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**Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with brotherly affection. Outdo one another in showing honor. Do not be slothful in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints and seek to show hospitality. Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all.**

**Romans 12:9-18**





# BASEBALL

SEASON INFORMATION





## Welcome to ROAR Baseball

**Dear Coaches,**

Welcome to another season of ROAR Baseball. We are very excited to have you as part of our ROAR coaching staff.

ROAR is an outreach program whose main purpose is to share the good news of Jesus Christ through our involvement in the community. The impact of ROAR does not come from what we do in the office but from your involvement with the kids on the field. We thank you for taking the time to spend with them. Whether you are teaching children rules or talking to parents after a game, you are showing the love of Christ to these precious families.

Please make sure to read this manual all the way through. In this manual you will get information on:

- Important Dates
- Pillars and Philosophy of ROAR
- Practice Information
- Game Information
- Coaches Information
- TBall Rules
- Coach Pitch Rules
- Devotions

We thank you again for all your hard work and love!

Blessings,

**Chuck Preslar, ROAR Director**

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# Spring 2026 Important Dates

**First Practice:** Week of March 2nd and 3rd.

**Parent Meeting:** First Practice on March 2<sup>nd</sup> and 3rd.

**First Games:** Saturday, March 21st.

**Weeknight Games:** March 30<sup>th</sup> and 31<sup>st</sup>, and April 27<sup>th</sup> and 28<sup>th</sup>.

**Picture Day:**TBD.

**Final Games:** Saturday, May 9th.

**End of Season Party:** Saturday, May 9<sup>th</sup> or at last practice (plan with team parent).





# ROAR Mission Statement

The Mission of ROAR Sports:

**To Glorify God by faithfully sharing and applying the Gospel through and in sports.**

The six elements of our mission:

1. God's Glory is our Chief End
2. The Gospel is our Focus
3. Sharing the Gospel
4. Applying the Gospel
5. Faithfulness is our Goal
6. Sports is our Bridge

## Our Why: The Gospel

This is the Gospel that we believe and hold fast to. We recognize our need for this on a personal level daily. We want nothing more than for this to be proclaimed in all we do here at ROAR!

### **a. He made it all**

- Genesis 1:1 "In the beginning God created the heavens and the earth."
- God spoke and MADE IT ALL – made the heavens and the earth and all that they contained, including the first humans. Even logic tells us that when there is a design – a building, computer, artwork, etc. – there is always a designer.
- Genesis 1:27 "So God created man in his own image, in the image of God he created him; male and female he created them."
- We see this affirmed throughout all of Scripture. When we open our eyes, we can see that THE HEAVENS DECLARE the glory of God, not the glory of man, evolution or any other unseen force.
- Psalm 19:1 – John 1:3 – Romans 1:20 – Colossians 1:16

### **b. We lost it all**

- We, all of mankind, LOST IT ALL – all virtue and goodness. This is strongly contrary to what we inherently think about ourselves.
- Genesis 3:1-6: This is the account of Adam and Eve being tempted by the serpent and eating the fruit that God commanded them not to and thus began the fall of man
- Most people believe that they are relatively good compared to the whole of humanity, but the Bible isn't concerned about relative goodness. It instead declares a requirement of the perfect goodness, or righteousness, of God. The Bible is clear that WE HAVE A PROBLEM, but we must see what's lost before we can seek a solution.
- Romans 3:23 "for all have sinned and fall short of the glory of God"
- Genesis 3:1-24 – Genesis 6:5 – 1 John 3:14 – Romans 8:7

### **c. He did it all**

- Romans 5:8 “God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us”
- He, Jesus, is the ONE and the One who DID IT ALL – all of the work to give us the righteousness required by God. He doesn’t need our help and even more, He knows that we are unable to help.
- Notice that throughout scripture, IT IS JESUS who does the work of reconciliation. He substitutes His righteous, perfect life for our dead, unrighteous one.
- We receive Christ by faith alone, not by works, not by going to church, etc.
- John 14:6 “Jesus said to him, ‘I am the way, and the truth, and the life; no one comes to the Father, but through Me’”.
- Romans 6:23 – Acts 14:12 – John 5:24 – Ephesians 2:4-5

### **d. We get it all**

- Forgiveness, a NEW RECORD of righteousness; a NEW SPIRIT that is alive to God, teaching and leading us to move closer to Him; His INDWELLING PRESENCE through the Holy Spirit, empowering us with a new MORAL ABILITY to do right with the right motive.
- Ephesians 2:8-9 “By grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, that no one should boast”
- The awareness that God is no longer our enemy but loves us no matter what; a NEW HOME with him in Heaven that Jesus is preparing for us; CONTINUAL REASSURANCE that we are His, despite our continual battle with sin – WE GET IT ALL.
- Colossians 1:19-23 – John 1:1-2 – Revelation 21:1-7

## **Our How: Sports**

Bridges connect two things. We believe that sports are the greatest bridge to those who don’t know Jesus. We live a world saturated by sports! ROAR has been called to dive into the sports world and teach kids how to glorify Him, even when playing sports.

There is a process to becoming more like Christ that allows us to utilize sports as a tool to reach others for the Gospel. We call this the combustion cycle of the Gospel. This is or should be a daily process within our lives. The implications of this will change your life.

- Prayer – Ephesians 1:17-19; Psalm 119:18
- Renewal – 2 Corinthians 4:16
- Confession – 1 John 1:9
- Repentance – Isaiah 55:7
- Faith – 1 Corinthians 15:1-2

## Our What: The Game – Coaching

“After this the Lord appointed seventy-two others and sent them on ahead of him, two by two, into every town and place where he himself was about to go.<sup>2</sup> And he said to them, “The harvest is plentiful, but the laborers are few. Therefore, pray earnestly to the Lord of the harvest to send out laborers into his harvest.<sup>3</sup> Go your way; behold, I am sending you out as lambs in the midst of wolves.” Luke 10:1-3

The harvest is plentiful, and coaching is your opportunity. This is what we hope you join us in.

We have some expectations for our coaches. Please read them below:

- A. **Encourage Always** – this isn’t natural, but we expect you to always lift up your players, even the ones who do very little the right way.
- B. **Equal Playing Time** – ALL players receive the same amount of time, no matter the game, no matter the situation, no matter the stakes. This is a must!
- C. **Pray before & after each game** – We want to focus our minds and hearts before and after the game. Win or lose. This allows us to realize that the other team is brothers and sisters in Christ and hopefully we treat them as such.
- D. **Respect Opponents & Referees** – The essence of competition is to “strive together”. We must promote this by being respectful to both the other opponent and the referees. We want to stand out, like Christ has called us to, so we must be different in this regard. Below is some further instruction on this.

We want to be countercultural in how we approach our opponents and referees. This means not yelling or chastising officials the entire game. If there is a situation with a parent/coach or a foul that you think a player on the other team has committed, please follow the steps below:

- Call a time out and ask the other coach/official to step to the side. Without involving any other parents, coaches, or players, talk over what concerns you have and come up with an agreement on what actions need to be taken.
- If the same issue arises after this conversation, call for a time out, ask the coach to step to the side, and call over Andy, Rhett, or a Supervisor to help with the situation.
- If the first two steps cannot resolve the situation, either the player, parent, or coach will be asked to sit out for the rest of the game or leave the courts.

If you have an ongoing issue with a referee, please let us know. Otherwise, please remember that your players are looking up to you. If you are doing nothing but complaining to a referee, what is that showing your players? Let them call the game and understand they will make mistakes. Your complaining is NOT going to change the call and likely won’t help you get a future call either.

- E. **Relationships & Representation** – Focus in on building relationships, not only with your players, but with their parents as well. This truly gets to the heart of our ministry! Relationships are the key to influence.
- F. **Teachable Moments** – Look for these and then respond with grace and point them to Jesus. Teachable moments are those times when you are in the middle of practice or a game and your

team/player is actually feeling the results of sin in sports. This is a great time to teach character issues. Take a time out or pull a child to the side if he/she is:

- Frustrated about losing
- Rubbing it in to other players if winning
- Upset about teammates not passing the ball
- Not sharing the ball with others

These are moments where you can encourage the child (or the parent) in grace and wisdom.

G. **3D Devotions** – Have one at each and every practice! We want to integrate the truth into sports, and this is how we can do just that. We have prepared some devotionals that can be found in the devotionals section of your coach’s notebook. 3D-Devotionals include a skill that is introduced in practice and then applied to the devotion. It is VERY IMPORTANT for you to review your devotional before practice to get an idea of how to relate the skill and devotional.

H. **Come Prepared & Be Consistent** – We want consistency from our coaches and referees. You may be refereeing your team’s games. Please be consistent with calls both ways but call the game according to the rules! We know this is a recreation league, but we want these kids to learn and understand the game. Also, this means showing up prepared for practice and games. If that is simply reading your weekly coaching e-mail, that is great! Please plan for practice. This is imperative to keeping the respect of both the parents and players.

# Season Information

## Practices and Location of Park

- All baseball practices and games will be held at Westminster Park (4000 India Hook Rd, Rock Hill, SC 29732).
- Practices will be held either on Monday or Tuesday nights starting at 5:45pm or 6:45pm
  - Thursday nights are our official make-up nights in the event of rain or cancellation for any other reason.

## Concession Stand

The concession stand will be open during practices and games.

## Games

The following are game times:

TBall:	<b>9:00am</b>
Coach Pitch:	<b>10:30am</b>

Some games will be played during the week. All practices during those times will be cancelled. Fields will be set up with bases, baseballs, and tee's ready to go for your game! Rules for all leagues are located at the end of this notebook.

## Field Support

Our goal at ROAR is to support our coaches to the best of our ability. All coaches are an extension of ROAR and the body of Christ. All baseball equipment (bags, balls, tee's, pitching machines, etc.) will be placed on your field behind the back stop. "Rookie Ball" bags are open ended and seem to fold over when you set them on the ground. "Minor" League use the same equipment bag that is like a duffle bag. When you are done, **place all equipment back into the PROPER bag** and we will do our best to get around and pick it up for you. But, it would be a huge help if you could bring them just outside of the equipment room beside the Concession Stand.

## Prayer Before and After Games

Have prayer before and after each game. Please have both teams line up on the foul lines between home plate and 1<sup>st</sup> and 3<sup>rd</sup> base and have someone pray for the game! Pray for safety, good sportsmanship, teamwork, etc. Be thankful for health and the ability to play sports. Prayer brings the presence of Christ into your games along with your representation of Him.

## Weather Delay or Cancellation Policy

As many of you know, the fastest way for us to communicate is through email. At any time we might need to delay or cancel games, you will receive an email from us. You can also call the ROAR phone line for information at **(803)366-7627**, but **please wait for an email. If you don't receive an email from us, practices/games are still on.** All Coaches will be contacted first. Most make up day's will be on Thursday night at same practice time and field!

## Lightning/Thunder Procedure

Field Marshals or ROAR Staff must protect the safety of all participants by stopping game/practice activities quickly, so that participants and spectators may retire to a safer place before the lightning threat, thunder.

At any time that you hear three (3) long air horn or whistle blows, please end the practice/game immediately and orderly.

- Make sure to grab all equipment and quickly proceed to your vehicles.
- Seeking proper shelter
  1. No place outside is safe near thunderstorms
  2. The best shelter is a large, fully enclosed, substantially constructed building.
  3. A vehicle with a solid metal roof and metal sides is a reasonable second choice.  
If there is no proper shelter, **avoid** dangerous locations:
    1. Higher elevations
    2. Tall isolated objects, such as trees, poles, or light posts.
    3. Unprotected open buildings
    4. Metal fences and metal bleachers
- If you cannot avoid these locations, crouch down on the balls of your feet, with your head tucked into your chest and your hands over your ears.
- If someone is hit: All deaths from lightning result from cardiac arrest and stopped breathing. CPR and mouth-to-mouth resuscitation become involved in such assistance only if they have proper training.

## Severe Weather

### Weekday Practices/Games

- All decisions on weekday practices or games will be made by 3:00pm day of via email.
- After 3:00pm, ROAR will obey local rules and heed warnings. **If you do not receive an email before 3:00pm, all ROAR events are still on.**
- Remember, according to standard weather warning terminology a “warning” represents a more immediately likely occurrence than a “watch.”

### Weekend Games

All decisions for weekend games will be made by 6:00am on the day of. **Please make sure to check emails for any updates.**

For any other questions or concerns, please contact the ROAR Office at 803-366-7627

## Active Shooter

At any time, there might be a threat of an active shooter at either Westminster Park, Westminster Gym, or First Baptist Gym, please consider the following acronym to help with being safe:

- A:** Avoid (Run to a safe place) Run into the woods, outside or a place with no windows
- D:** Deny (Turn off lights, close and lock doors, and get away from windows)
- D:** Defend (Do not play dead; try to get the subject if possible)

## Team Pictures

All Baseball pictures will be taken. Even if players or coaches are not buying pictures, we will need them to be there for the whole team picture. When you arrive for pictures, please keep this in the back of your mind:

- Arrive 30 minutes early before picture time!
- Be Patient- The younger the kids, the slower it will go.
- You probably won't start on time
- Don't tell the photographers or staff they are behind. They are aware of the time.

## Parents Meeting

Make sure you have a parent meeting after your first practice to let them know who you are, what ROAR is all about, and give them an opportunity to ask questions. A Parent Meeting Packet and Sheet should be picked up from the concession stand the first night of practice! Make sure the parents know how to contact you. **Please make sure to give your team parent the Team Parent envelope with all the important information that is necessary for this season.**

## Team Parent

We would HIGHLY SUGGEST you find a team parent for your team. This is a parent who is willing to email parents about games, snack schedule, and other important tasks. Please make sure the team parent receives their envelope with important information.

## Calling your Team

We ask you to **call your team within 48 hours** after Coaches Training. Parents and players are very excited to hear when they will be practicing. When you call your parent please give the following information:

**Your name and assistant coach's name (if you have one)**

**Email address and Phone Number**

**Name of the team**

**Which field and time you will be practicing**

If you are not able to get in contact with any of your parents, please let the ROAR office know.

## End of Season Bash

At the end of your games, we will have all trophies/medals up at the concession stand for you to pick up to distribute at your team party. We encourage each team to put together a party after the final game to celebrate the season. ROAR will have the pavilion that is adjacent to the fields reserved for your use on a first come first serve basis. Please keep in mind that there are other teams and please clean up after yourselves. You can also plan your team get together at the location of your choice.

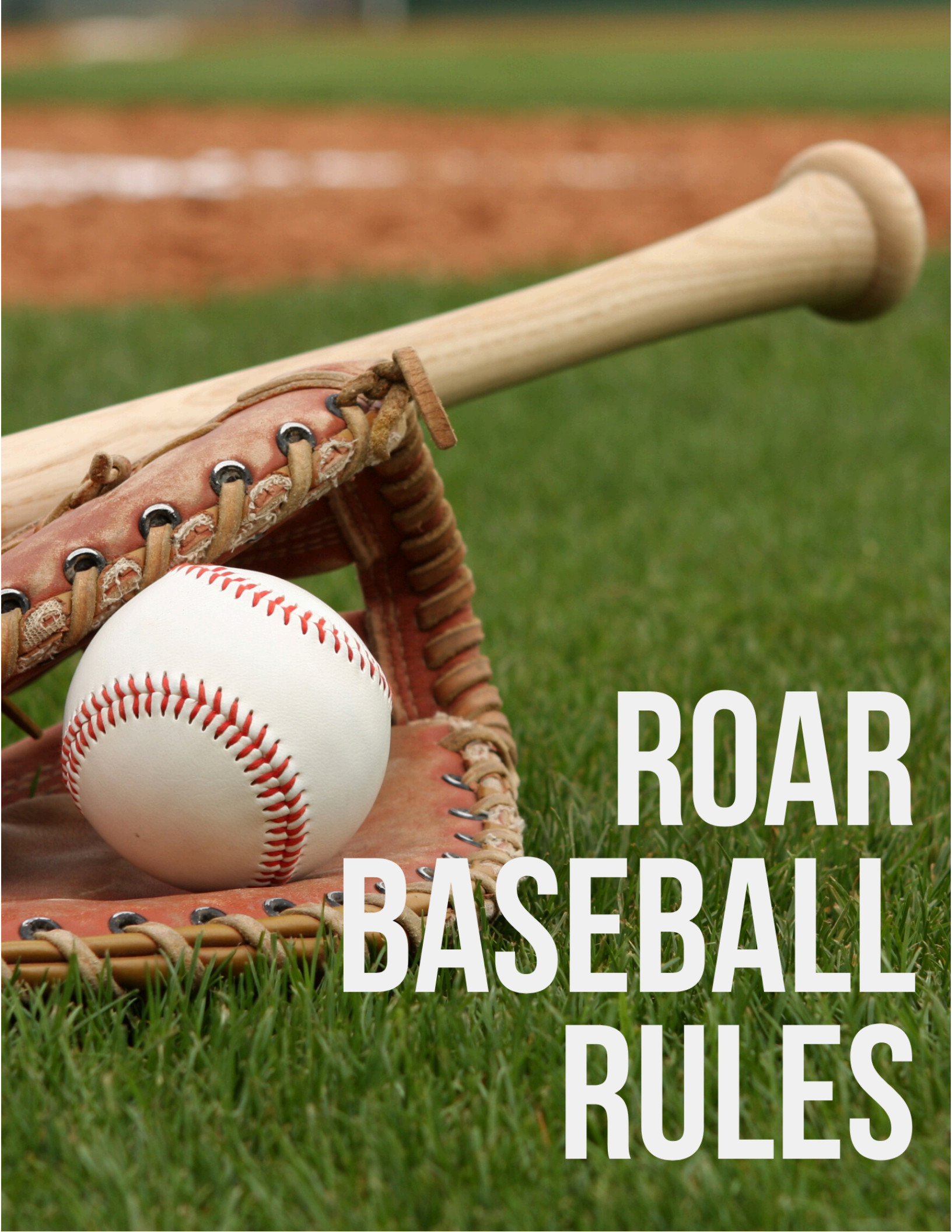
## End of Season Celebration Suggestions:

### - Invite Your Sponsor to your End of Season Celebration

If you have the privilege of having a sponsor child on your team, this is perfect. If not, we can get your sponsor's information for you to call them to the awards ceremony. We will also have all the sponsor plaques so you are more than welcome to present the plaque to them at the party.

## - **Plan Ahead**

Get your team parent involved with planning! If you decide to meet at a restaurant, make sure you call in advance to ensure there is no problem with the numbers you anticipate. Keep in mind, there are multiple ROAR teams who will be planning end-of-the-season celebrations so don't assume space will be available everywhere. Of course you can plan this ceremony at your home or another place you prefer. It does not have to be a restaurant. You can do as much with your ceremony as you like or have time for, including recognizing each player with a medal and mentioning a particular skill or trait the player excelled in during the season. You may also want to give out certificates. This will give you an opportunity to thank and express to the parents how honored you were to have coached each of these players.



# ROAR BASEBALL RULES



## T-Ball Rules: 4K – K

- 4 Teams with 10 players per team
- Games should start on or before 9:00am with a prayer before start time.
- Games are not based off of 3 outs but that both teams get equal times of batting and fielding within an hour (Typically 2 or 3 Innings)
- For the First 2 Games of the season, players are required to advance one base at a time and one base only (no doubles, triples or homers).

Starting with Game 3, players may advance up to two bases, with coach's approval at the beginning of the game.

- **Hitting:** Players in T Ball can get "out" but the three out rule does not come into effect during the T Ball season. All players will bat every inning. Once out, players are asked to sit back on the bench. All players hit and play in field every inning. **When the last hitter gets to bat, the coach should yell out, "last hitter." This hitter will abide by the same baserunning rules mentioned above. They should not try to run around all bases.** Coaches are to create a batting lineup before each game. Whatever the order is on the lineup is the order you must follow the whole game. You **MAY NOT** have the same lineup for every game! For example, the last batter for Game 1 will not be the last batter for Game 2.
- **Fielding:** Switch player positions each inning and each game. Don't have the same pitcher, same 1<sup>st</sup> baseman etc. for every inning. Try to let each player get a feel for every position on the field. They will not be able to play every position every game but making it a cycle throughout the season will work best. If a player that fields the ball can throw or advance the ball back to the infield and a player, not a coach, yells out "time" any runner that is not at least half way to the next base must return to the previous base (the fielding coach makes all umpire calls in the field). Remember, if a runner is thrown or tagged out, he will be called "out" by the fielding coach and must return to the bench.
- Starting with Game 3, players may advance up to two bases with coach's approval at the beginning of the game. Remember coaches to error on the **encouragement side** of your team as well as the other team. Instruct your base coaches not to take advantage of the other team and players!
- TBall should teach the basics of hitting, running, fielding, and throwing. It is very important, but hard to teach at this level to only go after the ball if it is hit in your direction. Most often at this level, all players chase the ball every time. You may want to start teaching this by using cones like fielding zones, and instruct your players to only go after the ball if it is hit in your "zone".
- No catchers are used in this division. As a matter of fact, no one (parents included) should stand behind the batter.... bats get thrown in Rookie Ball!

- No helmets are used in TBall
- The Bases should be placed on the big “X” along the base lines. There will be 2 “X”s but the “X” closest to home plate will be for TBall.
- Each team will have a small black bag full of equipment for each practice and game. **At each practice you will either pick up this bag at the equipment room by the concession stand OR you will bring the bag back to the equipment room after your practice with the correct equipment inside.**
- Please use incredi-balls.
- When finished with practice or games, please help ROAR staff by making the field look like it has not been used (clean/pick up the field and area around).

## Coach Pitch Rules: 1<sup>st</sup> – 3<sup>rd</sup> Grade

- 4 Teams with around 10 players per team
- Games should start on or before 10:15am with a prayer before start time.
- Games should last no longer than 60 minutes
- For the first Game, each batter will get a maximum of 7 pitches  
Starting with Game 2, each batter will get a maximum of 5 pitches.  
Starting with Game 3, the three-out rule **does** come into play. Each ½ inning will be considered complete when either three outs have occurred, or all batters have hit, whichever comes first.
- **Hitting/fielding/lineup**: At the start of the season, players can get “out” and will be asked to return to the bench. For the first 2 Games, the three-out rule will not come into effect; when the last hitter comes to the plate, the coach will yell out “last hitter”. The last hitter in the lineup will go through a regular at bat and try to get a hit, but once they are either safe or out, time will be called, and the inning will change over. **The last batter of the inning should not try to make it around all bases.** Coaches are to create and fill out a batting lineup before the start of each game. That line up does not need to be the same every single game, but it should be followed in order for a complete game. For example, maintain the order of batters the entire game. Don’t switch the order whenever you please. Your last batter for Game 1 does not need to be your last batter for Game 2. Change the order of batters each game. If you have a player who really struggles with hitting pitched balls and there is a batting tee at your field, you may allow them to use it at your discretion. But, please don’t let this become a normal thing. Hopefully those players will progress through the season and eventually begin to hit a ball that is pitched.
- **Fielding**: Coaches must change the positions of players each inning. Just because a player is in a different position doesn’t mean that the batting order must change during the game. If a player that fields the ball in the outfield can throw or advance the ball back to the infield and a player, not a coach, yells out “time,” any runner that is not at least half way to the next base must return to the previous base (the fielding coach makes all umpire calls in the field). Remember, if a runner is thrown or tagged out, he will be called “out” by the fielding coach and must return to the bench.
- **A strikeout will be recorded after the maximum number of pitches is reached without a hit. Strikeouts are hard, but they are a big part of baseball. Go over a strikeout in practice.**
- **Umpires**: One coach from each team will umpire the game from the field while their team is fielding. The assistant will need to stay on the bench to help with bench security and help with any substitutions. The bases should be placed on the big “X” along the base line. There will be 2 “X”s and you will place the base on the “X” further from home plate.
- **Helmets**: Each player hitting, running or on deck to hit should have a **helmet on**. You may need to share with the other team during games. Coach Pitch division should teach the basics of hitting, running, fielding, and throwing in front of the baserunner.

- **Coaches Pitching**- As a pitcher for coach-pitch, try pitching from one knee. This is uncomfortable, but you will find that it is more effective because the ball is not traveling down to the hitter. The pitcher is essentially on the same level as the hitter. No catcher is used in this division; no person (including parents/coach) should be behind the hitter. This can cause injury due to a fouled ball or swung bat.
- Each player should be in the batting line up, but each team should only put 9 with the maximum of 10 (4 or 5 outfielders) in the field. **NO MORE THAN TEN ARE ALLOWED IN THE FIELD.** And a player should NEVER sit out more than one fielding inning during a game.
- Each team will have a small black bag full of equipment for each practice and game. **At each practice you will either pick up this bag at the equipment room by the concession stand OR you will bring the bag back to the equipment room after your practice.**
- We will have all games prepared for you the best way we can but might need help with moving benches for players.
- Please use Riff level 5 balls.
- When finished with practice or games, please help ROAR staff by making the field look like it has not been used (clean/pick up the field and area around).

# BASEBALL 3D DEVOTIONALS

A close-up photograph of a baseball glove, a baseball, and a wooden bat on a grassy field. The glove is brown leather with tan lacing, and the baseball is white with red stitching. The bat is light-colored wood. The background is a blurred green field.

**INTEGRATING**

**SPORTS,**

**LIFE,**

**AND TRUTH**



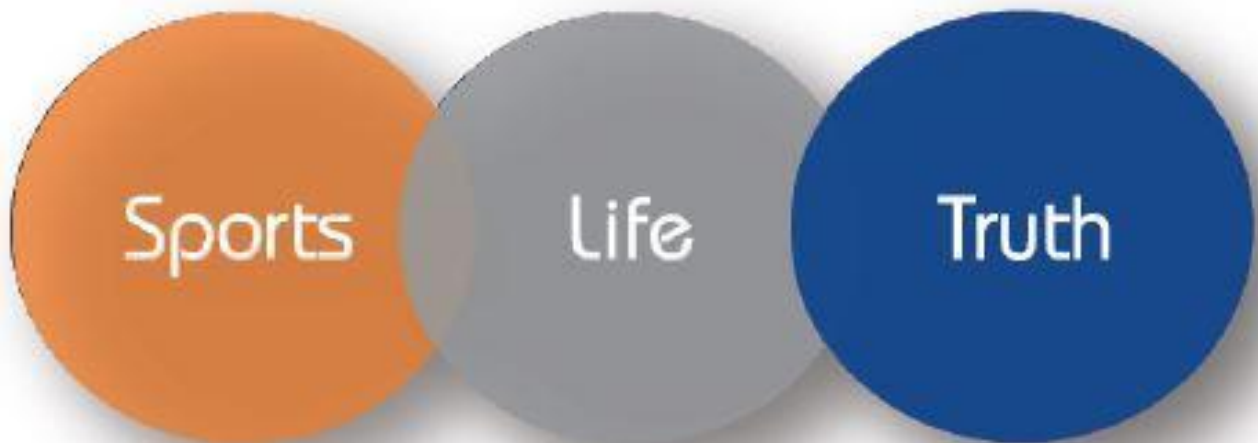
## Overall Application:

These devotionals outline a baseball drill to be used during practice. The coach will ask age-appropriate leading questions to engage the players in a life-topic. The goal in each week is to tie in a Biblical truth pertaining to the topic discussed during practice.

## How to use 3D Devotionals:

In our efforts to bring Christianity and Sports together, historically, Christians established a devotional time during practice breaks or half times of games. Oftentimes, the stories or passages used during these times didn't have much to do with the sports, and, even if they did, tended to feel like the biblical truths were being **injected** into the sports realm. Unfortunately, these efforts often led to players and coaches to disconnect sports from biblical truth and build a "compartmentalized view" of life.

3D Devotionals come from a passion to live all of life for God's glory and, therefore, an approach to **integrate** sports and biblical truth. We designed 3D Devotionals to be used in the flow of practice, utilizing the drills and skills emphasized in each particular practice setting. Ultimately, the goal of 3D Devotionals is not to just learn truth but for coaches, players and parents to learn a new way of thinking that integrates **SPORTS – LIFE – TRUTH** and can be used far beyond their time in sports.





## 3D Integrated Devotional Training Worksheet

Pick a skill that you will work on this season. Work through the 3 boxes – Sport, Life, Truth – for that skill. Don't worry about transitions or complete wording. Just work on the basic concepts.

Skill - \_\_\_\_\_

### Sports

What are the components of this skill that need to be learned? What are the underlying principles – physically and mentally – that are required to complete this skill?

Pick one of these components or principles - \_\_\_\_\_

### Life

Where do your players have to exercise this sports principle or component in their daily lives?

Pick one of these life situations - \_\_\_\_\_

### Truth

What biblical passages speak about this principle or life situation?



# **Week 1 – “Getting Acquainted”**

## **Baseball/Icebreaker:**

At the beginning of practice, play a couple of icebreaker games to get everyone talking to each other. Make sure you are including yourself in these games too.

### **1) Getting to Know You**

- What You Will Need: one baseball (players have your gloves on)
- Set Up: Form a circle of children and coaches.
- How to Play: While standing in a circle, an adult will start the game by tossing the ball to someone and at the same time, ask the person a question. Whoever catches the ball must answer the question and then toss the ball to someone else asking another question. Keep the game moving along at a fair pace. Coaches or older children might need to assist the younger players to keep the game moving. Some example questions could be: 1) “How many siblings do you have?” 2) Do you have any pets?” 3) “Where is your favorite place to eat?”

### **2) Move it Name Game**

- Tell your players to make a circle
- Give the team 30 seconds to memorize the names of their teammates on their left and their right (tell them to make sure they pay attention the entire game)
- Coach will be the middle and point to a player. When he points to a player, he will say left or right. The player will then say the name of the teammate beside them.
- After the coach points out a couple of players, he will yell “move it!”, and all of the players will go to a different spot in the circle. Each round gets progressively shorter on how long they have to learn the names of their teammates to the left and right.

### ***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 through 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

*\*As you can see, the first week is very much an introductory week. The goal for week 1 is just to get to know your players and have them become comfortable with you as well as become comfortable sitting down and doing a devotional time.*



## **Week 2 – “Secured in Strength”**

### **Baseball Skill** – Catching the Ball

Keys to catching: watch the ball, position your glove with either your fingers to the sky or to the ground (depending on where the ball is when you try to catch it), squeeze your glove when the ball arrives, don't swat at the ball, use your throwing hand to cover the ball after it hits your glove (**catch with two hands**)

Let's focus on securing the ball when you catch it.

### **Life – Secure**

- What does it mean to secure something? (safe, strong, confident, dependable, etc.)
- Tell me about a time when you or your parents had to secure something so it wouldn't be lost or broken.
- How did you secure it?
- How important was it that you secured it?
- How do you make sure your life is secured?

### **Truth – 2 Samuel 22:33**

*“It is God who arms me with strength and keeps my way secure.”*

This passage is telling us that we need to look to God for strength and safety because he is who will keep our lives secure. He will guide us through life and put His hedge of protection around us. All we have to do is trust in Him. Trust in who He says He is. Trust in what He has already done. Trust in what He is going to do. He is the only way we will truly be able to stay secure. Just like we secure the baseball with two hands, Jesus secures us.



## **Week 3 - "Balance"**

### **Sport skill – Batting (Pt.1)**

Keys to hitting: keep your weight back, keep your head on the ball, keep your eye on the ball, **have a balanced stance**, load, pivot, use your hips, grip

Let's focus on having a balanced stance.

### **Life – Stay Balanced**

- What is balance? (equal distribution of something)
- By show of hands, have any of you been on a balance beam before? What was that like?
- What does it mean to stay balanced in life?
- What does a balanced life look like?
- What helps you balance in life?

### **Truth – Mark 12:30-31**

#### *The Greatest Commandment*

*“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”*

When we follow these commandments, our lives will be balanced. We are called to love God and to love people. This verse tells us to love God with all of our heart, soul, mind, and strength. What that means is to love God with all that we have. That is the greatest commandment. The second greatest commandment in these verses is to love your neighbor. Loving your neighbor means to love everyone. We are called to love people that aren't like us the same way that we love and care about ourselves. Loving the Lord first and loving our neighbor second are great steps to a balanced life.



## **Week 4 - "BE AWARE!"**

### **Sport Skill – Fielding a ground ball**

Keys to Fielding a ground ball: athletic position, bend your knees, glove out in front, be on the balls of your feet, use two hands, stay prepared for bad hops, **awareness, know the situation and where to throw it after you field it**

Let's focus on being aware and knowing the situation.

### **Life – Know the situation**

- What is a situation? (a set of circumstances at a given time)
- Have you ever been in a situation where you knew what you were doing was wrong? Where your friends were doing something wrong?
- How did you respond to that situation?
- What was the result?

### **Truth – Deuteronomy 31:8**

*"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."*

A lot of times, we find ourselves in situations where we feel alone, or we don't know what to do or how to handle things that come our way. But, this passage tells us that we are never alone. We always have at least one person there to stand by our side and be our comfort, and that is the Lord. Even when we mess up and do something that displeases Him, He loves us and is there for us anyway. He is waiting for you to turn to Him in all situations. No matter what situation comes your way, whether in baseball, at school, or at home, know that God knows where you are and cares for you.



## **Week 5 - "GET A GRIP"**

### **Baseball Skill – Batting (Pt. 2)**

Keys to batting: keep your weight back, keep your head on the ball, keep your eye on the ball, have a balanced stance, load, pivot, use your hips, **grip**

Let's focus on grip.

### **Life – Hold tight**

- Tell me about some toys that you do not want to lose or share with others.
- Why do you hold on so tightly to those things?
- When you hold tightly to something, you sometimes try to control what happens with it or to it. (ex. Money, a special toy, some baseball equipment, clothes, a hat, etc.)
- Coach – Give them an example of a time(s) when you tried to control something. What was the result?
- We also hold tight to the people we love. Why?

### **Truth – Joshua 23:8**

*"But you are to hold fast to the Lord your God, as you have until now."*

This verse tells us that we are to hold fast to the Lord. This means that we do not change our mind about the Lord even if other people try to convince us to turn away from Him. We are to hold tight to Him and trust Him in every area of our life. He is our Heavenly Father. He loves us and wants us to rely on Him during our successes and our failures because the reason we succeed is because of Him. Just like you must have a good grip on the bat when you are batting, we have to have a grip on the Lord and His plan for us.



## **Week 6 – “LOOK AT THE TARGET”**

### **Sport skill – Throwing**

Keys to throwing: look at your target, follow through, have a good grip on the ball, step to your target with your glove hand's foot

Let's focus on looking to where we want to throw the ball.

### **Life – Focus**

- What is focus?
- Raise your hand if you get distracted at times.
- Is it ok for you to be distracted when you are in school?
- Focus is being able to pay close attention.
- Why do we need to focus?
- Share a time when you had to focus on something when you were younger. What was the result of you having good focus?
- Coach – Share a time when you didn't focus when you needed to. What was the result?

### **Truth – Romans 8:5**

*“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.”*

This passage is referring to our focus. Do we focus on the selfish desires of our flesh? Our flesh refers to our sinful desires. God calls us to focus on Him and His Spirit so that we won't have to worry about our flesh getting in the way. When we allow our flesh to get in the way, we sin. Sin is anything that we do that either displeases God or goes against what he calls us to do. That can be in the things we do, say, or think. Our flesh points us to sin, to do those things (like hit or siblings, disobey our parents, etc.) that don't please God. But, God wants us to focus on living for Him. We must train ourselves to focus on Him just like we train ourselves to focus on where to throw the ball.



## **Week 7 - "Trust in Him Always"**

### **Sport Skill – Advancing around the bases to score**

Keys to advancing around the bases to score: reach base(s) safely, others must advance you to the next base by hitting the ball, run, we always have to **rely on someone else**, we can't advance on our own, **trust your teammates to get you home**

Let's focus on how we must trust and rely on someone else to get us home.

### **Life – Trust**

- What does it mean to trust? (to believe in something/someone and know that what they say is true)
- Do you trust your parents? Friends?
- Can people trust you?
- Do you keep your word and follow through with what you say you are going to do?
- When you trust someone in baseball, you are also depending on them. We have to depend on Jesus too.

### **Truth – Proverbs 3:5**

*"Trust in the Lord with all your heart and lean not on your own understanding."*

This verse is telling us that we are to trust the Lord. We can't do anything without His help, and He is always going to be there to be our strength when we feel like we don't have any. We can't depend on our own strength. When we do that, we often times do not succeed at the things we try. In baseball, we can't play the game by ourselves. We have to trust and depend on our teammates to help us out and work as a team. So just like the verses tell us that we are to trust in the Lord, we have to trust in our teammates to help us get around the bases and back to home.



## **Week 8 – “Mechanics”**

### **Baseball skill – Batting (Pt. 3)**

Keys to hitting: keep your weight back, keep your head on the ball, keep your eye on the ball, have a good stance, load, pivot, use your hips, grip, be on the balls of your feet

Let's focus on the mechanics of hitting (all the above working together).

### **Life – Life Mechanics**

- What would you say the mechanics of life are? – honor, love, good behavior, forgiveness, etc.
- How can you work on those mechanics?
- Why do we need to work on those mechanics?
- One of the mechanics of life is Honor. Do you honor your Mom and Dad? Friends? Teachers? Etc.
- Another mechanic of life is Love. Do you love your family? Friends? Coaches? Etc.
- Another one is Self-Control. Do you show self-control when you don't get your way? When someone hurts your feelings? When you win? When you lose? Etc.

### **Truth – John 3:16-17**

*“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. <sup>17</sup>For God did not send his Son into the world to condemn the world, but to save the world through him.”*

This passage tells us that God sent His Son, Jesus, down to earth so that we may be saved and come to faith through Jesus. Coming to faith in God through Jesus is the only thing that really matters. It is the one thing that keeps us going. When we believe and put our faith in this Truth, it allows all our other “mechanics” of life to function the way God intended them to function by bringing Him Glory in whatever we do.