



# CENTRAL SPORTS

## **VOLLEYBALL Manual**

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

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

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

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 than 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 [lyoung@centralbcs.org](mailto:lyoung@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)

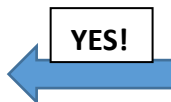


## Play Time/Line-up Rotation

- 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	X	
Player 6	X			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	X	
Player 14			X		X	X	X	



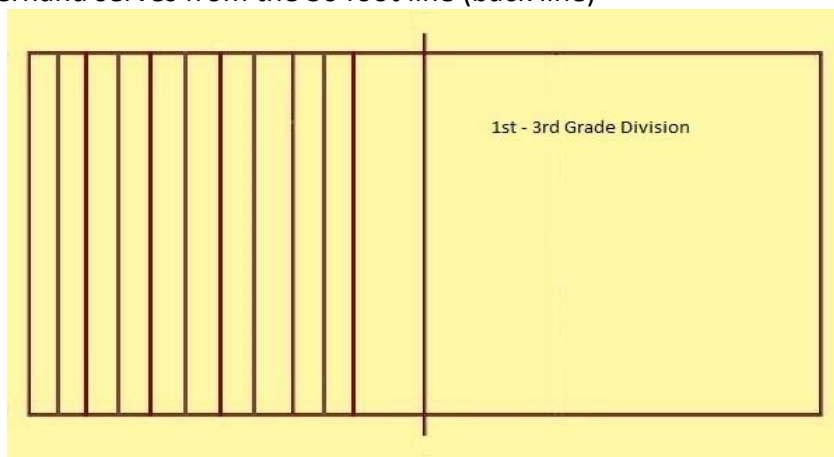
Unequal Line-up

	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 2.5 feet apart will be taped on the court; creating 10 serving zones.

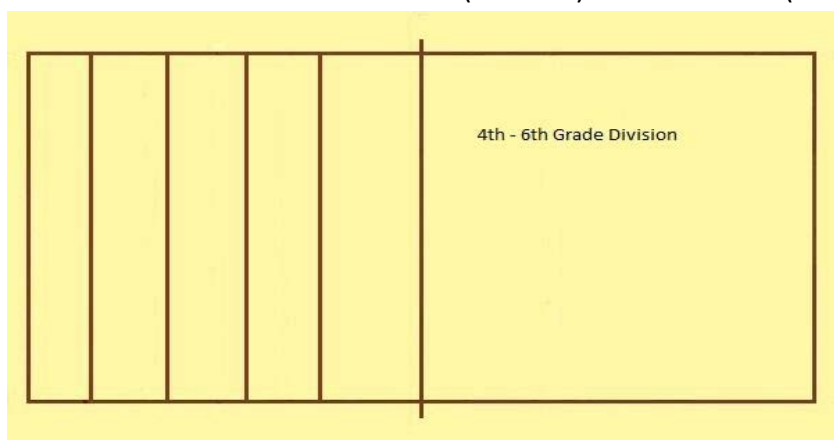
- Each player should begin in a zone that is the furthest from the net that they can consistently, successfully serve. 1<sup>st</sup>-3<sup>rd</sup> grade division can begin anywhere, including in front of the 10ft line.
- If the player has two successful serves, then the player will move back one zone 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.

\*\*\*\*\*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

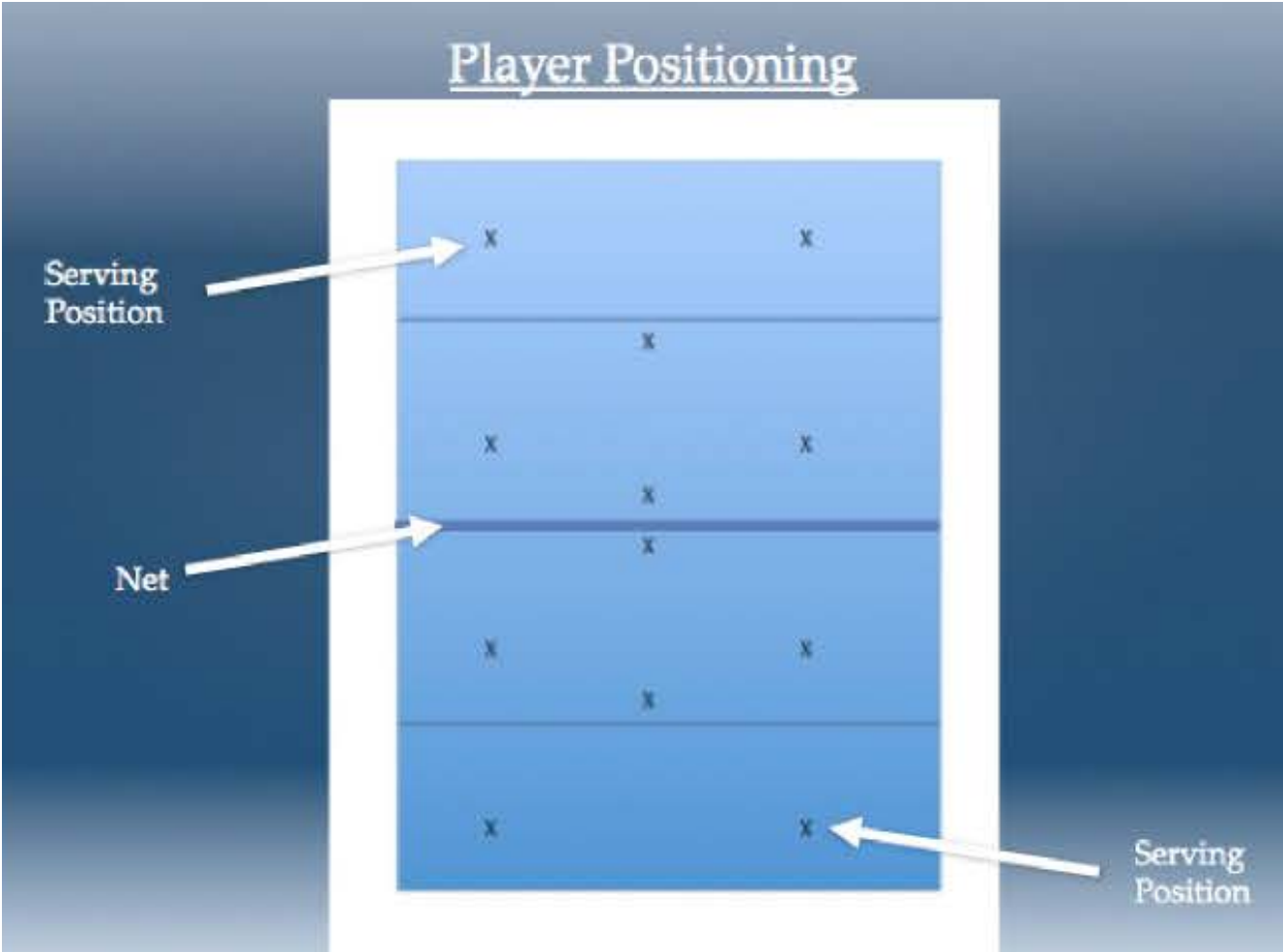
Player Name	Jersey #
Player A	
Player B	
Player C	
Player D	

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 (1<sup>st</sup> 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 (1<sup>st</sup> in line)**  
**8) Susan**  
**9) Melanie**  
**10) Sara**

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

Rotation arrows: 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)





## 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

*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 – Gospel

Philippians 4:8

Romans 3:23

Romans 6:23

John 3:16

Today we are going to introduce the memory verse that we are going to be going through all season long. It's kinda long, but I believe that y'all can do it. It is Philippians 4:8 and it says, "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

That's a lot of things, right?! Sometimes it feels like God is asking too much of us. That there's no way that you can do all of the things that the Bible tells us to, and if we try to do it on our own, you'd be right. When we fail to do what God tells us to do, that's called sinning. When we lie to our parents, or are mean to our siblings, or take things that aren't ours. All of those things are sin. How many of you have sinned before in your life? (Let them raise their hands) Right! We've ALL sinned. The Bible tells us in Romans 3:23 that "ALL have sinned and fall short of the glory of God." And because of that sin we have been eternally separated from God. God is completely perfect, and He cannot be in the presence of sin, so what we earn from sin is that separation. Romans 6:23 tells us, "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

Jesus came to fix that separation. He lived a PERFECT life. Jesus NEVER sinned. He never once did anything that disobeyed God, but he was hung on a cross and killed for our sins. Jesus paid the price for everything that we had ever done wrong, and he rose 3 days later to defeat sin and death's power over us! We can now have a relationship with God because of Jesus! John 3:16 says, "For God so loved the world that he gave his one and only Son that whoever believes in him shall not perish, but have eternal life." God loved us so much, that He sent His own Son to die on a cross for us.

God wants to have a relationship with you where you talk to Him, you learn about Him, and you include Him in every single part of your life. He knows you, and He loves you. If you have a relationship with God already, that is awesome! We're going to focus on how to grow in that this season. If you don't have a relationship with God yet, and you want one, come and talk to me after practice, I want to talk more about that with you. If you're not sure about a relationship with God yet, that's okay. I'm happy to answer any questions that you have.

Pray

### Week 3 – “Whatever is true”

Philippians 4:8

Psalm 139:14

Who can tell me what we talked about last week? (Wait for answers) We talked about the story of the Bible! We talked about Jesus and our memory verse! Does anyone already know the memory verse? (Affirm those who want to try even if they don't get it all on the first try) Yeah. It's kinda long, but we're going to work on it all season long! I believe in y'all, that y'all will have it down by the end of the season. I'll say it first and then y'all say it after me. Philippians 4:8, “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

We're gonna break down each part of the verse bit by bit as we go through the season. So, what is the first part? “Finally, brothers, whatever is true.” What are some things that are true? (Wait for answers, affirm if correct) The sky is blue, gravity is holding us to the earth, God is real, I have brown hair, etc. All of those things are true! However, sometimes, it's easy to get caught up in the fact that things are true, but they're not any of the other things that Paul tells us about in Philippians. Sometimes, we learn things about somebody else that are true, and we want to go and tell others about it and it makes them look bad. We talk behind their back, and we use the excuse of “it was true!” to make ourselves feel better. However, these are not the true things that Paul is talking about here.

Paul is talking about the true things of God. (Hold up your Bible) This is true. Every single word in the Bible is true because it is the word of God. We are told in this verse to think about the true things, not only about God, but also what the Bible tells us about ourselves, rather than what the world tells us. Psalm 139:14 tells us, “I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.” God made us exactly the way that we were supposed to be, so there is no need to focus on what the world tells us we are. We are God's creation, and those of us who have a relationship with Jesus, we are God's children. God has adopted us into His family, and He wants everyone to be a part of His family, if you accept Him like we talked about last week! You still have that opportunity, and I'd still love to talk more about it if you have any questions.

Let's pray.

## Week 4 – “Whatever is honorable”

Philippians 4:8

Luke 10:30-37

Who remembers what we talked about last week? (Wait for responses). We talked about the first part of our memory verse: whatever is true. Who can say our memory verse? Let’s say it as a team! Philippians 4:8 “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things”.

We’re going to talk about the next part of the verse: honorable. Does anyone know what honorable means? (Wait for responses) Honorable means having integrity or doing what’s right. Can anyone tell me about a time you did what was right even when you didn’t want to? (wait for answers) Sometimes we don’t always want to do the right thing but God asks us to still do the right and honorable thing.

Jesus talked about this with a crowd. A man was asking Jesus tricky questions about who he needs to treat like a neighbor, or to whom he needs to show love. Jesus answers with the story in Luke 10. Jesus tells a story of a Jewish man traveling who was attacked and left on the side of the road. First, a priest walked down the road, saw this man was hurt, and walked to the other side of the road. Next, a Levite, a man that works at the temple, saw him and walked to the other side of the road. Last is a Samaritan man. Now Samaritans and Jewish people didn’t get along well. Do you think he would help the injured Jewish man? (wait for responses) He saw the Jewish man on the side of the road, cared for his injuries, and took him to an inn to recover. The Samaritan man even paid for the Jewish man to be cared for at the inn until he got better.

Who do you think did the honorable thing in this story? (Wait for responses and affirm the correct one) The Samaritan man did! Sometimes the honorable thing is not the easy thing to do. The Samaritan went out of his way to take care of the man that had been injured. This is what Jesus was showing the man who asked him this tricky question. We need to do the honorable thing and love our neighbor, even when it’s hard. How can we do the honorable thing this week?

Let’s pray

## Week 5 – “Whatever is just”

Philippians 4:8

Romans 6:23

Who can tell me what we talked about last week? We talked about how we are to think about honorable things! Who can say our Bible verse? Philippians 4:8, “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

So, last week we talked about whatever is honorable, this week we’re talking about whatever is just. Does anyone know what just means? (Wait for answers) Just is the root word that we get justice from. Has anyone heard of justice before? What comes to mind when you hear the word justice? (Wait for answers) Right! We think of a court or police officers or people who uphold the law. Justice means “morally right behavior or treatment.” Justice is getting what people deserve. How many of you have every gotten in trouble for something that you weren’t supposed to do? (Wait for answers) Yeah. There are consequences for our actions. When we choose to disobey what our parents say, we are punished because of that.

God also has rules that He tells us to obey. These are called the 10 commandments. Does anyone know any of them? (Wait for answers) Yeah. Do not have any other gods, do not have idols, do not use God’s name in vain, keep the sabbath day holy, honor your father and mother, do not murder, do not commit adultery, do not steal, do not lie and do not covet.

That sounds like a lot, right?! It’s impossible for us to keep ALL of those all the time, and that’s exactly why God had to send Jesus to save us. When we disobey God it’s called sin, and Romans 6:23 tells us that “The wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.” The wages, what we deserve for disobeying God, is death. This death isn’t just like you drop dead because you disobey your parents, but it means that we are separated from God. God is just, and He has to punish sin because it is evil and wrong. However, God sent His Son Jesus to live the perfect life, die on a cross for our sins and rise 3 days later to save us from our sins. God is just, but God is also loving and merciful.

We are to think about the things that are just. The things that are morally correct behavior or treatment of others. That’s how we want to treat others and that’s how we want others to treat us. As we go through this week, how can we be just to other people?

Let’s pray.

## Week 6 – “Whatever is pure”

Philippians 4:8

Psalms 119:9-11

What did we talk about last week? (Wait for responses) Last week we went over what just means! Can anyone say our memory verse? Let’s all say it together! Philippians 4:8 “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things”.

Does anyone know what pure means? (Wait for responses) Pure means without fault or doesn’t have something else mixed in it. It’s considered perfect!

It might seem hard to keep our minds on pure or perfect things. Are your thoughts always perfect? (Wait for responses) No! Sometimes we get mad or think of doing things we shouldn’t do. Sometimes we act on those things. David asked about being pure in Psalms 119:9-11. It says “How can a young man keep his way pure? By guarding it according to your word. With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart, that I might not sin against you.”

David shows us that we can ask God to help us keep His commandments and seek Him with our whole heart. How can we seek God with our hearts? (Wait for responses) We can pray, we can ask Him what He wants us to do, and we can keep His commands. Where are God’s commandments? (Wait for responses) In the Bible! Does anyone know any of the commandments that God tells us in the Bible? (Wait for answers) Obeying our parents, loving others, loving God, and not lying are just a few. Let’s seek after God this week and look to Him to keep us pure!

Let’s pray



## Week 7 – “Whatever is lovely”

Philippians 4:8

Psalm 147:1

Can anyone tell me what we talked about last week? Right! We talked about whatever is pure! Does everyone have our memory verse memorized yet? Philippians 4:8 “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

This week we’re going to talk about whatever is lovely. This word is tough to define, but the basic definition is “showing love by moral or ideal worth.” What are some things in your life that you would say are lovely? Your mom? Your bed? The smell of cookies when they’re in the oven? Yeah! All of those things are lovely! How often do we thank God for those things? God is so awesome because He gives us things that we don’t deserve all the time.

The Bible tells us in Psalm 147:1, “Hallelujah! How good it is to sing to our God, for praise is pleasant and lovely.” Our praise to God is lovely because that is what we were created to do is to bring glory to God! How many of you can breathe right now? (Make sure everyone raises their hands) Right! We can all breathe because God has given us breath in our lungs. How many of you can run around and play football/volleyball? Exactly! Every one of you! Those are things that we are to praise God for, and we are to be thankful to Him. We can sing to Him, dance for Him, and even play sports well for Him. We can glorify God in whatever we do!

Let’s pray.

## Week 8 – “Whatever is commendable”

Philippians 4:8

Exodus 15:11

Psalms 99:3

Who remembers what we talked about last week? (Wait for responses) We talked about lovely! Who wants to say our memory verse? Let’s all say it together! Philippians 4:8 “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things”.

This week we’re talking about whatever is commendable. I know it’s not a word we use all the time, but what do you think commendable means? (Wait for responses) It means deserving praise. Another word we might use for something that we should praise is awesome! We might say awesome when we’re excited or are complimenting someone. Like during our game, we might tell our teammate they made an awesome play or they’re an awesome player. But did you know we can use awesome to describe God?

God is awesome! In Exodus 15:11, the people of Israel were praising God by singing, “Who is like you, O LORD, among the gods? Who is like you, majestic in holiness, awesome in glorious deeds, doing wonders?” Moses wrote this right after God had parted the Red Sea, so that the Israelites could pass through and David writes about God in Psalm 99:3 saying, “Let them praise your great and awesome name! Holy is he!” God is awesome in what He does and who He is!

If we need to think of commendable or awesome things, we can think about who God is, and what He’s done in our lives. What are some awesome things about God you can think of this week? (Wait for responses and please share a time in your life that you saw God show up in an awesome way)

Let’s pray

## Week 9 – “If there is anything excellence/worthy of praise”

Philippians 4:8

Matthew 14:13-21

Who can tell me what we talked about last week? We talked about thinking about commendable things! Does everyone know our memory verse? Y’all have done an awesome job learning it all season long. Let’s say it together. Philippians 4:8 “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

This week we’re going to talk about the last two things that our memory verse talks about. If anything is excellent or worthy of praise. Who has ever gotten an A on a homework assignment before, or won a race, or cleaned your room exactly when your parents told you to? Did you get a “Good job!” from anybody? If no one told you good job, I want to encourage you because those are awesome things! That doesn’t mean we should ONLY try hard on our homework, so people tell us we did a good job, but those are things that are excellent and worthy of praise.

The Bible is FULL of stories when God does things that are excellent and worthy of praise. The one that I want to focus on is when Jesus fed 5000 people with 5 loaves of bread and 2 fish! Some of you might’ve heard this before, but we’re going to look at this in a new way. I want everyone to look around at everyone on the fields/in the gym. How many people do you see? (Don’t let them count, it’d take too long) 100? 200? It’s not even 1 thousand. Jesus fed FIVE thousand people with 5 loaves of bread and 2 fish. Some of y’all could eat that just by yourself!

Matthew 14:20 tells us that “And they all ate and were satisfied. And they took up twelve baskets full of broken pieces left over.” They even had leftovers! How many of you would clap and say “Good job!” if someone came with one apple and then gave enough apples for everyone the team, and everyone ate so much that they were full! That would be awesome! God is our ultimate provider, and He is excellent and worthy of praise! We should think about the times in our lives that God has done excellent things that are worthy of praise.

Let’s pray.

## Week 10 – Gospel

Philippians 4:8

Romans 6:23

Romans 5:8

John 3:16

What did we talk about last week? (wait for responses) We talked about excellence and worthy of praise! Who remembers our memory verse? Let's all say it together one last time! Philippians 4:8 "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things".

At the very beginning, God made the world and it was perfect! It was like we talked about in our verse: True, honorable, just, pure, lovely, commendable, excellence, and worthy of praise. God said everything He made was good! People had a perfect relationship with God during this time. There was only one rule in the world: Don't eat the fruit from this one tree. Unfortunately, they broke that rule when they were deceived by Satan. This brought sin, or disobedience, into the world. And God, who is so holy, couldn't be in the presence of our sin. Romans 6:23 tells us "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

While we deserve death for our sin, God still wanted to be with us! But He knew we couldn't do it on our own. We would never read our Bibles enough, follow enough rules, pray enough, or go to church enough to get back to Him. So He sent His son, Jesus Christ, to Earth to live a perfect life we couldn't live, died on the cross for our sins to pay the death that we deserved, and rise three days later to defeat sin and death's power over us. Jesus lived a life like our verse: He was true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise! Romans 5:8 tells us "but God shows His love for us in that while we were still sinners, Christ died for us." Jesus paid the price we could never pay for our sins!

John 3:16 sums it up for us by saying, "For God so loved that world that He gave His one and only son, that whosoever believes in Him shall not perish, but have eternal life." God is offering us a relationship with Him forever and we just need to accept it and follow after Him and serve Him with our whole lives.

Let's pray \*\*\*With everybody's heads bowed, and eyes closed. If any of you have never made the decision to follow Jesus before, and wants to today, just raise your hand so that I can talk to you later after practice\*\*\*

**(Please talk with the child and the parent, and get a feeling of where they are with the Gospel. Can they express their need for a savior because they've sinned? Do they understand Jesus is the only way to heaven, that they can't work for it? If you feel like they are ready to accept Jesus, walk through that with them, but also please let us know so that we can follow up with them and let their church know.**

