



CENTRAL SPORTS

FOOTBALL MANUAL

Name: _____

Team: _____

Practice Day/Time: _____

Last Updated June 2020

Central Sports Football

Central Sports focuses on 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 we should 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 relationship of the players, coaches, and parents with Jesus to be deeper at the end of the year. 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 to 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 our opponents.

COACHES EXPECTATIONS

Coaching can have a larger purpose than simply teaching a kid how to throw a spiral or run a route. As a coach, you can teach your players about the sport that you are coaching along with the truth of God: that He loves us and wants to know us. We want to come alongside and equip you to share Jesus with your players.

We want you to:

- Grow in knowledge, skills and Godliness.
- Instill character in the kids who you are coaching. This only comes from a relationship with Jesus and constantly renewing your mind with the things of Him (Rom. 12:2).
- Encourage and respect your players and the game: be a positive role model, communicate clearly and consistently, know the sport, and listen to your players.

Coaching Keys:

1. **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.
2. **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 their importance.
3. **Instill sportsmanship with a competitive spirit** - In sports, winning and losing are a part of the game, just as they are in 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.
4. **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 practice.

COACHES EXPECTATIONS (CONT'D)

What to Say at Meet the Team

- When: August 27th – Fields
 - Kinder and below division 6:00-6:20 pm
 - 1st – 3rd grade division 6:30-6:50 pm
 - 4th – 6th grade division 7:00-7:20 pm
- All game and picture schedules will be posted on the website.
- Introduce yourself
- Tell them when and where the first practice is (all practices will be the same)
- Let them know what to bring to practice
 - Shoes, shorts, t-shirt, flags, 7 on 7 helmet
 - Cleats are recommended, but not required.
- If possible, assign someone to be a team parent to handle snack sign-up
- Ask for help coaching if wanted / needed
- Let them know when you will be out
- Hand out team rosters

Contact us if you and your assistant coach will not be at Meet the Team, and let your team know that they do not need to come.

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 3 years. If you have taken the Ministry Safe Training at another church, please send your certification to tdenton@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 we love.

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
 - If wearing yoga pants, compression pants or compression shorts, you must wear shorts over them.
- Tennis shoes or cleats
 - Come dressed for practice the way you want the kids dressed for practice. Set the standard and example.

SUGGESTED PRACTICE BREAKDOWN

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

PRACTICE/GAME CANCELATION POLICY

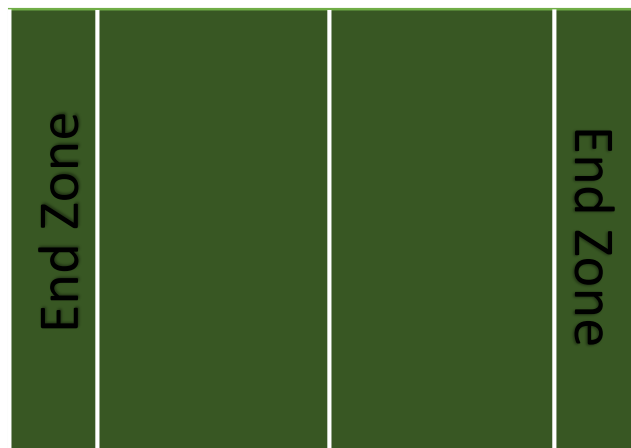
Cancellations for practice will be made as soon as possible. If the fields are flooded, practice will be cancelled. Practice will not be canceled due to the forecast for weather. Emails will be sent out to the league and cancellations will be posted to the Central Flag Football Facebook page by 3:30 pm that day. <https://www.facebook.com/groups/cbcupwardFF/>

RULES UNIQUE TO CENTRAL SPORTS

- **Game Rules**
 - Kindergarten Division will play with flags.
 - 1-3rd Grade and 4-6th Grade Divisions will play 7 on 7, single hand touch football.
- The offensive team begins the game and second half by taking possession of the ball at the starting-yard line.



1-3rd & 4-6th Field



K & Under Field

- **Down Format**
 - In the Kindergarten division, the offensive team has four plays to gain a first down by crossing midfield. Once a team crosses midfield, it has four plays to score a touchdown.
 - If the team fails to cross midfield in four downs or score a touchdown, the other team takes possession on its own 5-yard line.
- In the 1st-3rd and 4th-6th grade divisions, the offensive team has 4 plays to gain a first down in the designated zones or score a touchdown.

RULES UNIQUE TO CENTRAL SPORTS CONT'D

- **Game Clock**
 - (4) 10 minute quarters with a running clock and a 4 minute halftime
 - Substitutions will be briefly made at the conclusion of each quarter
 - There are no timeouts during the game
 - There is a 30-second play clock that starts after the referee spots the ball for play and blows the whistle.
 - The game clock only stops at the conclusion of quarters, halftime and for injuries.
- **Game Format**
 - Devotion will be led over the PA system. The teams need to meet at midfield. Warm up time will be completed before then.
 - Visiting team calls the coin toss. The winning team chooses to play either offense or defense first. The team that plays defense at the start of the first half will play offense at the start of the second half.
 - The team with possession at the end of the 1st and 3rd quarter will maintain possession at the start of the next quarter.
 - Kindergarten division is 6 v. 6 while 1st-3rd and 4th-6th grade divisions are 7 v. 7.
 - 4th-6th grade can have ONE coach in the huddle for the first TWO games. Kindergarten and 1st-3rd grade can have ONE coach in the huddle throughout the season.
- **Scoring**
 - **All Divisions**
 - Touchdown: 6 points
 - Extra point: 1 point (from 5 yd. line) OR 2 points (from 10 yd. line)
 - **Kindergarten**
 - Safety: 2 points
- **Offense**
 - A minimum of three players must be on the line of scrimmage at every snap.
 - The referee will spot the ball on the line of scrimmage.
 - Only one player can be in motion when the ball is snapped.
 - In the 4th – 6th grade division, the ball must be snapped between the legs to begin play.
 - Kindergarten and 1st-3rd grade players may use the side snap.
 - Before handing off or passing, the quarterback must have complete possession of the ball.

RULES UNIQUE TO CENTRAL SPORTS CONT'D

- **Running the Football**

- The person who receives the snap from the center (under-center or shotgun) is considered the quarterback and cannot run the ball across the line of scrimmage.
- A pitch from the quarterback can be executed immediately after the snap or on a delay (similar to the option play without the quarterback being able to advance the football).
 - The quarterback is the only player who can make the pitch. The pitch can occur at any time while behind the line of scrimmage.
 - Once the pitch is received, the ball carrier can run the ball, hand-off the ball (behind the line of scrimmage) or pass the ball (halfback pass).
- Direct handoffs behind the line of scrimmage are legal. Multiple handoffs may be used. After the ball crosses the line of scrimmage, handoffs and laterals are not permitted.
- A player receiving a handoff or pitch can pass the ball (halfback pass) from behind the line of scrimmage.
- A ball carrier may not dive. A dive will result in a penalty.
- The ball carrier's hips determine the spot of the football when a flag is pulled or a touch is made, not the location of the football.

- **Receiving the Football**

- All 6 or 7 players are eligible to receive passes. The quarterback becomes eligible after a handoff or pitch.
- A completion consists of a receiver gaining control of the football while having at least one foot in bounds.
- If a player catches a pass with his knee(s) on the ground, the play is dead and the ball is spotted at the point of the completion.
- All forward passes can be completed behind or beyond the line of scrimmage. Only one forward pass can be completed per play. Once the ball leaves the quarterback's hand, the defender can make a play on the ball.
- The quarterback has 7 seconds to throw a pass. If a pass is not thrown within 7 seconds, it is treated as an incomplete pass (loss of down). A handoff or pitch will end the 7-second pass count.

- **Dead Balls**

- Play is ruled dead when one of the following occurs:
 - The ball carrier is touched with one hand of a defender.
 - The ball carrier steps out of bounds.
 - The ball carrier's knee hits the ground.
 - A touchdown or safety (for kindergarten) is scored.
 - A pass falls incomplete.
 - At the point of an interception. When the defense intercepts a pass, the play is whistled dead.
 - The ball hits the ground as a fumble. The ball will be spotted at the point of the fumble.

RULES UNIQUE TO CENTRAL SPORTS CONT'D

- **Defense Basics**
 - Teams may play man-to-man, zone defenses or combination of both.
 - Interceptions may not be returned. 3 points will be awarded and the defensive team gains possession at the starting-yard line.
 - **Rushing the Passer**
 - **Kindergarten Division**
 - A beanbag will be placed 7 yards away from the line of scrimmage. Only 1 player may rush, and only if they are behind the bean bag before the snap.
- **1-3rd and 4-6th Divisions**
 - There is no rushing. The quarterback has 7 seconds to pass or hand off the ball.
 - Once the ball is handed off or pitched, all defenders may cross the line of scrimmage to pursue the ball carrier.

PENALTIES

- **Defense**
 - Encroachment: The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Illegal Rush
 - **Kindergarten Division**
 - When a defensive player, who is not the rusher, crosses the line of scrimmage while the quarterback still has possession of the ball.
 - **1-3rd and 4-6th Divisions**
 - Enforced when defensive players cross the line of scrimmage while the quarterback still has possession of the ball.
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Interference
 - The penalty is 10 yards from the line of scrimmage and an AUTOMATIC FIRST DOWN.
 - Illegal contact
 - Pulling the jersey, holding, blocking, pushing.
 - The penalty is 10 yards from the line of scrimmage and an AUTOMATIC FIRST DOWN.
 - Illegal flag pull (kindergarten division only)
 - Before the receiver catches the football.
 - The penalty is 10 yards from the line of scrimmage and an AUTOMATIC FIRST DOWN.
 - Diving
 - Diving toward the ball carrier to pull a flag
 - The penalty is 10 yards from the spot of the foul and an AUTOMATIC FIRST DOWN.

PENALTIES (CONT'D)

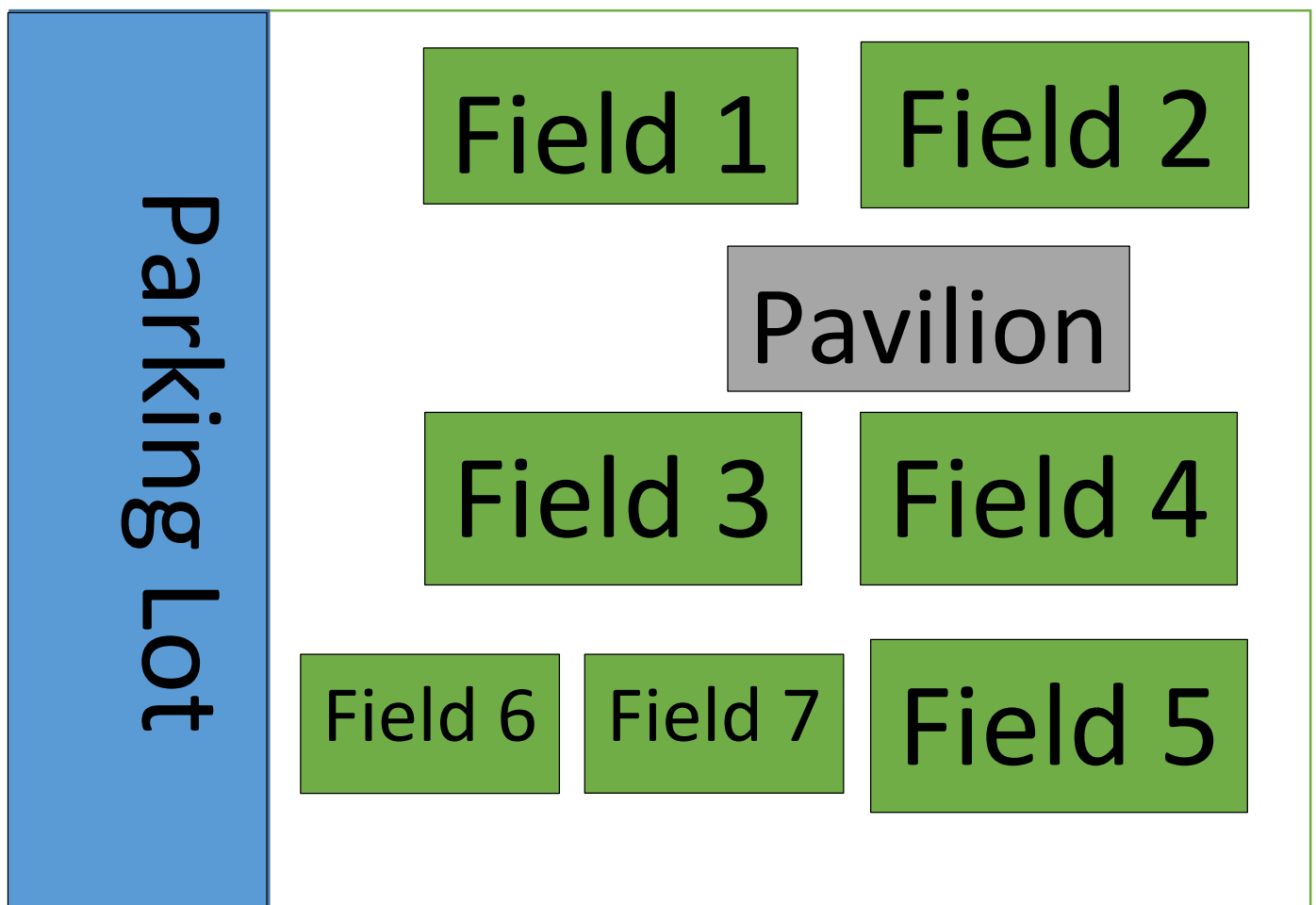
- **Offense**
 - Illegal motion
 - More than one person moving.
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Illegal formation
 - Not enough/too many men on the line of scrimmage.
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Illegal pass
 - A pass is thrown after the ball carrier has crossed the line of scrimmage
 - The penalty is 5 yards from the line of scrimmage and a LOSS OF DOWN.
 - Delay of game
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Flag guarding (for Kindergarten division only)
 - Intentional or unintentional use of the arm to prevent the flag from being pulled.
 - The penalty is 5 yards from the spot of the foul and a LOSS OF DOWN.
 - Illegal use of the hands
 - Blocking (stiff arming in Kindergarten Division)
 - The penalty is 10 yards from the spot of the foul and a LOSS OF DOWN.
 - Diving
 - Diving toward the end zone or first down.
 - The penalty is 10 yards from the spot of the foul and a LOSS OF DOWN.

SUBSTITUTIONS

- This substitution system is designed to provide every player an equal opportunity for improvement. The substitution system ensures that:
 - No player sits out more than one quarter at a time.
 - Every player plays offense and defense in every game.
 - Coaches are not able to make unfair substitutions or be accused of doing so.
 - Coaches do not have to monitor playing time for each player.
 - Playing time for all players is virtually even over the course of the season.

END OF YEAR MEDALS

- At the end of the season, each player will receive an award for their strength to the team or improvement for the season.
- This is not to recognize an MVP; it is to highlight each player's skill throughout the season instead of giving an award at the end of each game.
- Each medal represents a different skill or characteristic. Please choose one of the following skills for each player. The same award can be given to multiple players.
 - Character, Offense, Defense, Passing, Receiving, Hustle, Sportsmanship, Leadership, Effort, and Encourager



Week 1 - "GETTING ACQUAINTED"! ! !

Purpose – Get to know your players, showing them interest and concern.

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

- 1) Have each player give his/her name and tell you the athlete 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 athlete he wants to be like – this may be challenging.
- 3) Have each player go around and try to name all the players with the athlete's name.

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 – “OUR HOPE!”

Purpose – Sharing the Gospel with them to set a foundation for the rest of the season.

This week we’re going to be talking about our memory verse for this season, and we’re going to focus on memorizing this verse all season long! Our verse is Romans 5:5 “And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.” (Feel free to come up with motions, say the verse in funny voices (slow, fast, Arnold Schwarzenegger voice, robot 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. The heavens, the earth, all of the planets, everything on 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 the woman (Adam and Eve), and he gave them one command. Do not eat from the tree in the middle of the garden. Seems easy enough right? You stay away from that tree and you get to live with God?!

Well one day, Adam and Eve were in the garden and the devil, disguised as a snake tricked them to eat from the tree they weren’t supposed to. When they did that, they brought sin into the world because they disobeyed God. God had to throw them out of the garden because God could not be around sin.

Many years later, at just the right time, God sent his son Jesus to live a perfect life that we never could, to die on a cross to pay for our sins, and to raise 3 days later to beat sin and death’s power over us. God loved us so much that he was willing to sacrifice his only son for us. Jesus is coming back, and he will bring in a new heaven and a new earth.

So, our memory verse talks about our hope in Jesus. Does anyone know what hope means? Hope means, “a feeling of expectation and desire for a certain thing to happen.” Those of us who have accepted Jesus into our hearts are expecting and waiting for Jesus to return and just like our verse says “Our hope does not put us to shame.” Let’s say our memory verse one more time and then let’s pray. (Feel free to do this with fun voices and motions) “And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.” Romans 5:5

Pray

WEEK 3 – “STAY IN CONTROL!”

Football Skill – Running under control

Drills you can use: X drill, Shuttle drill, Run shuffle run.

What happens when we run too fast and then try to stop? We fall over or it takes us a few extra steps to stop. And if we're on defense, what's going to happen if the ball carrier runs the other direction? They're going to run right past us and go score a touchdown.

Life Principle – God gave us the Holy Spirit so that we can have self-control.

So what do we want to do when we're running? We want to always be under control and that's what God wants for us too. If we go through life all out of control what's going to happen? We'll get in trouble in school, we'll get angry and in fights with our siblings, we won't obey our teachers/parents and we won't obey what God says for us to do.

What can we do when we feel like we're out of control? Pray and ask God for help, think about if this is something God would want us to do, ask our friends to help us, etc.

Biblical Truth – Jesus had self-control in the desert, and he used scripture that he had memorized to help.

Jesus had gone into the desert to pray and fast by himself. He wanted to be alone with God, so that he could focus solely on him. This was right before Jesus was about to start his ministry and make himself known to the world.

John 4:2-4 say, “After fasting forty days and forty nights he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written, ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” Jesus hadn't eaten in 40 days! I'm hungry if I don't eat for a few hours. And so the devil tried to tempt Jesus to eat instead of focusing on God, but Jesus replied with scripture because he knew the word just like we should! Satan then tried to tempt Jesus 2 more times and Jesus quoted scripture 2 more times.

Titus 2:11-12 says, that, “For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in the present age.” So just like Jesus, we have the power of the Holy Spirit, to stay in control and not fall into temptations. What're some things that might tempt you? How can we be ready for when we're tempted?

Does anyone remember our memory verse from last week? Can anyone say it? Let's all say it together. “And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.” Romans 5:5

Let's pray.

WEEK 4 – “Focus on your target!”

Football skill – Passing

Drills you can use: Pat and Go, Settle and Noose, Pass and Catch, 3/5 step drop/rollout drill

What do we need to do when we pass the ball to somebody else? (Lot of correct answers. Step toward them while throwing, turn our shoulders and feet perpendicular to target, etc.) Those are all great answers, but the one that we’re going to talk about today is looking at our target! Why is it important to look at our target? Because if we don’t look at them, we’re not going to be very accurate with our passes! How will you know where anyone is if you pass with your eyes closed? (Feel free to do a drill where they have to pass with their eyes closed and see how it goes)

Life Principle: We have to focus on our goals.

The same way we can’t go through a football game with our eyes closed, we can’t go through life with them closed either. We’d run into things, we’d hurt ourselves and other people, we’d put ourselves in danger and we’d never get anything done. Instead, we need to focus on what our goals are and go after them. What’re some goals we have for this football season? (Getting better, learn more about God, grow in my relationship with God, make friends, etc.)

Biblical Truth: God wants us to seek after Him.

Jeremiah 29:13 says, “You will seek me and find me when you seek me with all your heart.” God doesn’t want us to just sort of look for him, God wants us to spend ALL of our energy going after him because he does the exact same when he comes after us! In Luke 15, it talks about that if a shepherd has 100 sheep, and he loses just 1, he would leave all of the other sheep to go and find the 1 until he has found it, and there is great rejoicing when he does find it. And then it talks about a woman who has 10 gold coins and loses one, and so she cleans the whole house trying to find it because of how desperate she is to find it, then when she does find it she’s super excited about it! That’s how God is with us. He is so excited when we choose to turn to and have a relationship with Him.

Does anyone remember our memory verse for this season? Can anyone say it? Let’s all say it together. “And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.” Romans 5:5

Let’s pray.

WEEK 5 – “Be thankful!”

Football skill – Receiving a handoff

Drills you can use: Pocket Drill, First step and pocket

When we take the handoff, what're we supposed to be thinking about? (Tucking the ball all the way, having our arms the correct way) We don't want to get ahead of ourselves, and start running down field before we even have the ball. We have to make sure we accept the ball before we can run downfield for a touchdown.

Life Principle: Accepting what has been given to us

In life, we have plenty of things that we take for granted every single day! What're some things that y'all can think of? (Air to breathe, house, parents, school, friends, etc.) Exactly, there's a lot of things that God has blessed us with that we don't even think about. God also has given us the most incredible gift of all time! He has given us the chance to spend eternity in heaven with him, but we have to accept the gift. If someone gave you a gift for Christmas, but you never opened it, did you ever really accept the gift? No, you didn't. You have to accept Jesus into your heart the same way you accept the football into your stomach when you get the handoff.

Biblical Truth: God wants us to be thankful for what we have

Luke 17:12-19 talks about a story of some people with leprosy. Leprosy is a disease and when people had it back then, they had to go off into the country away from everyone else so they didn't get them sick. Jesus saw 10 people with leprosy and they stood away from him and asked Jesus to have mercy on them. Jesus told them to go show themselves to the priests (which was forbidden at the time), and while they were on their way, they were cured! One of the 10 men saw that he had been healed and ran back to thank Jesus. He fell down at his feet and praised God, and Jesus replied, "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner? And he said to him, 'Rise and go your way; your faith has made you well.'" Jesus wants us to bless us with things, but he also wants us to remember to be thankful for what we have. Sometimes we get caught up in, "I want this new thing or that new thing" instead of remembering and being grateful for what we have. After practice why don't y'all thank your parents for everything that they do for you? What're some examples of things your parents do?

Who can say our memory verse? Does anyone want to try? Let's all say it together. "And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us." Romans 5:5

Let's pray.

WEEK 6 – “Finish to the end!”

Football skill – Receiving

Drills you can use: Clockwork, Over the Shoulder drill, Warm up drills.

What do we want to do when we catch the ball? We want to immediately run for a touchdown, right?! Sometimes when we get too excited, we forget to watch the ball all the way into our hands and tuck it before we start running. What happens when we do that? We drop the ball and then we don't get any yards out of the play!

Life Principle: We have to finish through the tasks that we're given.

What if at school we were given a test, and we only did half of it and turned it in? What grade would we get on it? A good one or a bad one? Exactly! But sometimes when our parents ask us to clean our room, and all we want to do is keep playing with our toy, or play our video game, or talk to our friends, we throw everything in the closet and then go do what we want to do. We need to do things all the way to the finish whenever we do them. We wouldn't run all the way to the end zone and right before we got a touchdown, fall down. You'd run through the line and score!

Biblical Truth: God wants us to do all things like we're doing it for Him.

Colossians 3:23 says, “Whatever you do, work at it with all your heart, as working for the Lord, not for human master.” If God told you to clean your room, you'd make sure it was super clean and there wasn't a speck of dirt anywhere right? God says that we're supposed to work that hard at everything we do. It's not easy, and there are going to be times you're going to say “it's too hard!” but God promises that He will help you in those times. Philippians 1:6, “And I am sure of this, that he who began a good work in you, will see it through to completion, at the day of Jesus Christ.” So you're not alone! God will not just say to do something, and then leave you to do it all by yourself! He will be with you every step of the way and if you need some help, or you feel tired, and don't feel like you can give your best, then pray and ask him for help. To give you more energy, to help you do your best and he will continue his good work in you! How cool is that? What are some ways we can do our very best this week?

We should all know our memory verse by now. Let's all say it together. “And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.” Romans 5:5

Let's pray.

WEEK 7 – “Live above reproach!”

Football skill – High Pointing the ball

Drills you can use: High Point Catch Drill

When we play football, if a ball goes in the air, do we want to catch it or just let it fall all the way to the ground? We want to catch it, and if you and a player on the other team are standing next to each other and they jump for it, and you don't who's going to get it first? They are, so we have to learn about high pointing the ball at the very highest point we can catch it.

Life Principle: Living above reproach

We are called to live a life that is different than other people. When people see Christians, they shouldn't say that we are the exact same as everyone else. We should treat people better, love others more, serve people and we should be living for God in everything we do! God asks us to live for Him even when it's hard, and the cool thing is that we don't have to do it on our own. God will help us, all we have to do is ask him, and I'm sure that if you ask your parents, they would love to help you too. If you ever have any questions I'd be happy to answer them too.

Biblical Truth: Setting our minds on things above

Colossians 3:1-2 says, “Since, then, you have been raised with Christ, set your heart on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things.” Most of the time we can get caught up in the worries of this world. What are some things you have worried about? A test? When you got in trouble, how your parents were gonna react? If you're gonna make friends at school? Sometimes these worries can get in the way of focusing on God, and that's why Paul tells us not to get distracted by those things but to remember that all this stuff on earth is temporary, but God is forever. Isaiah 55:8-9 says, “For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord. “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.” God knows better than us, and he wants what's best for us in everything we do. He doesn't want us to get so focused on the things that distract us from Him. How can we focus on God this week?

Why do I ask y'all about the memory verse every week? Cause we're supposed to memorize scripture so that we can fight off the devil when he tries to tempt us! Let's say it together. “And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.” Romans 5:5

Let's pray.

WEEK 8 – “Stick to the path”

Football skill – Route running

Drills you can use: Box Drill, In/Out Route Drill

When I tell you guys the play, everybody has a thing to do right? If it's a pass play, everybody has a job to do. Receivers run your routes, running back runs his route, and QB decides the best place to throw. What would happen if one of the receivers decided to do their own thing and run whatever they wanted? They might run into another receiver, or the QB might throw where they're supposed to be, but then it could get intercepted or hit the ground cause there's no one there.

Life Principle: We don't always know best

Just like in football, if we do things we want to do and not what we're supposed to, bad things can happen. Just like if we try to walk in the street without looking both ways first, we could get hit by a car and we'll be really hurt. We should also listen to our teacher when they're giving instructions, so that we will know what to do. If we just did whatever we wanted all of the time, we would eat lots of junk food, stay up really late and then we would be really unhealthy and very bad for you.

Biblical Truth: God knows better than us all

Proverbs 19:21 says, “Many are the plans in the mind of man, but it is the purpose of the Lord that will stand.” Basically, this means, that we need to live our life by glorifying God. He knows better than us and wants the very best for us. John 10:10 says, “The thief comes to steal, kill, and destroy; I have come that they may have life, and have it to the full.” Jesus wants us to live the very best life that we can and when we choose our own path we choose sin which separates us from God and that makes God sad. We should listen to what God wants for us and follow his path he has for us.

Does anyone remember our memory verse? Can anyone say it? Let's all say it together. “And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.” Romans 5:5

Let's pray.

WEEK 9 – “Keep looking!”

Football skill – Reading the field

Drills you can use: Hitches Routes (With linebacker defending one or the other and learning to pick the open man)

We always have a receiver on pass plays that we look to first. This is called the primary receiver, but what do we do if that receiver is covered? Do we just blindly throw it to that receiver even if it's a bad decision? No, then it would be an interception every time. We look for the next receiver and check if they're open.

Life Principle: Don't give up even when life doesn't go the way you expected

In football and in life, things happen that we don't expect. It can throw us off and make us angry, confused, and even lead us to make bad decisions. Does that mean we should just quit? If we miss a homework assignment, should we NEVER do another homework again? Of course not. If we drop a pass in football, should we never try again? No! The same is true in life.

Biblical Truth: We're called to keep on doing good things even when it's tough

Galatians 6:9 says, “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” A lot of times it's easy that after we try to live for God, and we mess up, then we just give up all together. Like we talked about in the second week, we're human, which means we're going to sin and mess up. After we sin, we're supposed to ask for forgiveness and turn away from that thing that we did, and don't do it again. How cool that God has such overwhelming forgiveness for us?! Do y'all have any stories of times when you didn't give up? How can we not give up this week?

Does anyone remember our memory verse? Can anyone say it? Let's all say it together. “And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.” Romans 5:5

Let's pray.

Week 10 - "VICTORY"

Football Skill: Discovering that winning is more than the score on the scoreboard.

How do we determine the winner? (Who scored more points?) Who came up with this method of determining the winner? (*The inventors of the game of football*) Is the score the only way to figure out who wins and loses? See if there are any other ideas – ask these specific questions: What if you played a team much better than you and played really well, almost beating them. Did you lose? What if you played a team much worse than you and beat them really well. Did you win? Imagine: The Championship Game. Would you rather play a horrible game and win, or play the game of your life and lose? Being a winner is much more than just who scores the most points. From the first practice, I have asked you to give yourself to what I say. You are a winner if you do it with all of your heart, and you give your all, regardless of the score. Why? Because you pleased God with your effort. This is the most important part of winning, not the score on the scoreboard.

Life Principle: Winning in life is determined by more than the score.

How do you know if you are winning in life? Just like you look to the scoreboard in a game, so we look to scoreboards in life. What is the scoreboard at school? (*Grades, accomplishments there*). How about at home? That is a little tougher. What do you think is the scoreboard in your family? (*See what they say - interesting to see what they say – I would imagine it will be some things like “make good grades, cooperate with mom & dad/family” but interesting to see. Some may think there is no score. If they have a difficult time answering, this illustrates the idea.*) Do you notice the difference in our answers? Which one is right? How do we know the best or right answer to what is the score in life? Go back to football, where I said pleasing God is the biggest part of winning. Pleasing your God in life is the biggest part of winning, not the score on the scoreboard.

Biblical Truth: God has made it clear that when we please God we are winners in life.

Let's go back to football for a moment. Who determines what it means to score? (*inventor of the game*). So who determines what it means to score in life? The inventor of life. Who is that? God. Just like the inventor of football, God has told us what it means to score in life. He did this in the Scriptures. If you were to sum all that up, it would be: to score in life, to be a winner in life, is to live in a way that pleases God. That makes him happy. How do we do that? By obeying what he has said to do in life. Can you think of some things he has told us to do? (*See what they come up with*) Doing these things makes him happy. When we make him happy, we score in life, and we are winners. That is why the apostle Paul says, "I make it my goal to please God." (2 Corinthians 5:9) In 1 Corinthians 10:31, he tells us "Whatever you do, do it all to make God happy." (My translation)

Now obeying one thing makes him happier than all the rest – that is to believe in his Son, Jesus Christ, the one who offers to be our coach.

- To believe that you need him as your coach.
- To believe that he is perfect in his wisdom to coach you.
- To believe that he is perfect in his care for his players and you.
- To believe that he demonstrated that love and perfection when he died and rose again.

If you have never accepted Jesus' offer to be your coach and would like to do so, then follow me as I pray. (*Pray a prayer that says you believe these things about yourself and Jesus and want him to be your coach*). If you prayed that prayer, would you tell me. I would like to celebrate with you.