



CENTRAL SPORTS

VOLLEYBALL

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

Team Name: _____

Practice Day/Time: _____

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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 Tyler Denton 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. 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
- Walking shorts, Bermuda Shorts, Basketball Shorts
 - NO running shorts, 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)

1st-3rd grade division: 6:00-6:20 pm

4th-6th 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 for the non-serving team
- Serve that strikes the net and goes over is a live ball
- Ball that strikes the antennae is out
- Ball that travels outside of the antennae and lands on the other side (whether on the court or not) 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

	1st-3rd Grade Division	4th – 6th Grade Division
Ball Size	-Volley Lites	-Standard Size
Game Format	-2 sets to 25 points -1 set to 15 points (if time allows) -Must win by two points	-2 sets to 25 points -1 set to 15 points -Must win by two points
Zone Serving	-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 -When beginning a new set, they can restart serving 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 -When beginning new set, they <u>continue</u> with previous serving zone
Set Rotation	Do NOT switch sides between sets	Switch sides between sets
Overhand Serves	Behind 30 ft line	Behind 25 ft and/or 30 ft line
Other Service Items	Player does not serve more than 3 points in a row (Side out awarded) Serve that is missed ('whiffed') is replayed. Overhand serve tosses should NOT be caught 2 tosses per serve attempt	
Rotation	All players rotate in at server position and rotate around court	
Scoring	Rally scoring; point award every serve	
Other Violations	-Lifts are called -Center line violations are called	
Time Outs	1 per set	
Sportsmanship	No chanting during the opposing team's serves	

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 (captains)
- 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	



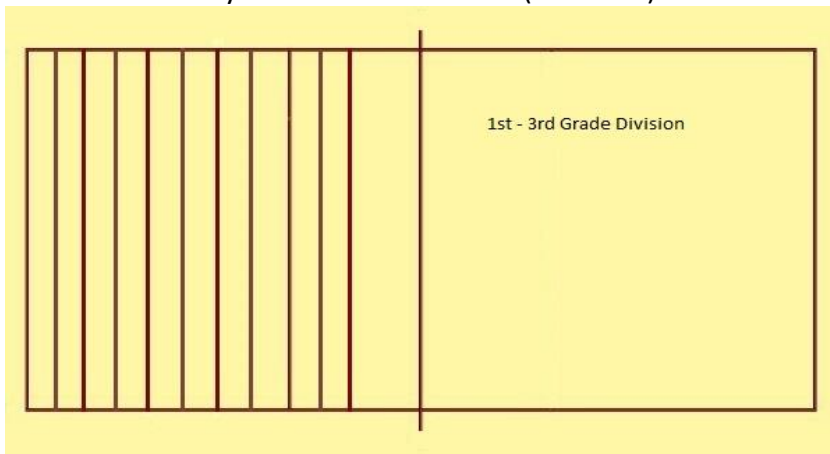
Unequal Line-up

	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.

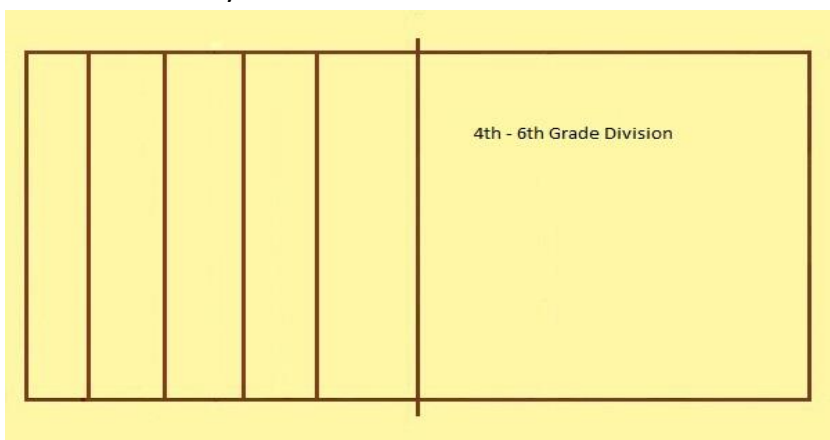
- Each player should begin in a zone that is the furthest from the net that they can consistently, successfully serve. 1st-3rd grade division can begin anywhere, including in front of the 10ft line.
- If the player has two successful serves, then the player will move back one zone for the third serve attempt.
- When the player rotates around for their next serve attempt, they start in the last zone in which they were successful.
- Overhand serves only 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. 4th-6th 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 only from the 25 foot line or 30 foot line



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.theartofcoachingvolleyball.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: 1st – 3rd 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 25 point sets with a 2 minute break
 - Do not leave the court
- May play a third set to 15 if time allows
 - If a third game is played, have captains report for coin toss
- 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 1st-3rd grade division
- Pass out team snack
- Positively congratulation/critique your team

Game Day: 4th – 6th 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, 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 set to 25 and one set to 15 (all three sets are played no matter who wins)
 - Must win by 2 points
 - Swap sides of court between each set
 - Captains report for coin toss at beggin of third set

After Game

- Line up and shake hands (high-fives)
- Dismiss to the locker room (classroom) on your side of the gym
 - Second classroom for 4th-6th 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.

*****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

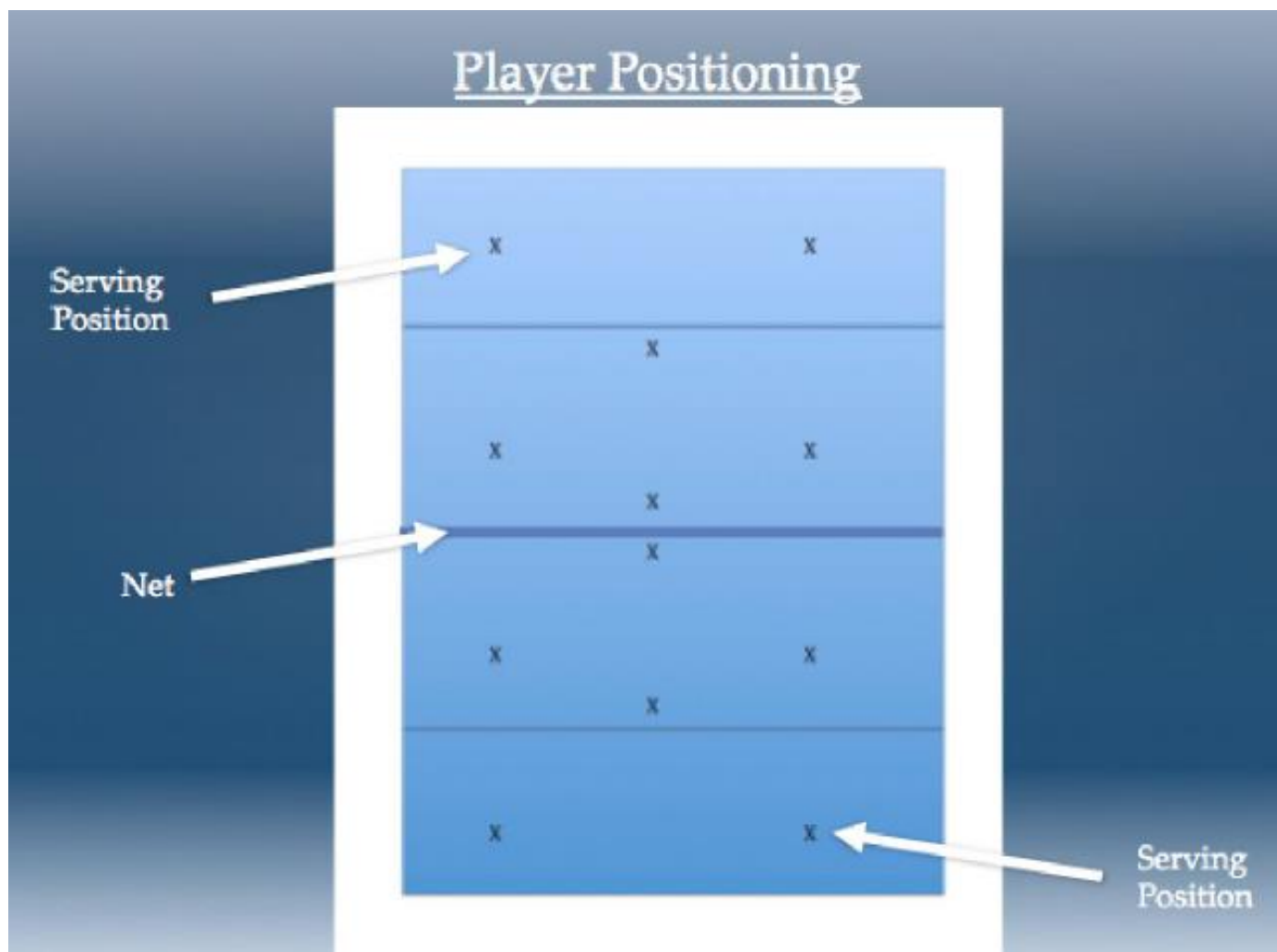
Player Name	Jersey #
Player A	
Player B	
Player C	
Player D	

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

Roster

- 1) Sally
- 2) Julie
- 3) Lauren
- 4) Annette
- 5) Lucy
- 6) Stacey
- 7) Robby
- 8) Susan
- 9) Melanie
- 10) Sara

7) Robby (1st in line)
8) Susan
9) Melanie
10) Sara

1) Sally	2) Julie	3) Lauren
6) Stacey	5) Lucy	4) Annette

	X	
X		X
	X	
X		X

Game 1

Roster

- 1) Sally
- 2) Julie
- 3) Lauren
- 4) Annette
- 5) Lucy
- 6) Stacey
- 7) Robby
- 8) Susan
- 9) Melanie
- 10) Sara

7) Robby (1st in line)
8) Susan
9) Melanie
10) Sara

1) Sally	2) Julie	3) Lauren
6) Stacey	5) Lucy	4) Annette

Arrows indicate rotation: 1) Sally → 2) Julie → 3) Lauren → 4) Annette → 5) Lucy → 6) Stacey → 7) Robby → 8) Susan → 9) Melanie → 10) Sara → 1) Sally

	X	
X		X
	X	
X		X

Game 1 (Rotations)

Roster

- 1) Sally
- 2) Julie
- 3) Lauren
- 4) Annette
- 5) Lucy
- 6) Stacey
- 7) Robby
- 8) Susan
- 9) Melanie
- 10) Sara

6) Stacey
 (1st in line)
 5) Lucy
 4) Annette
 3) Lauren

7) Robby

8) Susan

9) Melanie

2) Julie

1) Sally

10) Sara

X

X

X

X

This is where the player in right back from the first game will play in the second game.

Game 2

Roster

- 1) Sally
- 2) Julie
- 3) Lauren
- 4) Annette
- 5) Lucy
- 6) Stacey
- 7) Robby
- 8) Susan
- 9) Melanie
- 10) Sara

6) Stacey
 (1st in line)
 5) Lucy
 4) Annette
 3) Lauren

7) Robby

8) Susan

9) Melanie

2) Julie

1) Sally

10) Sara

X

X

X

X

Middle front is the area the players should aim to pass the ball to.

Game 2

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

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 – Gospel

Verses

Philippians 2:3

Romans 3:23

John 3:16

This week we're going to be talking about our memory verse for the season! We are going to be talking about this verse all season long, and so we want to all try and memorize it together. Our verse is Philippians 2:3 which says, "Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves." (Feel free to come up with motions, say the verse in funny voices (slow, fast, robot, really high voice, really low voice, etc.) and if you need help, please ask)

Before we explain what this verse is talking about, we have to give a little backstory. In the VERY BEGINNING OF EVERYTHING, God created everything. Heavens, earth and everything in the earth, and He saw that it was all good. Then He decided to create man and woman in His own image and He saw that it was VERY good. God walked and talked with the man and woman and He gave them the one command not to eat from the tree in the middle of the garden.

Unfortunately, Adam and Eve were deceived by the devil and ate from the tree because they wanted to be like God. When they did that, they brought sin into the world because they disobeyed God. Sin is anything we do that disobeys God. How many of us have ever messed up before? Right! We all have! Romans 3:23 tells us that all have sinned and fallen short of the glory of God.

Then God sent His son, Jesus, many years later to live the perfect life that we never could, to die on a cross for everything we have ever done wrong/will do wrong, and then rose 3 days later to beat sin and death's power over us. John 3:16 tells us that "For God so loved the world that he gave his one and only son that whosoever believes in him shall not perish but have eternal life." God loves so much, he was willing to send His son in order to save us!

So, our memory verse commands us to follow in Jesus' example of thinking of others as better than ourselves. It's easy to think of ourselves first and foremost, but Jesus thought of us as better than himself, and he is the Son of God! If he was willing to do it, we have to as well! Let's say the memory verse one more time and then we'll pray. Philippians 2:3, "Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves."

Let's pray.

Week 3 – Selfish Ambition

Philippians 2:3

1 Corinthians 13:4-7

Who can tell me what we talked about last week? We talked about Adam and Eve, Jesus and what Jesus did for us on the cross. Does anyone remember any of our memory verse? Let's say it together. Philippians 2:3 "Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves."

This week we're gonna talk about what selfish ambition is. How many of us like to get stuff? On Christmas, do we like getting gifts or giving gifts better? Right? Most of the time, we like to get the really cool stuff! It can be a really cool new bike, or an awesome new volleyball, etc (feel free to insert other gifts). Now how do we act when our siblings or friends want to play with your gift more than you? Do we get angry? Do we not want to share? Do we try to keep it all to ourselves? Or do we share, and let them have fun with it too?

1 Corinthians 13:4-5 talks about what love is, and it says that love is selfless. "Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful." When we're not patient, it's because we want what we want right then! We've all been impatient at some time, and when we love others, we are putting their needs before our own. The Bible commands us to do NOTHING of selfish ambition, so we should show love to others. What are some ways we can show love to our siblings? Friends? People at school? Teachers?

Let's say our memory verse one more time and really try to focus in on memorizing it! (Again. Motions really help here) Philippians 2:3 "Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves."

Let's pray

Week 4 – Conceit

Philippians 2:3

Job 33:4

Psalms 34:1

Colossians 3:23

Who can tell me what we talked about last week? We talked about how we are supposed to love others, and do nothing of selfish ambition! We talked about how Jesus served others, and that if he does it, then we are to follow his example! Does anyone remember our memory verse? Let's all say it together. "Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves."

This week we're going to talk about conceit. That's kind of a big word, does anyone know what it means? Conceit means that a person has too much pride in themselves. How many of us have ever done something and been SUPER proud of ourselves for it? You hit a ball over the net and got a point in volleyball? You got a really good grade in class? You did something really really good, and what did you do? Did you run around the house telling everyone you saw about the amazing thing you did? Did you show it off to other people? We've all done this at some point in our life. We want to take credit for the things that we've done when in reality the only reason we are able to do these things is because God has given us the ability to. God gives us every single breath that we breathe! He has given us the ability to walk, run, think, hit a volleyball, and a ton of other things! There are so many things that we take for granted that God has given us, and then we want to take credit for it!

Job 33:4 says, "The Spirit of God has made me, and the breath of the Almighty gives me life." Our very breath that we breathe is from God, so we should praise him with it! It's so easy in life to talk about what I have done, and what I have accomplished, but instead we have to remember why were we able to do these things? Cause we want to celebrate when our teammates hit it over the net and get a point! That's exciting! We want to encourage each other when we do well on a test or work really hard to achieve something! Those are awesome things, and we want to praise God because He has given us the ability to do those things.

Psalms 34:1 tells us "I will bless the Lord at all times; his praise shall continually be in my mouth." We should not do things, so that others will praise us for it, we should do everything like we are doing it for God. Colossians 3:23 says, "Whatever you do, work heartily, as for the Lord and not for men." Let's remember all the great things God has given us!

Let's say the memory verse one more time, and then we'll pray! Philippians 2:3, "Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves."

Let's pray

Week 5 – Humility

Philippians 2:3

John 3:25-30

Can anyone tell me what we talked about last week? We talked about all the things that God has given us the ability to do, and how we are to praise Him for what He has given us the ability to do! Does anyone have our memory verse memorized?! Let's all say it together. Philippians 2:3 "Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves."

So, we've talked about do nothing of selfish ambition or conceit, what's the next part of the verse? In humility! Right! Does anyone know what being humble means? Being humble is thinking of others as more important than ourselves. A lot of times it's easy to think about what we want, and not what others need. We talked a little bit about this a few weeks ago right when we talked about selfish ambition?

A great example of a man who lived humbly was John the Baptist. John the Baptist was telling people about the coming Messiah and that the kingdom of heaven was coming! A lot of people were interested in his teaching and he even had some disciples who followed him. However, some people were starting to leave John and start following Jesus. (Read John 3:25-30)

John could've been jealous that Jesus was growing more popular than he was, but he understood that Jesus was more important! Jesus was the Son of God, and John was just the messenger to tell people about Jesus. John wasn't doing it for the fame, or so that people knew his name or thought of him as important, instead he did it because he knew who Jesus was. How do we put Jesus' importance first in our lives like John did?

Let's say our memory verse one more time and then we'll pray. Philippians 2:3, "Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves."

Week 6 – Count others better than yourself.

Philippians 2:3

Philippians 2:4

2 Corinthians 8:9

Can anyone tell me what we talked about last week? We talked about John the Baptist and humility! Does anyone know our memory verse? (Really challenge the girls to try and say this on their own at this point in the season) Philippians 2:3 “Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves.”

Today we’re going to talk about what it means to count others as better than yourselves. Does anyone have a time that we decided that what someone else wanted was more important than what we wanted? We shared a toy we got, we celebrated our teammates when they scored a point, you put the dishes away without your parents having to ask you to, you help someone pick up stuff that they dropped, even if you’re in a hurry, etc. There are all sorts of ways you can put others first! The very next verse in the Bible after our memory verse says, “Let each of you look not only to their own interests, but also to the interests of others.”

Last week we talked about John putting Jesus ahead of his own desires, and this week we’re going to talk about how Jesus put our needs ahead of his own. Jesus left heaven, a paradise with God, in order to come and live in a broken world, and die on a cross for our sins. 1 Peter 3:18 tells us, “For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit.” Jesus died so that we could have a relationship with God. He thought of others as better than himself, and we should try to be like Jesus as much as possible. Ephesians 5:1-2 says, “Therefore be imitators of God as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.”

How do we treat others as more important as ourselves? Let’s say our memory verse again! “Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves.”

Pray

Week 7 – The greatest commandment.

Philippians 2:3

Matthew 22:36-40

Who can tell me what we talked about last week? Right! We talked about how Jesus treated us as better than himself, and we should follow in his example! We have now talked about all of our memory verse bit by bit! Can anyone say it? Philippians 2:3, “Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves.”

This week we’re going to be talking about what the greatest commandment is. In Matthew 22:36-40, an expert in the law asked Jesus a question in order to try and get him to say something wrong.

Read Matthew 22:36-40

Jesus valued God over everything else, and then secondly, we must love others. That’s a lot of what we’ve been talking about the last 2 weeks! Have you ever done something with ALL of your heart, mind, soul and strength? What are some ways that we can love God? (Spend time with Him in prayer, bible reading, fellowshiping with others, sharing the word with others, praising his name through worship, growing to be more like Jesus daily, tithing, etc.) Loving God isn’t just something we do on Sundays, and then don’t do it for the rest of the week. We are to love God with all of our heart, mind, and soul ALL THE TIME!

Along with that we are to love other people like we want others to love us. None of us want to be talked about in a negative way, we all want others to cheer us up when we’re sad, etc. We should try and put ourselves in their shoes, and love them as they need to be loved. It’s hard, but that’s how we’d want to be treated.

We can serve God in so so many ways! Jesus tells us that these are the MOST important commandments, so we should do our best to follow them. I’m gonna ask you next week how you loved God with all your heart, mind and soul next week! So get ready! Let’s say our memory verse one more time! Philippians 2:3 “Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves.”

Week 8 – The church.

Philippians 2:3

Ecclesiastes 4:9-12

Hebrews 10:24-25

Who can tell me what we talked about last week? Right! We talked about the greatest commandment! Love the Lord your God with all your heart soul and mind! How did y'all do that this week? Let's all say our memory verse together. Philippians 2:3 "Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves."

Last week we also talked about serving others and loving them as ourselves. One awesome way to do this is with the church! We are able to serve, and do some incredibly awesome things when we are involved with other believers for the Gospel of Jesus! If I told you to go and tell your friends about Jesus, would that be easier or harder if you had a friend go with you? Easier, right?! Jesus sent out the disciples in groups of 2 to go and tell others the good news of the Kingdom of God, so having others there with us when we fall is necessary!

Ecclesiastes 4:9-12 says, "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of 3 strands is not quickly broken."

Hebrews 10:24-25 tells us, "And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."

The Bible tells us that we need one another! We need other Christians to come alongside us when we fall because we will, and we need to pick others up when they fall because they will. It is so important to be involved in a church, and if you don't have one you're going to, we'd love to have you come to ours. (Invite them to the church you go to, doesn't have to be Central) God has given us one another in order to help us through this life.

Let's say our memory verse one more time, then let's pray. Philippians 2:3 "Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves."

Let's pray.

Philippians 2:3

Mark 12:41-44

Who can tell me what we talked about last week? Right! The church! What about the church? Right! That we are meant to do life together, and God gave us one another in order to help us spur one another on towards God. Let's say our memory verse all together. Philippians 2:3 "Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves."

Today, we're going to continue talking about the church, but how we are supposed to serve others, and serve within the church. We talked a little about this last week, but there are a lot of things that we can do to serve the church, and serve the people in the community with the church.

How many of you get an allowance? Did you know that the Bible tells us that we are supposed to give 10% of what we get to the church? Jesus tells a story about people giving in Mark 12:41-44. *Read*

The woman was willing to give everything that she had. She gave everything that she had to God, while the others just saw giving as something that they had to do. We should serve and give to God out of a willing heart because of all the things that He has given to us. Everything we have is God's, and we are to treat it that way.

The early church in Acts, also talks about serving the community. They gave out money, and served food to those who needed it. Ask your parents ways that you can serve in the church. That might mean that you sacrifice a weekend where you'd normally sit at home and watch tv or play video games, but you get to serve God which is the best thing you can do. Just like our memory verse says, "Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves." Philippians 2:3

Let's pray.

Week 10 – Gospel

Philippians 2:3

John 3:16

This is our last week! It has been such a blast being your coach this season, and it has been so much fun seeing you grow, not only as a volleyball player, but by memorizing scripture and learning to apply it as well. Everyone say our memory verse together. Philippians 2:3 “Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves.”

As we talked about at the very beginning of the season, God created everything totally perfect and Adam and Eve got to live with Him in the garden of Eden until one day they were deceived by Satan disguised as a serpent and they disobeyed what God had said. They had sinned, and God cannot be in the presence of sin, so He cast them out of the garden, and humans and God were separated.

God saw this separation, and that there was nothing that humans could do to overcome it, so He sent His son, Jesus, at just the right time, to live a perfect life, die on a cross for everything we’ve ever done wrong, and rise from the dead 3 days later, defeating sin and death’s power over us.

Jesus did exactly what our memory verse tells us to do. He left heaven in order to live on earth with broken people all around him who were mean, rude, frustrating, unreliable, etc. And he never sinned, and in humility, counted our needs as better than his own, so he died on a cross for us. We are now able to have a relationship with God because of that amazing sacrifice that Jesus made for us.

John 3:16 tells us that, “For God so loved the world that He gave His one and only son, that whosoever believes in Him shall not perish, but have eternal life.” God loves us THAT much! He cared about us that much when He created us, and He’s seen everything we’ve ever done wrong, and will do wrong, but He loves us anyway. What incredible love that we will never understand.

Now we are called to follow Jesus’ example, to treat others as more important than our own needs. What are some ways that we can do that? Let’s say our memory verse one more time, and then we’ll pray. Philippians 2:3 “Do nothing of selfish ambition or conceit, but in humility count others more significant than yourselves.”

Let’s pray.