live ball.
- Serve that strikes the antennae or goes outside of the antennae and lands in or the other side, is out.
- Ball in play that strikes the ceiling/sound equipment/basketball goal, etc. but remains on your side is a live ball.
- Ball in play that strikes the ceiling/sound equipment/basketball goal, etc. and goes over the net to the opposing team is considered obstructed and a dead ball; point for the other team.

## Rules Specific to Central Sports

- Player rotates in at server position only and rotates through all positions on the court.
- Player may not serve more than 3 points in a row (side-out awarded).
- Rally scoring
- Zone serving (see following entitled section).
- No chanting during the opposing team's serves.
- Serve that is missed ('whiffed') is replayed.
- One time out per game
- Lifts are called for the 4<sup>th</sup>-6<sup>th</sup> grade division
- Devotion for all teams and parents given at the beginning of each game

	<b>1<sup>st</sup>-3<sup>rd</sup> Grade Division</b>	<b>4<sup>th</sup> – 6<sup>th</sup> Grade Division</b>
<b>Ball Size</b>	-Volley Lites	-Standard Size
<b>Game Format</b>	-Two 18 minute games -No score kept	-2 sets (games) to 25 points -1 set (game) to 15 points -Must win by two points
<b>Zone Serving</b>	-2 ft zones – 12 total zones -Serve is allowed from in front of 10 ft line -After two successful serves, moves back to next zone for third attempt -Start serving in last successful zone	-5ft zones – 5 total zone -Serve begins at 10 ft line -After each successful serve, moves back to next zone -Start serving in last successful zone
<b>Overhand Serves</b>	-Behind 30 ft line	-Behind 25 ft and 30 ft line (Zones 5 or 6)

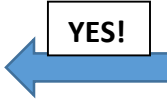


## Play Time/Line-up Rotation

- Every player rotates in at server position and rotates through all positions on the court to ensure equal playtime.
- Evenly divide (as much as is possible) game starts
- Evenly divide (as much as is possible) coin toss callers
- If a player is late, you can have them sit out until their turn in the rotation or you can slip them in right away. Just be consistent!
- Start of game – if your team didn't win the toss, you must rotate before serving

Equal Line-up

	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Game 7	Game 8
Player 1	X		X		X			X
Player 2	X		X		X			X
Player 3	X		X			X		X
Player 4	X		X			X		X
Player 5	X			X		X		X
Player 6	X			X		X		X
Player 7		X		X		X		
Player 8		X		X		X		
Player 9		X		X			X	
Player 10		X		X			X	
Player 11		X			X		X	
Player 12		X			X		X	
Player 13			X		X		X	
Player 14			X		X		X	



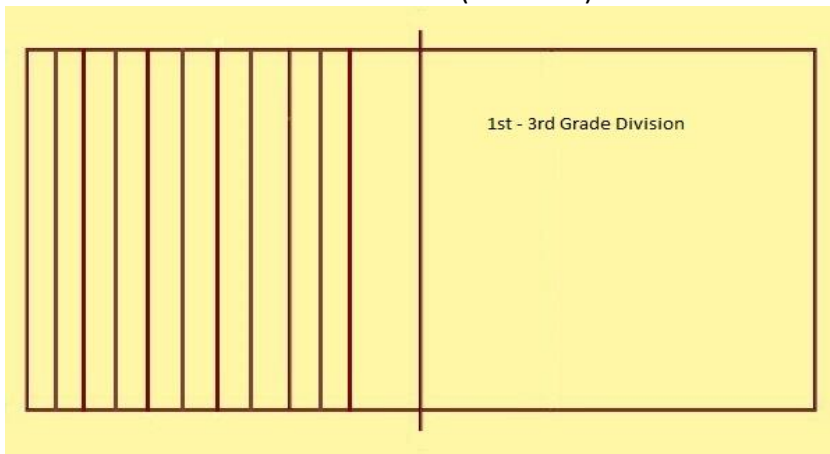
Unequal Line-up

	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Game 7	Game 8
Player 1	X							
Player 2	X	X						
Player 3	X	X	X					
Player 4	X	X	X	X				
Player 5	X	X	X	X	X			
Player 6	X	X	X	X	X	X		
Player 7		X	X	X	X	X	X	
Player 8			X	X	X	X	X	X
Player 9				X	X	X	X	X
Player 10					X	X	X	X
Player 11						X	X	X
Player 12							X	X
Player 13								X
Player 14								

### Zone Serving: 1st – 3rd Grade Division

Lines that are 2 feet apart will be taped on the court; creating 12 serving zones.

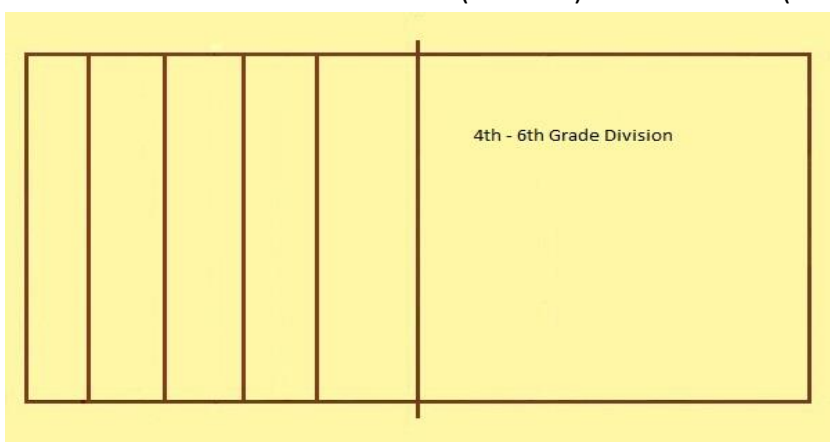
- Each player should begin in a zone that is the furthest from the net that they can consistently, successfully serve. 1<sup>st</sup>-3<sup>rd</sup> grade division can begin anywhere, including in front of the 10ft line.
- If the player has two successful serves, then the player will move back one zone for the third serve attempt.
- When the player rotates around for their next serve attempt, they start in the last zone in which they were successful.
- Overhand serves from the 30 foot line (back line)



### Zone Serving: 4th – 6th Grade Division

Lines that are 5 feet apart will be taped on the court, creating 5 serving zones.

- Each player should begin in a zone that is the furthest from the net that they can consistently, successfully serve. 4<sup>th</sup>-6<sup>th</sup> grade division will begin at 10ft line.
- If the serve is successful, player moves back to the next zone for next serve attempt. The player will move back one zone for every successful serve attempt until they side out (3 serves) or possession turns over.
- When the player rotates around for their next serve attempt, they start in the last zone in which they were successful..
- Overhand serves from the 25 foot line (4<sup>th</sup> zone) or 30 foot line (back line/5<sup>th</sup> zone)



## Practice

- Practice nights: Monday, Tuesday, or Thursday
- Practice times: 5:30-6:30 pm or 6:30-7:30 pm
- Volleyball courts are shared for practices.
- Please wait outside the gym until your practice time begins.
- Devotions are at the midway point of your practice. An intern will announce balls down.
- Positive reinforcement only; no punishments such as burpees, push-ups, etc.
- No scrimmages during the first two weeks of practice.

### PRACTICE BREAKDOWN

- *Pre-Practice Huddle (3-5 minutes)* – Cover specific rules and the basics of the game. Teach and review proper techniques for each skill needed for practice drills.
- *Warm-up Activity (3-5 minutes)* – Provide players the opportunity to practice individually and slowly warm up their muscles.
- *Practice skills through drills (20 minutes)* – Use drills that reinforce skill development. Focus on only one to two skills per practice.
- *Mid-practice huddle (5-7 minutes)* – Share the practice-specific devotion for each week. An intern will come in and announce devotion time at the mid-point of practice.
- *Scrimmage or games that teach (20 minutes)* – Guide players in using the skills they are learning through scrimmaging.
- *Post-practice huddle (5 minutes)* – Communicate game times, picture times, etc. After practice is a great time to engage in conversation with parents.

### SKILLS TO TEACH/LINKS TO DRILLS

- Rules (In/Out of bounds, 3 hits, Rotation)
- Communication (mine, back, out, etc.)
- Ready position
- Serving (underhand and/or overhand)
- Passing
- Move Those Feet
- Setting
- Hitting
- Offensive (when serving) player positions
- Defensive (when receiving) player positions
- Links
  - <http://www.theartofcoachingvolleybal.com>
  - <http://athleticlift.com/volleyball-drills-for-kids/>
  - <http://www.jvaonline.org/beginner-drills>
  - <https://www.livestrong.com/article/188507-fun-volleyball-drills/>
  - <https://www.teamusa.org/USA-Volleyball/Features/2015/June/23/Growing-Kids-Volleyball>

There are many more ideas, videos, drills, etc. out there. Just search for “Volleyball Drills for ages insert age/grade here”.

## **Game Day: 1<sup>st</sup> – 3<sup>rd</sup> Grade Division**

### Prior to Game

- Set your lineup
  - Equal start time/play time for every player
- Choose a bench
- Warm-up until ref signals 'balls in'
- Choose your 'Captain(s)' – they call the coin toss.
  - Coin toss winner chooses to serve or receive
  - Make sure everyone takes a rotation at 'Captain'.

### During Game

- Two 18 minute games (no clock stoppages) with a 2 minute break
  - Do not leave the court.
- This age division does NOT swap sides of the court

### After the Game

- Line up and shake hands (high-fives)
- Dismiss to the locker room (classroom) on your side of the gym
  - First classroom for 1<sup>st</sup>-3<sup>rd</sup> grade division
- Pass out team snack
- Positively congratulation/critique your team

## **Game Day: 4<sup>th</sup> – 6<sup>th</sup> Grade Division**

### Prior to Game

- Set your lineup
  - Equal start time/play time for every player
  - Turn in your lineup (in serving order), with player jersey #s, to the scorekeeper's table
  - If your line-up changes between sets (games), then you will need to provide those line ups as well
- Choose a bench
- Warm-up until ref signals 'balls in'
- Choose your 'Captain(s)' – they call the coin toss.
  - Coin toss winner chooses to serve or receive
  - Make sure everyone takes a rotation at 'Captain'.

### During Game

- Two games to 25 and one game to 15
  - Must win by 2 points
  - Swap sides of court between each game

### After Game

- Line up and shake hands (high-fives)
- Dismiss to the locker room (classroom) on your side of the gym
  - Second classroom for 4<sup>th</sup>-6<sup>th</sup> grade division
- Pass out team snack
- Positively congratulate/critique your team

# EXAMPLES

## Example Intro/Meet the Team Email:

Howdy parents!

We are so excited to have your daughter on the **{TEAM NAME}** volleyball team at Central Sports! Our heart is to teach these young girls fundamental volleyball skills, guide them in practicing good sportsmanship, and deepen their understanding of God's perfect love for them. We are joyfully praying over your daughters and this season together!

\***Meet the team is {DAY of WEEK}, {DATE} from {TIME}** at the Central Church Family Life Center. This is a come-and-go event. We look forward to meeting you and your precious girls that night!

\***Our practice time will be on {DAY of WEEK} from {TIME} at the Central Church Family Life Center. Our first practice is on {Day of Week}, {Date}.**

\*It is IMPERATIVE for your girls to be ON TIME to all practices and games. We only have 1 hour a week to practice so every minute counts!

\*Your daughters will need a good pair of athletic shoes and kneepads for the season. Youth-sized kneepads are available in town at Walmart and Academy. Athletic shorts must be worn over any tights/leggings. Shirts should cover the midriff.

\*Games will begin Saturday, **{Date}**. We will send you the game schedule as soon as it is released.

**{Indicate how you will communicate throughout the season. This coach uses the Remind App; you may use your preference just let the parents know.}**

\*A Remind group will be set up and used as the primary mode of communication for the team. You are not required to download the Remind app in order to be part of the group. The phone number you provided during registration will be added to this group. If you do not receive a message about the Remind group within the next 24 hours, reply to this message to let us know. If you have additional phone numbers you would like added to the group, please let us know that as well (e.g. spouse, grandparent).

Please let us know if you have any questions. Go **{Team Name}**!

These examples are provided to assist you with wording. You do not need to copy them word for word.

Make sure to adjust dates, time, and team names!

Make sure that you include the team name & age division in the Subject Line!

## Example Weekly Team Email:

### ▲ Central Sports Volleyball - Wildcats, Week of 10/8

#### PRACTICE

Thursday, Oct 11, 6:30 pm

Please have the girls ready to go at 6:30 pm  
Make sure they have a water bottle, have visited the bathroom,  
and are wearing tennis shoes  
NO spandex unless it is covered by other shorts; no spaghetti straps/tank tops

#### GAME

Saturday, Oct 13, 8:00 am

Arrive by 7:45 am - if you will not make the game, please let me know ASAP  
Visit the restroom prior to the game. Bring a water bottle!  
\*\*\*SNACKS - {Parent Name}

If you have any questions, please do not hesitate to contact me.  
|  
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\*\*\*\*\*UPCOMING\*\*\*\*\*

#### PRACTICE

Thursday, October 18, 6:30 pm

#### GAME

Saturday, October 20, 8:00 am

Snack: {Parent Name}

#### PICTURES

Saturday, October 20, 9:30 am

#### PRACTICE

Thursday, October 25, 6:30 pm

#### GAME

Saturday, October 27, 12:00 pm

Snack: {Parent Name}

#### **NO PRACTICE**

Thursday, November 1

This is an example of a weekly communication sent out on Sunday or Monday.

The UPCOMING events listed out the whole season (practice, games, pictures, snacks, etc).

## Example Serving Zone Chart

Player Name	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
Player A					
Player B					
Player C					
Player D					

Player Name	Serving Zones
Player A	
Player B	
Player C	
Player D	

## Example Lineup

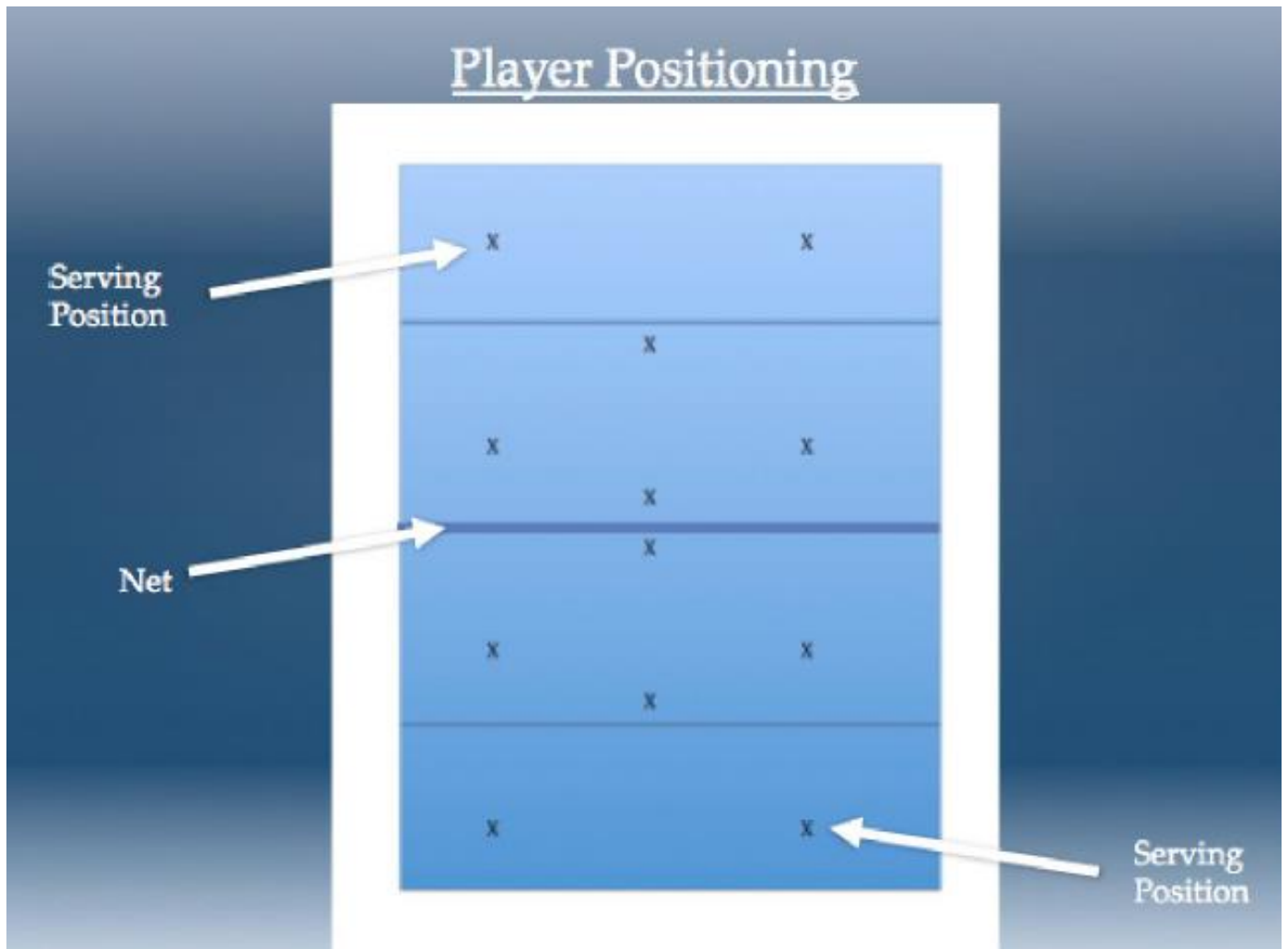
Player Name	Jersey #
Player A	
Player B	
Player C	
Player D	

Please provide the lineup in serving order.

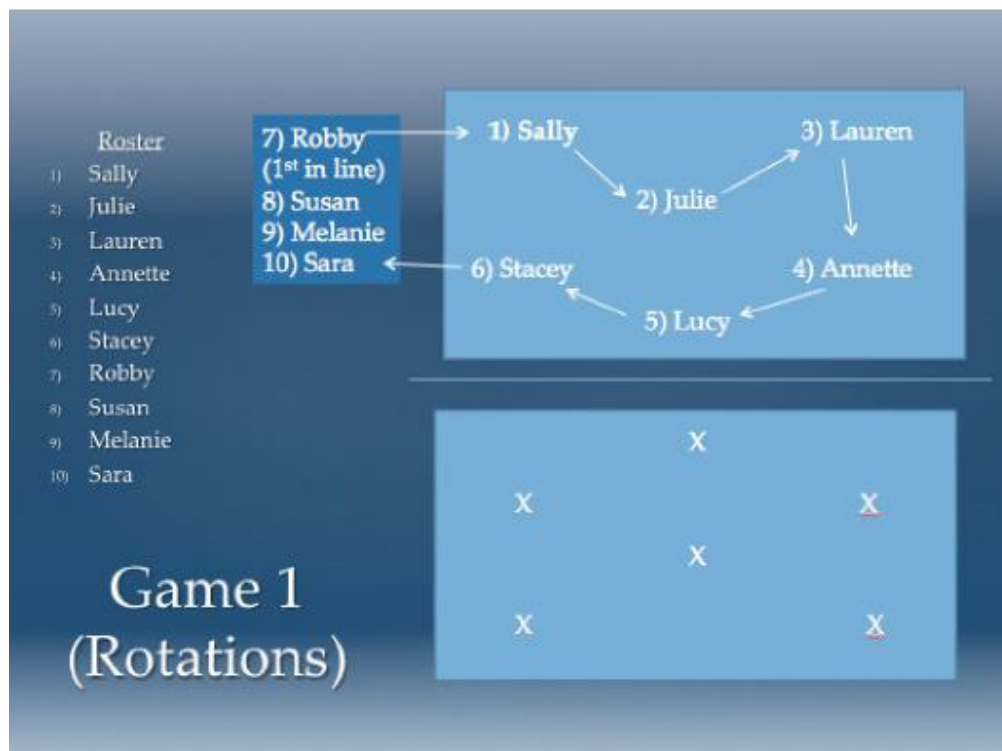
If your serving order changes between sets/games, please provide a new lineup.

# DIAGRAMS/VISUAL REFERENCES

## Player Positioning



## Game / Line-up Rotation







## WEEKLY DEVOTIONS

- Be prepared each week for devotional. Know the scripture; don't just read it off the paper. Bring your Bible.
- Make the devotional your own; personalize it. Talk about situations your players will understand. Relate it to the game, school, home life, etc.
- Ask for questions! If you don't know the answer, tell them you will get back to them with an answer and do it!
- Remember: YOU may be the only 'Jesus' they see!

## Week 1: Getting to Know You

At the halftime of practice – play **The Name Game**.

- 1) Have each player give her name and tell you the animal they would most like to be and why.
- 2) You, the coach, now try to go around and name each of the players and the animal she wants to be like – this may be challenging.
- 3) Have each player go around and try to name all the players with the animal.

***During a water break, find out from your players:***

- Where they go to school
- Whether they have brothers and sisters
- What they like to do in their free time

*Tell them a snippet of your story – you will do more of this throughout the season. This would include:*

- Where you grew up
- Where you went to school
- Whether you have brothers and sisters
- What you liked to do in your free time when you were their age

## Week 2: The Gospel

### Key Verses:

Genesis 3

John 3:16

1 Corinthians 15: 55-57

John 11: 25-26

How many of you have never ever messed up in your life? You've gotten a 100 on every test/homework, you always clean your room right when your parents ask you too, you've never lied about anything? Yeah, we've all messed up at some point or another.

Today we are going to talk about the first people to EVER mess up, Adam and Eve. Their story can be found in Genesis 3. Does anyone know anything about Adam and Eve? (Wait for responses). They were created by God and put in the garden of Eden and got to walk and talk with God on a regular basis. Everything was perfect for them, all they had to do was not eat from the tree of knowledge of good and evil. That was it. They could eat from any other tree/bush in the garden, but one day the devil spoke to Eve and told her that she would not surely die if she ate from the tree. He told her that she would be like God and convinced her to eat the fruit. So, Eve ate it and then gave some to Adam to eat and they disobeyed God. This was when sin entered the world. Sin is anything that we do that disobeys God and because of sin, God had to cast Adam and Eve out of the garden because he could not be with them anymore. God cannot be in the presence of sin.

Many years went by, and God still looked after his people, but the world was evil because of sin. However, at just the right time, God sent His son, Jesus, to come and live a perfect life that we never could, die on a cross, and rise 3 days later. Does anyone know the verse John 3:16? (wait for response; if no one knows it, please read it to them). When Jesus died and rose again, he took on all of the sins of every person in the world that had ever lived and will ever live. He took on each of our sin and buried it in the grave and then rose again to show that he had conquered our sin and to show that death had no hold on us anymore. Read 1 Corinthians 15:55-57

That's not the end of the story though. Jesus will come back and judge the world based on if we are followers of him or not. Those who are Christians will get to spend forever in Heaven with God. Those who are not will be eternally separated from God, and that is a tragic thing to happen. We want everyone to accept Jesus as their Lord and Savior because Jesus wants what's best for you. Read John 11:25-26

If you have never asked Jesus to be the Lord of your life, I'd love to talk to you more about it, and if you have THAT IS AWESOME!

Let's pray.

### Week 3: Introduction of Season Verse

#### Key Verses:

Isaiah 41:10

Isaiah 41:10 “Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will surely help you; I will uphold you with My right hand of righteousness.”

Have any of you heard this verse before? What do you think this verse means? (Wait for responses)  
We’re going to talk about this verse every single week, and I want to challenge all of you to memorize this verse this season. (Feel free to come up with motions to go along with the verse. Feel free to ask your fellow coaches/Tyler for suggestions) When are some times that God is with us? All the time! Does anyone have any specific examples that God was with them? Like you took a test and prayed to God to give you peace or something was hard, but God was with you to help you through it? How does it make you feel to know that God is with you whenever you’re afraid?

Let’s pray.

## Week 4: God was with Joshua

Key Verses:

Isaiah 41:10

Joshua 6:1-20

Does anyone have our verse memorized? Isaiah 41:10.

This week we're gonna talk about what happens when God is with us. We're going to talk about the story of Joshua. We can find his story in Joshua 6:1-10.

Joshua was the leader of the Israelites after Moses had died. God had told Joshua that they were going to go into the promised land, but there were giants in the land. Nine feet tall giants! That's two, maybe three of you stacked on top of each other. Would you be afraid if you were supposed to take on these giants? That would be like all of you playing a bunch of high schoolers! They'd be super tall compared to you! I know I would be scared, but Joshua knew that God was with him.

So, God told Joshua that they were supposed to walk around the walls of the promised land one time for six days, playing their trumpets as loud as they could while they walked. Then on the seventh day, they walked around the walls seven times, and on the seventh time around, they all yelled as LOUD as they could. How many of you can yell really loud? Don't show me now, but just imagine screaming as loud as you can while people are blaring really loud music. And because of that, walls of a building came crashing down! How crazy would that be?!

So, because they screamed and yelled after they walked around the city, the walls came crashing down, and the people of Jericho ran away as fast as they could. God was with Joshua and Joshua trusted in God's plan. Do you think Joshua probably questioned what God was thinking when he told him to walk around the city blaring trumpets? That wasn't a normal way to take over a city. Sometimes God asks us to do things that we don't totally understand, but that doesn't mean that we're not supposed to obey Him. When your parents tell you not to go into the street, do you think it's because they don't want you to have fun? No! It's because they want to protect you and make sure you don't get hit by a car, but when you were younger you probably didn't know that. The same is true with God. God tells us things, not to keep us from having fun, but to protect us.

Let's pray.

## Week 5: God was with Noah

Key Verses:

Isaiah 41:10

Genesis 6:9-22

Let's all say our memory verse together. Isaiah 41:10 "Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will surely help you; I will uphold you with My right hand of righteousness."

Who remembers what we talked about last week? (Wait for answers, affirm if correct) Right! We talked about Joshua! And marching around the walls for seven days. We talked about how God is always with us.

This week we're going to talk about a guy named Noah. Does anyone know what Noah did? (Wait for answers, affirm if correct) Right! Noah built a BIG boat called an ark. Noah's story is found in Genesis 6:9-22. Why did Noah build a boat? Because God was going to send a flood to cover the entire earth. God told Noah that He was going to flood the earth and Noah needed to build a boat and put two of each animal on the boat. The boat took ONE HUNDRED YEARS to build. Can you imagine building something for 100 years? I'm sure that the people that lived around him made fun of him. "It's not going to flood. It's never flooded here. We're perfectly safe. It's been 50 years, and still nothing. You're wasting your time." Do you think that Noah ever doubted what God said? Probably, but that didn't stop him from doing God's work. Have you ever been made fun of for doing something that wasn't "normal"? It's not fun is it? But God was with Noah and it didn't matter what everyone else said. Noah trusted in God and that was all he needed, and that's all we need too. In your life, people might not understand why we are Christians, and why we choose to follow what He tells us. They might make fun of us, but God is always with us and He will keep us strong even when it seems like we're all alone. What are some things we do as Christians that might seem weird or different to our friends? Is it hard to do it anyways?

Let's pray.

## Week 6: God was with Shadrach, Meshach, and Abednego

### Key Verses:

Isaiah 41:10

Daniel 3:8-15

What is the verse we've been talking about all season long? Does anyone have it fully memorized? Isaiah 41:10 "Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will surely help you; I will uphold you with My right hand of righteousness."

This week we're going to be talking about three friends who trusted in God, even when faced with death. Their names are Shadrach, Meshach and Abednego (Hananiah, Mishael and Azariah if you want to get technical) has anyone heard of them before? (Wait for answers, affirm if correct) Their story comes from Daniel 3:8-15. They were three guys who lived in Babylon while King Nebuchadnezzar was king. King Nebuchadnezzar decided that he was going to build a massive golden statue that EVERYONE in Babylon was to bow down and worship it when they heard the music. This idol was 90 feet tall! That's higher than the roof of this gym! The punishment for not bowing down to the idol was death, by being thrown into a fiery furnace. It hurts if I even get a sunburn.

So, every day when the music played, everyone would bow down to the idol except for Shadrach, Meshach and Abednego. There were also some men who were jealous of Shadrach Meshach and Abednego because they had been put in charge of some of the kingdom, so they told the king that they weren't bowing down. This made the king really angry, so he sent for them and asked why they wouldn't worship his gods or the idol he had set up. He told them to bow down and worship the idol or else be thrown into the furnace.

Daniel 3:16-18 "Shadrach, Meshach and Abednego replied to him, "King Nebuchadnezzar, we do not need to defend ourselves before you in this matter. If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and he will deliver us from Your Majesty's hand. But even if he does not, we want you to know, Your Majesty, that we will not serve your gods or worship the image of gold you have set up."

This angered the king EVEN more. He ordered the furnace to be seven times hotter than normal and told his men to throw them into the furnace, but the fire was so hot that it killed the men that threw them in. Suddenly the king saw four men in the fire, (ask the girls how many did they put in the furnace?)and he called out for Shadrach Meshach and Abednego to come out of the fire. Not only were they not burned but they didn't even have the smell of fire on them. They trusted that God would always be with them, even in the fire. Do we have fires that we go through in life? How can we trust that God will be with us in these times? As we've seen in the past few stories, God is always with us even when it can seem hopeless! How awesome is it that we have a God that NEVER leaves us.

Let's pray.



## Week 7: God was with Daniel

Key Verses:

Isaiah 41:10

Daniel 6:10-14

Daniel 6: 17-23

What have we been talking about this whole season? Right! That God is always with us and we have no reason to fear. Who remembers what we talked about last week? We talked about Shadrach, Meshach and Abednego trusting that God was always with them even in the fire.

This week we're going to talk about one of their friends named Daniel. Daniel was the king's #1 guy. Daniel was in charge of the entire province of Babylon and all of its wise men. He served God and the kingdom really well and that made some of the wise men really jealous. They wanted to be in charge so they devised a plan to get Daniel in trouble. Every day, Daniel prayed in his upstairs room, right by the window, so the men tricked the king into signing a decree that said "if anyone prays to any person or God except you (the king) for the next 30 days, they will be thrown in the lion's den." Read Daniel 6:10-14. When Daniel heard about the decree, he did what he had always done, he went upstairs and prayed. So, the men went and found Daniel praying in his room and told the king. The king was upset when he found out that Daniel was going to be thrown into the lion's den and he tried all day long to try and find a way to save Daniel, but there was no way. Daniel was thrown into the lion's den and the king sealed it. Do you think Daniel was afraid? Would you be afraid? What would you do, think, or say if you were locked in a den with lions?

Read Daniel 6:17-23. That night the king couldn't sleep all night long because he was so worried about Daniel, and at the first light of sunrise the king got up and RAN to the lion's den as fast as he could. When he got there, he yelled to Daniel, "Has your God rescued you from the mouths of the lions?" And Daniel answered "My God sent His angel to shut the mouths of the lions. They have not hurt me because I was found innocent in his sight." Daniel knew that no matter what, God would be with him and he trusted that God would protect him even in the face of danger. How can we trust God like that?

Not only did Daniel's faith in God save him, but it even caused the king to issue a new decree. "I issue a decree that in every part of my kingdom people fear in reverence the God of Daniel. For he is the living God and he endures forever; his kingdom will not be destroyed, his dominion will never end. He rescues and saves; he performs signs and wonders in the heavens and on the earth. He has rescued Daniel from the power of the lions." (Daniel 6:26-27) When we trust in God, especially when it's hard, other people will be impacted and come to know Him as well. When have you done or said something that showed other people you trust/believe in God?

Let's pray.

## Week 8: God was with Jonah

### Key Verses:

Isaiah 41:10

Joshua 1:8a

Jonah 1:1-3

Does anyone have our verse for the season memorized? Isaiah 41:10 “Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will surely help you; I will uphold you with My right hand of righteousness.” Why do you think I want y’all to say it every week? Joshua 1:8a says, “Keep this book of the law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it.” So don’t just memorize this verse for the season and forget it. Write it on a piece of paper and tape it up somewhere in your room so you can see it and remember it every day.

This week we’re going to talk about Jonah. Jonah was a man who tried his very hardest to run away from God and not do what God wanted. Have any of you ever done something else instead of doing what you were asked? Maybe pretended you didn’t hear your parents/teachers and kept on doing what you wanted?

Jonah 1:1-3 - God asked Jonah to go and tell the people of Nineveh that unless they stop doing all of the bad things they were doing and to turn to God, He would destroy their city. Something to know about the Ninevites though, they were BAD people. Jonah was scared that if he went and told them that they would kill him, so Jonah got on a boat and went the complete opposite direction of Nineveh to run away from what God wanted. Have you ever had to tell someone they were doing something bad? What was there reaction?

Jonah 1:4-17 - While Jonah was on the boat, a great storm came and rocked and shook the boat, almost to the point of breaking it. All of the sailors on the boat prayed to their gods to get it to stop, but nothing happened until Jonah told them that they had to throw him overboard for it to stop. They were hesitant at first, but they threw him into the sea and the storm instantly stopped. God sent a huge fish to swallow Jonah so that he didn’t drown, and he was in the belly of the fish for three days and three nights. And even while Jonah was in the belly of a fish in the bottom of the ocean, God was still with him and still heard him when he prayed.

A lot of times we feel like we have run from God, we’ve messed up too bad, or have gone too far away from God. We feel like there’s no way that God will ever take us back? Think about a time you did something bad and were afraid to tell you parents. But when you told them they forgave you and loved you anyways. It’s hard for us to wrap our minds around the grace of God and his forgiveness for us. When we get in those places of not wanting to turn back to God, we just have to ask for forgiveness and turn from what we’ve done and he will forgive us.

Let’s pray.



Week 9: God was with Joseph

Key Verses:

Isaiah 41:10

Genesis 41:37

What's our memory verse? I believe all of y'all can say it without my help at all this week. Isaiah 41:10 "Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will surely help you; I will uphold you with My right hand of righteousness."

This week we're going to be talking about Old Testament Joseph. Does anyone know anything about Joseph? (He was Jacob's favorite, he had the colorful robe, his brothers sold him as a slave to Egypt, etc.) Right! Joseph was a personal servant for Potiphar, who was one of the king's officers. Joseph worked really hard and was eventually put in charge of everything in Potiphar's house to take care of.

However, Potiphar's wife accused Joseph of doing something he didn't do, and because of it Joseph was thrown in prison. Has anyone every lied about you to get you in trouble? Were you angry or upset? That's probably how Joseph felt. He was put in prison for something that he didn't even do, but God was still with him even in prison. After some time, two men in the prison had dreams, and God gave Joseph the ability to interpret their dreams. Two years after Joseph interpreted the other prisoners' dreams, Pharaoh heard about Joseph's ability to interpret dreams and called for him to interpret his dream. We know Joseph was in prison for at least TWO YEARS for something he didn't even do, probably longer. How would you feel if you got grounded for two years for something that you didn't even do?

Read Genesis 41:37 - Joseph interpreted Pharaoh's dream because God had given him the ability, and Pharaoh immediately promoted Joseph to governor over Egypt which is a super big deal. Throughout all of his life, being sold into slavery and being put in prison, Joseph was probably upset, confused, frustrated, angry, etc. but even amid all of that, God was still with Joseph. Sometimes things happen to us that we don't think is fair, and we want to blame God for it, but God can use those times to do good things in us and we are still supposed to believe in Him and His plan.

Let's pray.

## Week 10: The Gospel

### Key Verses:

Isaiah 41:10

John 16:33

Romans 5:8

Romans 3:23

Romans 6:23

Ephesians 2:8

I want you to think all the way back to the first week of volleyball. Some of you had never played, some had played. Now think about how much you have learned about volleyball and how much better you have gotten at playing. (Make sure to point out an accomplishment of one of your struggling players). Even with all the practice, do you think there will ever be a time that you will become a PERFECT volleyball player? Do you ever think there will come a time when you don't mess up in a game or practice EVER? No. Probably not.

This is how Christian life works too. When you first become a Christian, you're not suddenly able to quote the entire Bible with no problem. You have to make an effort to memorize scripture, to read your Bible and to pray. And even after you have been a Christian for a while, you are still going to mess up and sin. But the coolest thing about that is, just like we've been talking about all season long, God is still with us even in those times. Being a Christian is not something that is easy. Jesus even told us that, "In this life, you will have trouble." (John 16:33)

The good news is, is that for those who have become a Christian, Jesus died on the cross for EVERYTHING we have done wrong. That means that everything we have done wrong, and everything we will do wrong in our lives. He paid for it all with his blood and then raised to life three days later, conquering sin and death's power over us. Romans 5:8 tells us that, "While we were still sinners, Christ died for us." For those who have never made the decision to ask Jesus to be the Lord of your life, that means that Christ died for you too! He loves each and every one of us that much! And He is right there, waiting for you to turn to Him whenever you are ready.

Read Romans 3:23, 6:23, and Ephesians 2:8. All you have to do is admit that you have sinned against God and that there is nothing you can do to fix this on your own, believe that Jesus is God's son and that He came to die on a cross and rise three days later to conquer everyone's sin and death, and then was raised three days later, and finally we must confess that we are followers of Jesus and tell others about Him and what He has done in our life! If any of you have never asked Jesus to be the Lord of your life, please come talk to me and I'd love to talk more about it with you. If you have, THAT'S AWESOME! Continue to tell your friends about what Jesus has done.

Let's pray.

