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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

SOCCER SEASON INFORMATION



Welcome to ROAR Youth Soccer!

Dear Soccer Coaches,

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

ROAR desires to be a Gospel centered sports ministry whose main purpose is to share the good news of Jesus Christ through sports. Our impact at ROAR does not come from what we do in the office but from your willingness to serve and love the kids on the court. We can't thank you enough for accepting the call to coach with us this season. Whether you are teaching children rules about the sport or talking to parents after a game, you are showing the love of Christ to these families.

Please take the time to read this manual. You will find information on the following:

- The Mission & Vision of ROAR
- League Rules
- Practice Information
- Game Information
- Referee Information
- Coaches Information
- Devotionals
- Important Dates

Thank you all so much!

In Christ,

Chuck Preslar, ROAR Director

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Matthew Coulson, ROAR Administrative Assistant

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Spring 2026 Important Dates

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

Parent Meeting: First Practice on March 2nd and 3rd.

First Soccer Games: Saturday, March 21st.

Weeknight Games: March 30th and 31st, and April 27th and 28th.

Picture Day:TBD.

Final Games: Saturday, May 9th.

End of Season Party: Saturday, May 9th 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 in and through 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. ²And 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. ³Go 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 the Director 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 soccer 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

Games

Games will be starting at 8:30 am (Please arrive 15 mins early) on Saturday mornings except on Picture Day (dates and information below). The following are game times:

U8: **8:30 am**
U10: **10:15 am**
U13: **9:00 am and 10:15 am or 11:30 am**

Some games will be played during the week. All practices during those times will be cancelled. Fields will be set up with corner flags, soccer balls, and nets ready to go for your game! Rules for all leagues are located at the end this notebook.

Field Support

Our goal at ROAR is to support our coaches to the best of our ability. All soccer equipment (balls, cones, and pennies) will be ready on your field for your team's use. At the end of your practice, please gather all the balls and place them back in the ball bags. Pinnies, cones, and goals can be placed neatly next to your ball bag, **not** in it. Please do your best to keep up with which bag is which and **place all balls back into the PROPER bag**. We will do our best to get back around and pick them up, but it would be a huge help if you could bring them right outside of the equipment room beside the Concession Stand.

Weather Delay or Cancellation Policy

As many of you know, the fastest way to communicate is through email. At any time we might need to delay or cancel games, you will receive an email from us. We will do our best to make cancellations by 3:00 pm. If you have not heard from us, practice is on! You can also call the ROAR phone line for information at **(803) 366-7627**. Most make up days will be on Thursday night at same practice time and field!

Lightning/Thunder Procedure

Field Marshal or ROAR Staff must protect the safety of all participants by stopping game activities quickly, so that participants and spectators may retire to a safer place.

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

- Make sure to grab all equipment and proceed to the concession stand.
- 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

- a. All decisions for weekend games will be made by 7:00am on the day of. **Please make sure to check emails and social media 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 Soccer 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 your game on time. (That is OKAY!)
- Don't tell the photographers or staff they are behind. They are aware of the time.

Parents Meeting

Make sure you have a parents meeting after your first practice to let them know who you are, what ROAR soccer 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 practices! 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, concession stand, and other important tasks. Please make sure the team parent receives their envelope with important information.

Calling or Emailing your Team

We ask you to **call or email your team within 48 hours** after the 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 Party

At the end of your games, we will have all 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

The pavilion at Westminster Park will be available on a first-come-first-served basis. If you choose to use the pavilion, please ensure that you clean up promptly and conduct your party in a timely manner, keeping in mind that there will be many teams who choose this option. 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.

SOCCER RULES



ROAR Soccer Club Rules

ROAR Soccer Club is divided into 3 Divisions:

U8 (Kindergarten-1st Grade) Boys and Girls combined

- 8 teams with 10-11 players per team
- 6 vs. 6 with Small Silver goals (goalkeepers)
- Four 10-minute quarters
- 1 minute break between quarters
- 3-minute break (halftime) between 2nd and 3rd quarter
- Games start at 8:30am (Arrive at 8:15am)
- U8 will use size 3 balls
- See the NEW wristband system

U10 (2nd & 3rd Grade) Boys and Girls combined

- 8 teams with 10-12 players per team
- 6 vs.6 (goalkeepers)
- Four 10-minute quarters
- 1 minute break between quarters
- 3-minute break (halftime) between 2nd and 3rd quarter
- Games start at 10:00am (Arrive at 9:45am)
- Size 4 balls

U13 (4th – 6th Grade) Boys and Girls separated

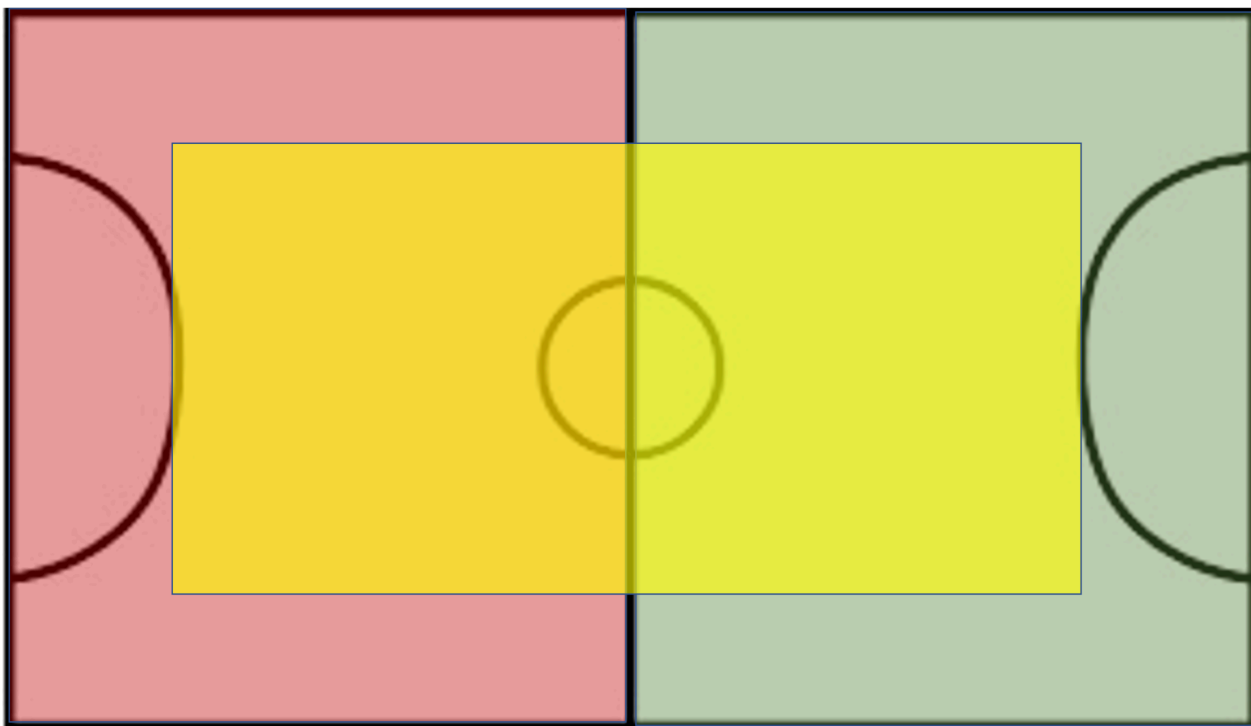
- 6 Boy and 4 Girl teams with 10-12 players per team
- 8 vs. 8 (One of whom is the Goalie)
- (Two) 25-minute halves
- 5-minute halftime
- Free substitution with exceptions (Look at Substitution Rule) Every player must play at least 10 minutes of each half of the game unless injury does not allow them to do so
- Regulation U9 Goals and Field Dimensions
- Games start either at 9:00am, 10:15am or 11:30am (Arrive 15 mins early)
- Boys on MLS/Premier Field 1; Girls on MLS/Premier Field 2 for games
- Coaches must stay in “Coaching Box”- Details Below
- Off-Sides will be enforced
- Penalty Shots (Look at rule below)
- All Parents must sit on the opposite side of the field from the benches to ensure quality of play for coaches and parents
- Size 4 balls

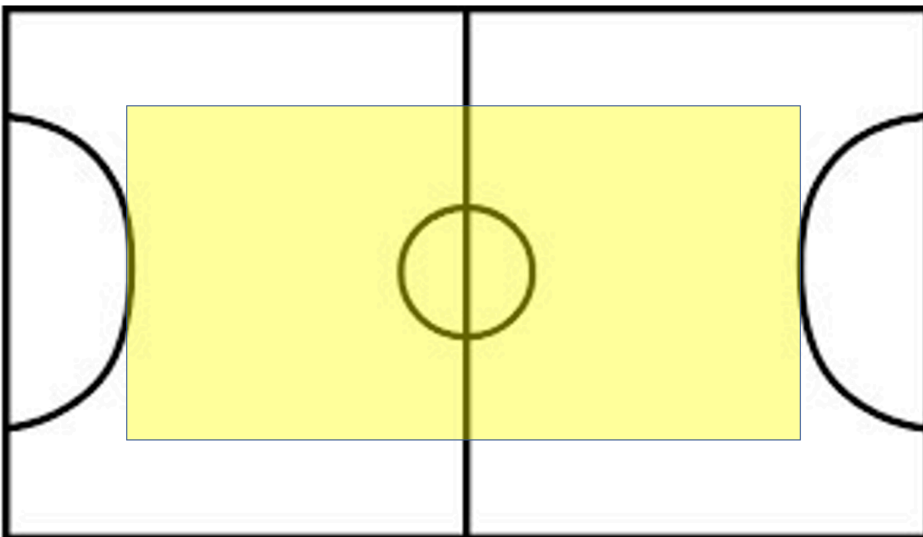
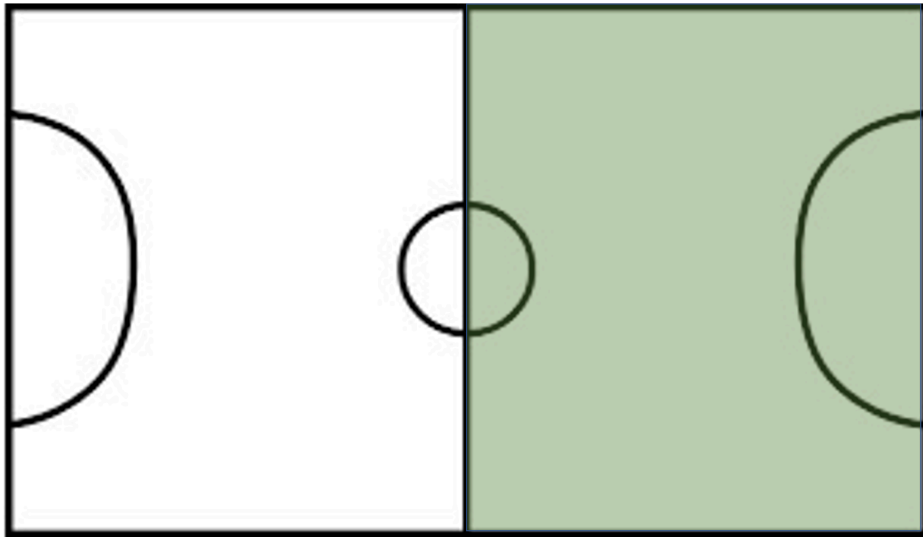
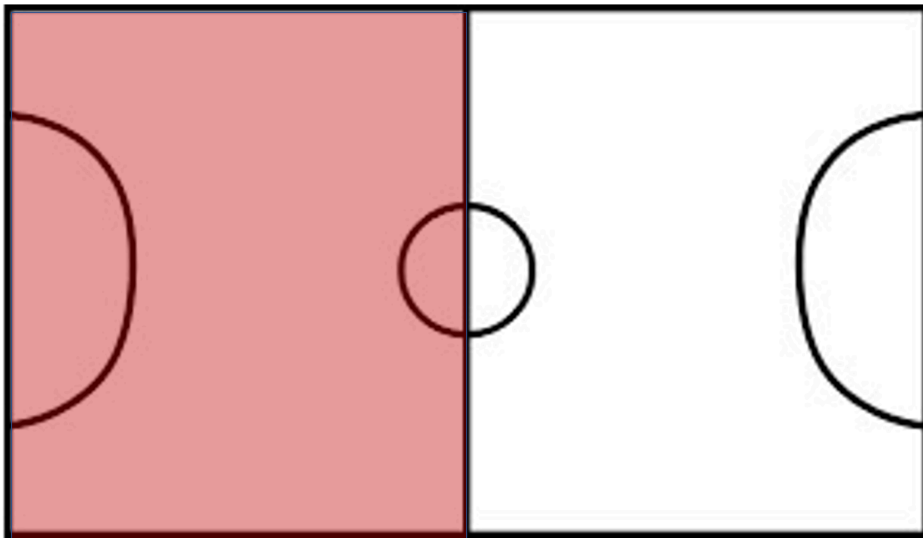
U8 Rules:

- All Games will start at or before 8:30am
- Each Game will start with prayer 5 minutes before start of game; Both teams will meet in the middle of the field
- Home Team will open in prayer
- Every child must play equal time providing he/she is able and willing. When a quarter is over, all players on the bench must come in to play the next quarter!
- No off-sides rule enforced
- Hand balls are enforced if the ball is touched with the hand/arm on purpose, but it will not be enforced if the ball is kicked into the hand/arm and it is touched on accident.
- No penalty shots!
- At the beginning of each quarter, the ball will be placed in the middle of the field. Quarter's #1 and #3, the ball will start with **home team**. Quarter's #2 and #4, the ball will start with the **visiting team**
- At half-time, teams will switch sides to attack the opposite goal. (same bench)
- Can use head – need to teach proper technique.
- **Goalkeeper:** May only touch the ball with hands inside the arc.
- **Goal Kicks:** are awarded when attacking team kicks the ball over the end-line (also called the goal line). Ball can be placed anywhere on the half circle to be kicked in to start play again. Opposing players must be behind the semi-circle near midfield.
- **Corner kicks:** are awarded if defensive team kicks ball over their goal line. Opposing players must be five yards away from the ball.
- **Kick-ins:** Balls that travel across the sideline will be put back in play by use of a **kick-in**. At this age they need to get familiar and comfortable with the ball at their feet. More touches means better technique!
- Play continues until whistle blows. Coaches please blow whistle when ball goes out of bounds and have team kick it in.
- No pushing with hands or arms.
- No kicking, slide tackles, or dangerous play allowed – penalty will be an indirect kick for opposing team. Note: no direct kicks will be given under any circumstances for our league.
- After a goal, to start the game, or to start a quarter the ball returns to centerline. A proper start includes 2 players in the semi-circle with everyone else outside. One player must kick/tap the ball to begin play. After a goal, the ball returns to centerline and kicked off by team that was scored upon.
- Games will be refereed by the coaches.
- After game, teams line up and shake one another's hands and pray.
- Please leave the field **clean** with your team
- Positioning: on a trial basis for this season, the wristband positioning system will be used. Please familiarize yourself with the wristband addendum on the next page.

U8 Wristband System Addendum

- For the purpose of teaching our players to spread out and play positions, we will be implementing a wristband system for our U8 league this year.
- At the start of the year, each coach will be given two red wristbands, two green wristband, and two yellow wristbands. These are to be put on the wrists of your players during the game to encourage them to remain in their assigned area of the field.
- Each team will play 2-1-2 system.
 - The defenders will each have a red wristband. Red means “Stop them from scoring!”The left back will wear a red wristband on his/her left wrist. The right back will wear a red wristband on his/her right wrist.
 - The attacking players will each have a green wristband. Green means “Go for the goal.” The right forward will wear a green wristband on his/her right and. The left forward will wear a green wristband on his/her left wrist.
 - The midfielder will wear two yellow wristbands. “Mello Yello stays in the middle.” The midfielder will be reminded to stay centrally (as opposed to in the wide areas of the field), and has two wristbands because they are supposed to both attack and defend.
- The below diagrams are meant to be used as teaching aids for you and your players.
- This will be used this season on a trial basis. If you find it helpful, let us know!





SOCCER 3D DEVOTIONALS

INTEGRATING

SPORTS,

LIFE,

AND TRUTH



3D Devotions

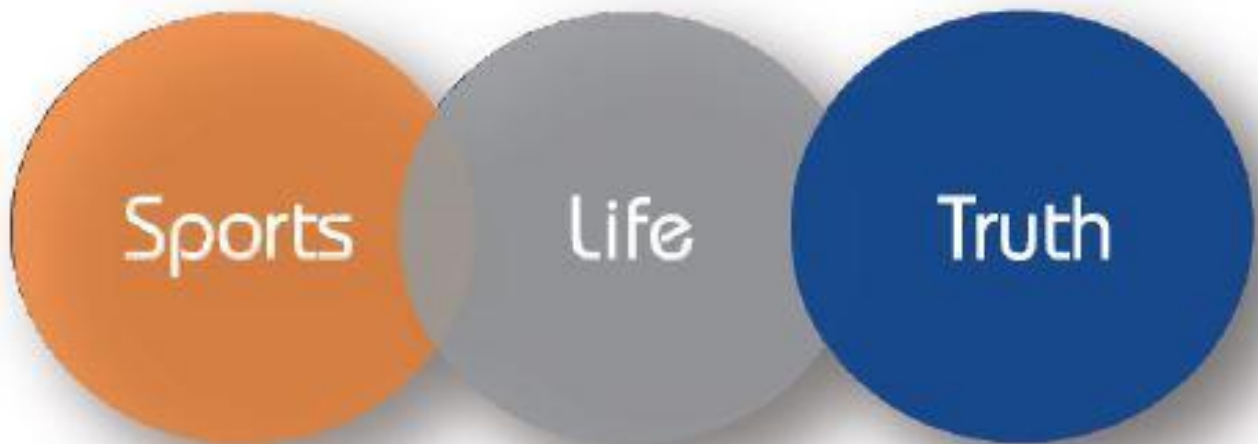
Overall Application:

These devotionals outline a soccer 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?

How does the Gospel apply in this specific principle and life situation?

Week 1 - "GETTING ACQUAINTED"



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: A beach ball or a similar ball that will fit in the hands of smaller children.
- Set Up: Form a circle of children and adults.
- 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. Adults 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 – “Balance”



Soccer Skill: Dribbling

Keys to dribbling: run on the balls of your feet, **balance**, eyes up, touch the ball with the inside or outside of your foot, soft touches, be able to see where you are going, know what is ahead of you (if defensive players are in your way and trying to take the ball from you), think quickly
Let's focus on being balanced.

Life – Stay balanced

- Have you ever tried to balance on one foot?
- What helps you stay balanced?
- What happens if you don't stay balanced?
- Have you ever said you felt one way about something when one person asked you about it, but when someone else asks you the same thing, you respond differently? That isn't very balanced because we are telling people different things.
- When you aren't balanced, your weight isn't evenly distributed.
- When you aren't balanced in life, your thoughts and desires for life are not evenly distributed.

Truth – Colossians 3:17

“And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

In order for us to stay balanced in life and soccer, this verse gives us instruction on how we can stay balanced. The Lord Jesus loves us and has done and will do everything for us. All we have to do is trust Him in the good times and the bad, and we must thank Him as often as we can for who He is and what He has done.

Week 3 - "SOLID FOUNDATION"

Soccer Skill: Simple Throw-in

Keys to a throw-in: **keep your feet on the ground (solid foundation)**, throw the ball straight over the top of your head with both hands, look where you want to throw the ball, have even pressure/force on the ball coming from both hands

Let's focus on keeping our feet on the ground.

Life – Solid Foundation

- What needs to have a solid foundation? Your house? Why?
- What is a solid foundation made out of?
- How many of you have you ever built a sandcastle?
- What happens when the tide comes in and the waves wash over it?
- Why does the water do that? (Because the sand doesn't hold together.)
- I want you to think about building that castle. Imagine kneeling on the beach, digging out buckets of sand.
- Living your life is like building that castle. What you build it upon matters. Just like the sandcastle.
- What should we build our foundation on?

Truth – Matthew 7:24-27

"Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. ²⁵The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. ²⁶But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on the sand. ²⁷The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."

These verses are telling us how to build our foundation. We don't need to build our foundation on temporary things. We need to build our foundation on something that will never go away, and that is Jesus. He is our Rock and our Firm Foundation if we allow Him to step in and be the leader of our lives. If we build our foundation on the sand, it will crumble and not withstand the pressures of life. When thinking about keeping our feet on the ground during a throw in, Jesus is here, ready to be your foundation and help keep your feet on the ground. Giving him our hearts, seeking him daily, and living for Him are steps in the right direction of having our foundation on the Rock.

Week 4 – “THE GOAL”

Soccer Skill: Shooting

Keys to shooting: use your hips, **focus on the spot on the ball you want to kick (middle of the ball)**, use the inside top of your foot (instep/laces) to shoot the ball, look up to see the position of the goalkeeper then look back down at the ball, point your non-shooting foot's toe in the direction you want to shoot, lean forward, follow through with your leg after the ball is kicked
Let's talk about focusing on the ball before you shoot.

Life Principle – Focus

- What is focus?
- What are some areas in life where you need to focus?
- Do you need to focus in school?
- Do you need to focus on preparing for your future?
- What are some goals that you have?
- Are you focused on those goals?
- Why is focus so important?

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 verse is a reminder for us to have our focus on the Spirit of God, or on God Himself. Whenever our focus is on God, then our lives will be evidence of God living His life through us and we will live in accordance with the Spirit. When you have a relationship with Christ, the Spirit lives in you. The Spirit inside you helps us live according to God's will. It helps us say no to sin and temptations in our lives. The Spirit gives us focus. The Spirit is like an inner coach.

Week 5 – “ALL IN”

Soccer Skill: Passing

Keys to passing: be selfless, teamwork, stand up straight with a slight lean forward, use the inside of your foot, eyes on your target, balance/athletic stance, belly button facing your target, **commit to your passes (be all in)**

Life – All In

- What does being “all in” mean?
- Are you all in when you clean your room? Or do you just do enough to get by?
- What are some examples, non-sport related, of times when you have been all in?
- Being all in means that you care A LOT all will put all of your effort into whatever it is you are doing.
- Have you ever been afraid to put your all into something because you may not succeed, or it may not be the cool thing to do? (i.e. your schoolwork, chores, yardwork, helping your mom or dad clean the house, etc.)

Truth – Deuteronomy 6:5

“Love the Lord your God with all your heart and with all your soul and with all your strength.”

This verse is telling us to give our all to loving the Lord our God. We must be all in when we are serving the Lord. Being all in is a requirement with Christ. He doesn't want us to sit on the sidelines and do nothing. He wants us to be in the game, even if we're on the sideline, by cheering on our teammates. Be all in in all you do with Christ or with soccer.

Week 6 – “DEFENSIVE POSITION”

Soccer Skill: Defensive Position

Keys to defensive position: **stay between the ball and the goal**, stand firm, teamwork, know what is happening around you, pressure the player away from the goal towards the outside
Let's focus on guarding and staying between the ball and the goal.

Life – Guarding

- What is guarding? – (Protecting)
- How do you protect? – (set up line of defense)
- Have you ever had to protect yourself from something? (I.E. a snake, a spider, sunlight, people, etc.)
- Who protects you? (mom, dad, sibling, grandparent, coach, etc.)

Truth – Proverbs 4:23

“Above all else, guard your heart, for everything you do flows from it.”

We have to guard and protect our hearts just like we guard and protect ourselves from the examples mentioned above. The only way we can truly guard our hearts from the things of this world that are not of God is to continuously seek after Him day in and day out. By doing this, the Truth of the Word will fill our minds and our spirits and protect us from the temptations that Satan throws at us. So, just like we must guard and protect the goal, we must guard and protect our hearts as well.

Week 7 – “MOVE”

Soccer Skill: Movement

Keys to movement: stay moving even when you don't have the ball, **communication**, slow and fast, tempo and preparation, move on the balls of your feet, always be in an athletic position ready to react quickly.

Let's focus on communication.

Life Principle: Communication

- What is communication?
- How do we communicate?
- Why do we communicate?
- Who do we communicate with? About what?
- Do you communicate with your friends about stuff?
- Regarding school, do you communicate with your teacher when you don't understand how to do a problem?

Truth – Matthew 6:6

“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.”

We communicate with God through prayer. This verse is telling us how we should pray. This doesn't mean that we should always go into our room and pray, but this is one of the ways we can talk to God privately. Communicating with God will allow you to thank Him for who He is, confess your sins to Him, ask for help in times of need, pray for others, and so much more. He is always there ready to listen to you. All we have to do is go to Him through prayer.

Week 8 – “Audience of One”

Soccer skill: Goalkeeping

Keys to goalkeeping: stay on the balls of your feet, be quick, **leadership**, be vocal, charge the ball when opponents reach the penalty area (or within 10 feet of goal – Series A)

Let’s focus on leadership.

Life – Leadership

- What is leadership? (influence)
- How are each of you a leader?
- Am I (you – the coach) a leader of this team? Why? How?
- Setting an example for others is a way that you can be a leader. That can be at school, at home, in the grocery store with your parents, while you’re on vacation, etc.

Truth – Ephesians 5:1-2

“Follow God’s example, therefore, as dearly loved children ²and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.”

This verse is calling us to follow God’s example. If we follow His example, we will then be sure to be a good example for those around us. That is what will make us a good leader. God calls us to be leaders. He calls us to stand up, stand out, and stand firm with Him at the center of our lives. When we do this, we are following His example and will for our lives.