

2022 Soccer Coach's Handbook



Committed

*Jesus replied; "Love the Lord your God with all your heart and with all your soul and with all your mind."
(Matthew 22:37)*

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INTRODUCTION

Upstate Sports is newer to Greenville County, but not new in the sports world. Over the past decade, we have conducted soccer leagues for grade school children, basketball leagues for students of all ages, and summer camps for children. The Upstate Sports team works closely with the area churches, recreation departments, and businesses to provide the community with an excellent sports experience with Biblically-based, life-application principles that are designed to help everyone navigate through life. As you know, there are many leagues in the area - while all are good, none are complete. Some do a great job with the sport/game component, but fail on the spiritual side. Some are good on the personal aspects, but come up short on the teaching aspects. Our goal is to accomplish both and offer a complete league experience. That is where you, as a coach, come in.

Welcome to the 2022 Season of Upstate Sports Soccer!

First Practice: week of March 28

First Game: April 9

Off the week of April 11 and April 18

Weekday Games Begin: Week of May 16

Last Game of the Season: May 28

VISION, MISSION, AND CORE VALUES

Vision:

Our vision is to create environments and opportunities for ministry to families through the avenue of competitive sports.

Mission:

We achieve our Vision through the training of coaches, writing and leading devotions, and hosting leagues/events which allow us to invest in relationships with the purpose of engaging in conversations that encourage spiritual movement/development/progress.

Core Values:

- ▶ **Dependency** - Prayer is the foundation of all that we do because we desperately need God.
- ▶ **Authenticity** - We are real people who are honest about our flaws.
- ▶ **Multiplication** - Making disciples is our number one goal.
- ▶ **Multi-Generational** - God values every person at every life stage and circumstance of life.
- ▶ **Generosity** - The call to follow Jesus includes a lifestyle of generosity.
- ▶ **Humility** - Christ calls us to care more about other people than ourselves.
- ▶ **Community** - We will work to intentionally build and nurture relationships.

WHAT YOU CAN EXPECT FROM US:

Quality

We strive for quality in scorekeeping, equipment, etc. If you see other needs, please let us know.

Good Communication

Communication will primarily be through the SIPlay app, so make sure you check your account often and provide us with the best email to send information. If there is short, one-on-one information that needs to be sent, a text is always an option, as well, through the SIPlay app.

Good Scheduling

We schedule in such a way to maximize your time. We can't always make the perfect schedule for you, but will strive to maximize your family and work time.

Devotions

We share a brief, yet intentional, devotion with our players at each practice. Our coaches share specifically crafted teachings drawn from the Bible and used by our Kids' Ministry at First Baptist Simpsonville / Upstate Church. These times, although short, are immensely important in fulfilling our Vision and Mission.

Safety

A safe environment will be maintained. This means physically, mentally, and emotionally.

UPSTATE SPORTS STAFF

Ashley Moore
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COACH EXPECTATIONS

What you are as a person is far more important than what you are as a basketball player.
~ John Wooden

The purpose of the league is to provide an environment where each child can grow spiritually, build relationships, and learn the game of soccer. The ultimate goal is to see young people (and even their families) come to salvation through Jesus.

Some basic coach expectations:

- Keep the peace - please do not yell. If there are concerns, the time to express them is NOT during a game in front of other players and parents.
- On time - please be on time for games. This usually means 15 minutes before the scheduled start.
- Your understanding - mistakes will be made, but they will not be intentional. Please do not take them personally. Always believe the best instead of assuming the worst. If you experience something that isn't right, please let us know so that we can respond accordingly.
- Please enlist some help to clean up the team area and where your team has snacks. There will be other teams coming in after your game is finished.

Philosophy

- Teach each player to give their best effort - in skill development, the fundamentals, sportsmanship, and above all, Christian character.
- Be the kind of coach that you want your kids to play for.
- Always put the individual (even from the other team) over wins and losses. Soccer is a game and should be fun for all involved.
- Soccer is a great teaching opportunity. Never underestimate the influence you have as a coach.
- Do all we can to make this season a rewarding experience.

COACH EXPECTATIONS (cont.)

Communication

Good communication can resolve many conflicts before they arise.

Here are some tips and objectives to help us through the season:

- Always speak on the player's level. Help them learn and understand soccer terminology and concepts. Focus on a few drills at a time.
- Usually less is more.
- Make sure you contact parents early and often.
- Always be aware of body language and other non-verbal cues from players. There could be issues going on in their lives that you, as a coach (or we as a church staff), can encourage them through.
- Keep the main things the main things - God, family, school, soccer.

PARENT EXPECTATIONS

- Be supportive of your child, his/her teammates, and his/her coach at all times.
- There should be NO taunting of the other team.
- There should be NO derogatory remarks directed toward anyone.
- There should be NO vulgar language on any of the fields.
- Please do not shout instructions to your child from the stands. This is very confusing for a child as he/she feels they need to follow parental instructions as well as the coach's instruction. In trying to please both coach and parent, the player may fail at both.
- Cheer for your child and his/her team.
- When something doesn't go your child's way, suffer in silence. Any inflammatory remarks will draw similar remarks from others and create an environment that no one wants.
- Remember that parents of the other team are as enthusiastic as you. Be gracious in competition.

Player Items Provided:

- Jersey
- Shorts
- Socks
- Warm-up T-shirts
- Cinch pack

Coach Items Provided:

- Coach's shirt
- Coach's book
- Game Balls
(To be given to a player after each game. Each player should receive one over the course of the season.)

GAME FORMAT, RULES, Etc.

Game Format

Team Structure

- An effort is made to keep team size to no more than 10 players.
- 4 vs. 4 Format
 - ◊ If a team has several players, coaches can decide on game day to run a 5 vs. 5 format.
 - ◊ A team that is four goals down may add one player to the field until the difference in score is two goals.
- No team will have a goalkeeper.
 - ◊ Nor should any player be positioned directly in front of the arc with the sole intention of protecting the arc.
 - ◊ The idea is to keep kids actively part of the game.

The Ball

- K4 thru 2nd Grade will use a size 3 ball.
- 2nd-3rd boys will play with size 3 ball.
- 3rd thru 5th Grade will use a size 4 ball

Game Duration

- Staff will start the game with an air horn.
- There will be two, 8-minute periods.
- There will then be a 3-minute interval - starting with the sound of the air horn.
- This will be followed by two, 8-minute periods.
- The game will end with the sound of the air horn.

Kick-off

- The *home* team will lead both teams in prayer at midfield before each game begins. Home team will wear white.
- The *away* team will start each game with the ball. The *home* team will begin the second half with the ball.

Referee

- Coaches will referee in the younger divisions.
- The 3rd-5th grade Girls and 4th-5th grade boys will have a referee.

Game Format (continued)

Half-time Field Changes

- K4 thru 2nd Grade: will continue to defend the same goal
- 3rd thru 5th Grade: will switch goals they are defending

Scoring System

- K4 thru 2nd Grade will not keep score
- 3rd thru 5th Grade will keep score
- Home team provides a score keeper for the game.

Miscellaneous

- No yellow or red cards will be issued
- There is no extended time

Rules for Upstate Sports Soccer

General Rules

- A kickoff begins each half and after a goal has been scored.
 - ◊ Opposing players must remain outside the center circle until the ball is put **forward** into play.
- The team with possession at the end of a period maintains possession when play resumes.
 - ◊ Play resumes with a throw-in from the mid-line.
- **Shooting Arc:**
(no arc for 3rd-5th Girls and 4th-5th Boys)
When unintentional contact occurs in the arc, play can continue. This will hopefully allow for a better flow, less interruptions in play.
 - ◊ All players are allowed to cross through the arc as long as no ball contact is made.
 - ◊ If the ball has broken the plane of the shooting arc, is *not* heading into the goal, and is touched by a defensive player - a corner kick will be awarded.
 - ◊ If the ball has broken the plane of the shooting arc, is heading into the goal, and is touched by a defensive player, a penalty kick will be awarded.

- ◇ If an attacking player touches the ball inside of the shooting arc, a goal kick will be awarded.
- ◇ If the ball comes to a stop within the arc, a goal kick is awarded to the defensive team regardless of who touched the ball last.

Fouls (K4 thru 2nd Grade)

- All fouls will result in an Indirect Kick
 - ◇ Indirect kick: A player, from either team, other than the kicker must come into contact with the ball before a goal is scored.

Dangerous Play Obstruction of an Opponent Delay of Game for K4 thru 2nd Grade

- ▶ Indirect Kicks are award for the following:
 - ⇒ Kicking an opponent
 - ⇒ Hitting an opponent
 - ⇒ Pushing an opponent
 - ⇒ Tripping an opponent
 - ⇒ Holding an opponent
 - ⇒ Slide-tackling or any contact with the ball while the player is on the ground.
 - ⇒ Or any other unsportsmanlike conduct
- ▶ For K4 thru 2nd Grade:
 - ⇒ Team is awarded the ball at the spot of the foul. This is done to keep the game moving

Fouls (3rd thru 5th Grade)

- All fouls will result in an indirect kick.
- Handballs will result in an in-direct kick when the defensive teams' hand touches a ball on their side of the field. Indirect kick: A player, from either team, other than the kicker must come into contact with the ball before a goal is scored.
- Penalty Kick: Will be a direct kick from the top of the shooting box.
 - ◇ All players should be two yards behind the kicker.
 - ◇ Penalty Kicks are awarded for the following:
 - ◆ When handball occurs within the box by the defensive player
 - ◆ When a flagrant foul occurs on an offensive player in position to score.

- ▶ Wall: A wall is where two or more defending players stand shoulder-to-shoulder to reduce the chances of a shot on goal on a direct or indirect kick - this is NOT allowed in our league. Indirect Kicks are awarded for the following:
 - ⇒ Kicking an opponent
 - ⇒ Hitting an opponent
 - ⇒ Pushing an opponent
 - ⇒ Tripping an opponent
 - ⇒ Holding an opponent
 - ⇒ Slide-tackling or any contact with the ball while the player is on the ground
 - ⇒ Or any other unsportsmanlike conduct
- ▶ A goal is not scored if a player kicks or throws the ball into his/her own goal. A corner kick is awarded for the opposing team. This removes the possibility of a player scoring for the other team and prevents further embarrassing a player.
- ▶ A goal is scored if the ball ricochets off a player into their own goal from a kick by the attacking team.
- ▶ A goal may only be scored from a player's offensive end of the field.
 - ⇒ This is to promote the idea of teamwork and passing.

Consequences of Multiple Fouls

- ▶ A player will sit out their remaining time (or if at the end of the period when the whistle is blown the next period) if they commit two fouls related to unsportsmanlike conduct.

Off-sides

- There is no off-sides in Upstate Sports Soccer.

Penalty Box:

Players may enter/exit the penalty box. Only the goalkeeper may use hands in the box. If the goalkeeper leaves the penalty box, they may not use their hands. They may throw or kick the ball to teammates from inside the box.

Scoring

- A ball must fully pass the line to be considered a goal.
- A player cannot score inside of the shooting arc.
- Upon the awarding of a goal, the defending team restarts the game with a kick-off at center field.

Out-of-Bounds

- A ball is considered out of bounds when it fully breaks the plane of the goal line or sideline.

Corner Kicks

- ▶ When the ball passes over the goal line by the defending team, this will result in a corner kick for the attacking team.
 - ⇒ Corner kicks must be taken on the side of the field the ball left play.

Goal Kicks

- ▶ When the ball passes over the goal line by the attacking team, this will result in a goal kick
 - ⇒ Goals kicks can take place on either side of the goal, but must be placed on the goal line, not the shooting arc.

Throw-ins for K4 thru 2nd Grade:

- ▶ A throw-in results from the ball crossing either side-line fully.
- ▶ The team who did not touch the ball last receives the throw-in.
- ▶ A throw-in is taken where the ball left the field of play.
- ▶ Execution of a throw-in:
 - ⇒ The player must be out of bounds, behind the sideline.
 - ⇒ The ball must come from behind the head with both hands.
 - ⇒ Both feet must remain on the ground.
 - ◆ We recommend having the players cross their legs to throw the ball in so that they do not hop or lean one foot off the ground.

Throw-ins for 3rd thru 5th Grade

- ▶ A throw-in results from the ball crossing either side-line fully.
- ▶ The team who did not touch the ball last receives the throw-in.
- ▶ A throw-in is taken where the ball left the field of play.
- ▶ Execution of a throw-in:
 - ⇒ The player must be out of bounds, behind the sideline.
 - ⇒ The ball must come from behind the head with both hands.
 - ⇒ Both feet must remain on the ground.
 - ◆ We recommend having the players cross their legs to throw the ball in so that they do not hop or lean one foot off the ground.
- ▶ After a maximum of two opportunities to throw the ball in correctly (with correction from the coach) the ball will be given to the other team.
 - ⇒ 3rd thru 5th Grade: as the season progresses this will be moved to one opportunity.
 - ⇒ We encourage coaches to shift to one throw-in as well.
- ▶ Defensive players must remain two yards away from the player taking the throw-in.

Stopped Play - Non-Foul

- If for any reason the play is stopped for a non-foul:
 - ◇ The team in possession of the ball will resume play with a throw-in.
 - ◇ If no player has possession of the ball, the defending team will resume play with a throw-in.

Substitution System

See pages 21-24

There are four examples to use as marked: Game #1, Game #2, etc. At Game #5, begin again with the Game #1 schedule.

Rescheduling and Inclement Weather

- There will be no rescheduling or postponement of games.
 - ◊ Teams have six minutes after the start of the game play to have the required four players.
- Inclement Weather:
 - ◊ Coaches will inform parents and the team for the plan of the day.
 - ◊ This information will also be available on our website and the SIPlay app
 - ◊ www.upstatesports.org

Additional Information

- Any questions, please email Upstate Sports staff at:
info@upstatesports.org

Game Day

- All games will start with prayer
- The field director will blow the air horn one short blast for the start of prayer and a long horn blow for the start of the game and the end of the first half and the end of the game.
- No snack bar will be provided. Parents are encouraged to bring their own or the coach can organize snacks/drinks. All snacks must be individually wrapped and we ask players not to open their drinks or snacks until they leave the field of play.
- Game balls will be awarded to one or two players after each game to recognize sportsmanship.

Game #1	Segment 1	Segment 2	Segment 3	Segment 4	Segment 5	Segment 6
Player 1	x		x			x
Player 2	x		x			x
Player 3	x			x		x
Player 4	x			x		x
Player 5		x		x		
Player 6		x		x		
Player 7		x			x	
Player 8		x			x	
Player 9			x		x	
Player 10			x		x	

Substitution Schedule

Game #2	Segment 1	Segment 2	Segment 3	Segment 4	Segment 5	Segment 6
Player 1		x			x	
Player 2		x			x	
Player 3			x		x	
Player 4			x		x	
Player 5	x		x			x
Player 6	x		x			x
Player 7	x			x		x
Player 8	x			x		x
Player 9		x		x		
Player 10		x		x		

Substitution Schedule (Continued)

Game #3	Segment 1	Segment 2	Segment 3	Segment 4	Segment 5	Segment 6
Player 1	x			x		x
Player 2	x			x		x
Player 3		x		x		
Player 4		x		x		
Player 5		x			x	
Player 6		x			x	
Player 7			x		x	
Player 8			x		x	
Player 9	x		x			x
Player 10	x		x			x

Substitution Schedule (Continued)

Game #4	Segment 1	Segment 2	Segment 3	Segment 4	Segment 5	Segment 6
Player 1			x		x	
Player 2			x		x	
Player 3	x		x			x
Player 4	x		x			x
Player 5	x			x		x
Player 6	x			x		x
Player 7		x		x		
Player 8		x		x		
Player 9		x			x	
Player 10		x			x	

Substitution Schedule (continued)

PRACTICES

(Format, Drills, Etc.)

SUGGESTED PRACTICE FORMATS

General Format:

- Welcome, review, stretches, and warm-up 5-10 minutes
- Skill development 20 minutes
- Break for water and devotion with players 10 minutes
- Games that promote skills or scrimmage 20 minutes

More defined format:

- Welcome, review, stretches, and warm-up 5 minutes
- Dribbling drills 10 minutes
- Defensive drills 10 minutes
- Team offense (passing, etc.) 10 minutes
- Kicks 10 minutes
- Scrimmage 10 minutes
- Water and devotion with players 5 minutes

Practices are to last 60 minutes.

Warm-ups:

- Toe touches
- Left standing toe touches
- Right standing toe touches
- Sitting toe touches
- Left sitting toe touches
- Right sitting toe touches
- Behind the back left leg pull
- Behind the back right leg pull
- High knee sprints
- Butt-kick sprints
- Sprints
- Run 3 laps

DRILLS

The following are some other websites that could give you some ideas for drills:

- coachingsoccer101.com
- soccercoachweekly.net/fun-soccer-games-drills/
- gamesforsoccer.com

Week 1 - Dribble and Field Introduction

Introduce your team to the parts of the field and what happens when the ball or player goes to, or crosses, that location. Emphasize that hands are never used to touch the ball except on a throw-in.

Dribbling - moving the ball with the insides of your feet while keeping the ball close to you. Try dribbling to different locations on the field.

Games to help with this skill: Sharks and Minnows; Freeze Tag; Red Light, Green Light; Keep Away: First to the Cone; Relay Races

Week 2 - Passing and Dribble

Introduce players to the concept of passing.

Three key components to passing:

- Step beside the ball
- Turn your leg
- Make contact with the ball

Stationary passing: pass from cone to cone with a partner. Pass the ball to a cone target to hit the cone.

Games to help with this skill: Closest to the Cone Pass (like bocce ball); Hit the Cone; Races (pass through a gate a number of times)

Week 3 - Shooting and Throw-in

Introduce players to shooting at the goal.

Key components to shooting:

- Step beside the ball
- Use the laces of shoe - not the toe or inside of the foot

Give all players a chance to shoot at the goal from different areas. Practice shooting on the move when players are ready for this next level of shooting. Dribble and shoot when you reach a certain point. Remember to emphasize that a shot does not only have to be taken from the middle of the field.

Introduce players to a Throw-in for when the ball crosses the sideline. *It is a must for players to keep both feet on the ground when throwing the ball in.* A good practice to teach how to throw the ball in is to cross both feet so that they must stay on the ground. Throw the ball to a partner - but make sure the partner does not *catch* the ball - remember, the in-bounds of the field is the “no-hands” zone. Lead up to throwing the ball further down the field to a player for them to dribble and score.

Scrimmage to help put everything into perspective for your first game. Do not be afraid to stop or pause the scrimmage to give pointers.

Dribbling

- **Cone Weave**

Set up a line of cones with enough space in between them for players to weave in and out of the cones.

At the end of the line have them either shoot into the goal or pass the ball to another teammate to begin the cone weave.

- **Zig Zag**

Form a “Z” with a few cones and have the players dribble and turn as they progress from one cone to another. Move the cones further away from each other as the players get the hang of the drill.

- **Sharks & Minnows**

Players have a ball and the coach is the shark.

Players have to keep the ball away from the “shark” by passing or dribbling. Once the “shark” gets the ball or the ball goes out of bounds, rotate another player in as a minnow.

Passing

- While players are circled up, have the player with the ball share something interesting about themselves, and then pass to another person in the circle. Whoever has the ball shares.

- **Pass & Receive**

Pair up players, place them 10 feet or so apart, and have them pass the ball back and forth between them.

- ***Running Pass***

Have pairs jog down the field passing the ball between them as they progress. Make it fun by having them try and score when they get to the goal.

Shooting

- ***Goal Kicks***

Place cones at various points near the goal and have the players try and kick it in as they move from cone to cone.

DEVOTIONS

This is the MOST important thing we will do during the season. God's Word brings hope, peace, and exhibits a loving and compassionate Savior in the middle of a world that is spinning out of control.

Spend time reading through and preparing how you will present these each week.

Start children off on the way they should go, and even when they are old they will not turn from it.

Proverbs 22:6

Practice #1 - Week of March 28th

Committed

“Jesus replied, ‘Love the Lord your God with all your heart, and with all your soul, and with all your mind.’” ~ Matthew 22:37

Pregame

How many of you have a kind of candy you love? What kind? Why do you love it so much? We all have things we love. Candy would be on the top of that list for most of us. Are there things more important than candy? Like what?

Game time

The theme for soccer this season is “Committed”. What does committed mean? Are you committed to something? Jesus encouraged His followers to be committed to loving God. This is how He said we should do this - with all of our heart, our soul, and our mind. What does that mean? It means with everything we are and everything we have. This season we want to give your very best. We want to be committed. To be all in.

Even more important than being committed to soccer is being committed to God. Let’s pray and ask Jesus to help us be committed to God this season.

Overtime

God help us this season to be committed to all you ask us to do. Help us more than anything to be fully committed to You. You love us and ask us to love you with all we are and all we have. You loved us so much you gave you only Son Jesus to die on the cross for us. Thank you for your sacrifice. We love you, in Jesus name, Amen.

Practice #2 - Week of April 4th

Our Greatest Cheerleader

Who then is the one who condemns? No one. Christ Jesus who died - more than that, who was raised to life - is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us." ~ Romans 8:34-37

Pregame

Do you ever feel like a failure? Maybe you worked hard, you studied, or prepared as best as you could, but in the end your performance just didn't measure up. Or maybe you didn't obey your parents or made a mistake or a wrong choice and you feel terrible and you're angry with yourself. Although we sometimes get bad grades or let our parents down, God tells us that we can never mess up so bad that He doesn't love us or won't forgive us.

Game Time

These verses tell us that Jesus never condemns us or "fusses" at us for our mistakes or failures - He ONLY loves us. He actually goes to God on our behalf to "cheer for us." They also reassure us that there's nothing that we can ever do that will ever make Him stop loving us. In verse 37, those who believe in Jesus as their savior are called "conquerors!" Conquerors are winners!!

Since as we, as believers, are already winners, we should pick ourselves up and dust ourselves off when we fail or make mistakes. I would like to challenge you to keep your head up and don't be hard on yourself when you make mistakes. Always remember your Greatest Cheerleader, Jesus, is pulling for you and cheering you on to victory in everything you do. You are already a winner to Him!

Overtime

Jesus thank you for another time to play soccer with friends. Help each of us be safe this week and make it to the game this Saturday. Jesus help us understand that you always love us even when we feel like we have not done our best.

In Jesus' name we pray Amen!

Practice #3 - Week of April 25th

Coach of the Year

“For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.” ~ Isaiah 55:9

Pregame

Sometimes players can think they know what is best and that the coach has the wrong strategy or play. Sometimes players take everything into their own hands and stop listening to the coach. Typically when this happens two things happen.

1. The player does not succeed in “his way” and it costs the team.
2. The coach will pull the player from the game.

Following the coaches’ instructions and working as a team is very important.

Game time

Do you believe God has a plan for you? He does! God’s plan for you is perfect. The challenging part for us is not trying to do things on our own but relying on God’s plan and believing it is best for us.

As your coach, I will challenge you each week. A great challenge this week is to understand that God loves us so much that he knows what’s coming in our lives and is preparing us for it. He has a perfect plan and my challenge is for each of us to pray daily so we understand what God’s plan is for each of our lives.

Overtime

Jesus thank you for another time to play soccer with friends. Help each of us be safe and make it to the game this Saturday. Jesus, help us understand what plan you have for each of us so that we can live a life according to your will and not ours.

*In Jesus’ name we pray
Amen!*

Practice #4 - Week of May 2nd

What Matters Most

But seek first the kingdom of God and his righteousness, and all these things will be added to you. ~ Matthew 6:33

Pregame

When a team is asked what matters most about a game you may hear “winning the game”, “playing the right way” or “getting better as a team each week”. What about when we ask that question about how we live our life. Some might say “making a lot of money”, “having a big house and sports car” or “being the President of a company”. What Jesus tells us is to seek the kingdom of God. That means that first and foremost we should live a life that glorifies God before anything else. That life will point others to Jesus and add to his kingdom.

Game time

In a game like soccer, teamwork is very important. It cannot be about us because if we try and do it all by ourselves the team will suffer and fail as a team. Passing the ball to an open teammate for a shot may mean we give up the glory on an opportunity to score and if our teammate does score he or she may get that glory. That is ok because the team will do better and this will help us win the game. Remember passing the ball to a teammate who can score is very important to the team just like living a life that points friends to Jesus is very important to God.

Overtime

*Jesus thank you for a team to be on and a coach to help us learn the game of soccer. I pray this week we learn how to play like a team and that we all live our days to be an example of you. I pray that your light shines through us so that others are drawn to you.
Amen.*

Practice #5 - Week of May 9th

Gospel Presentation - led by Staff



Recreation Ministry of FB Simpsonville/Upstate Church
3 Hedge Street
Simpsonville, SC 29681

Phone: 864-967-8591

Email: info@upstatesports.org / Website: www.upstatesports.org