



# **E3 LEAGUE DEVOTIONALS**

**LEARNING, LOVING, AND LIVING WITH PURPOSE**

**SEASON ONE: BOYS AND GIRLS DIVISION I, II, AND III**

## THE PURPOSE FOR E3 DEVOTIONALS

### OVERALL APPLICATION:

THESE DEVOTIONALS OUTLINE A BASKETBALL DRILL TO BE USED DURING PRACTICE. THE COACH WILL ASK THOUGHTFUL QUESTIONS TO ENGAGE THE PLAYERS IN A LIFE-PRINCIPLE. THE GOAL IN EACH WEEK IS TO TIE IN A BIBLICAL TRUTH PERTAINING TO THE PRINCIPLE DISCUSSED DURING PRACTICE. WE MUST ENGAGE THE PLAYERS IN A WAY THAT THEY WILL RECOGNIZE THE IMPORTANCE TO LEARNING, LOVING, AND LIVING OUT THE PRINCIPLES THEY WILL BE TAUGHT.

### HOW TO USE E3 DEVOTIONALS:

IN OUR EFFORTS TO BRING CHRIST, THE FAMILY, AND BASKETBALL TOGETHER, IN THE PAST, WE HAVE ESTABLISHED A DEVOTIONAL TIME AT THE BEGINNING OR END OF PRACTICE AND AT HALF TIME DURING GAMES. OFTENTIMES, THE ILLUSTRATIONS OR PASSAGES USED DURING THESE TIMES DIDN'T HAVE MUCH TO DO WITH BASKETBALL, AND, EVEN IF THEY DID, TENDED TO FEEL LIKE THE BIBLICAL TRUTHS WERE BEING FORCED INTO THE SPORTS WORLD. UNFORTUNATELY, THESE EFFORTS OFTEN LED TO A MAJOR DISCONNECT WITH OUR PLAYERS, FAMILIES, AND COACHES REGARDING BIBLICAL PRINCIPLE AND LIFE APPLICATION.

E3 DEVOTIONALS ARE ROOTED IN A PASSION TO LIVE EVERY MOMENT OF LIFE FOR GOD'S GLORY. WE WANT TO ELEVATE OUR APPROACH TO CONNECTING BIBLICAL PRINCIPLE TO EVERY DAY LIFE. WE DESIGNED E3 DEVOTIONALS TO BE USED IN THE FLOW OF PRACTICE, UTILIZING THE DRILLS AND SKILLS EMPHASIZED IN EACH PARTICULAR PRACTICE SETTING AND REINFORCING THEM THROUGHOUT PRACTICE AND NOT JUST IN 8 MINUTES.

ULTIMATELY, THERE ARE 3 ESSENTIALS TO POSSESSING PRINCIPLES IN LIFE: LEARNING, LOVING, AND LIVING. WHEN WE GO THROUGH THIS PROCESS WITH PURPOSE, TRUTH BEGINS TO HAVE A MAJOR IMPACT IN OUR LIVES. USE THESE ESSENTIAL TRUTHS THROUGHOUT PRACTICE IN YOUR DRILLS AND INTERACTION WITH PLAYERS. E3 DEVOTIONALS IS NOT TO JUST CONNECT BASKETBALL TO THE BIBLE, BUT FOR COACHES, PLAYERS AND FAMILIES TO CONNECT BIBLICAL PRINCIPLES TO THEIR EVERYDAY LIFE. THERE IS NO LIMIT AS TO HOW YOU CAN USE THESE TRUTHS! LEARNING, LOVING, AND LIVING IS ESSENTIAL IN ELEVATING THE PURPOSE FOR WHICH WE LIVE OUT OUR LIFE.

## **E3: WEEK 1**

### **YOU KNOW THE NAME, NOW SPEND TIME GETTING TO KNOW THE PERSON**

#### **LEARN THE BASKETBALL SKILL:**

COME UP WITH AN AGE APPROPRIATE DRILL/GAME/EXERCISE THAT ALLOWS PLAYERS TO GET TO KNOW EACH OTHER'S NAMES. FOR EXAMPLE, YOU COULD SPLIT YOUR TEAM INTO ONE OR TWO GROUPS AND HAVE THEM FORM A CIRCLE IN EACH GROUP. WITH ONE BASKETBALL IN EACH CIRCLE, A COACH CALLS OUT THE NAME OF A PLAYER AND THEN THE BALL MUST BE PASSED TO THAT PLAYER. ANOTHER NAME IS CALLED OUT AND THEN THE BALL IS PASSED TO THAT PLAYER. SO ON AND SO FORTH.

COACHES CAN EVEN BE A PART OF THE CIRCLE TO HELP THE KIDS LEARN YOUR NAMES.

#### **LOVE THE LIFE PRINCIPLE:**

- WHY DID YOU SIGN UP TO PLAY BASKETBALL?
- WHY DO YOU LIKE TO PLAY?
- DO YOU HAVE A FAVORITE BASKETBALL TEAM/PLAYER?

HAVE EVERY PLAYER ANSWER THESE QUESTIONS.

\*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 SETTLING DOWN AND LISTENING TO YOU WHEN YOU SPEAK TO THEM.

#### **LIVE THE BIBLE TRUTH:**

HOW MANY OF YOU KNOW YOUR TEAMMATES NAME NOW?

YOU MAY KNOW THEIR NAME, BUT DO YOU REALLY KNOW THEM AFTER ONE PRACTICE?

THROUGHOUT THIS YEAR WE ARE GOING TO WORK AT GETTING TO KNOW EACH OTHER IN A MORE PERSONAL WAY. THIS REMINDS ME OF A MOMENT IN THE BIBLE WHERE WE ARE TOLD THAT SOME PEOPLE WILL CLAIM TO KNOW GOD, BUT IN FACT, THEY NEVER KNEW HIM! HOW IS THAT POSSIBLE?

ITS LIKE WHAT WE LEARNED TODAY. IT IS POSSIBLE TO KNOW ABOUT HIM AND TO KNOW HIS NAME BUT NOT ACTUALLY KNOW HIM IN A PERSONAL WAY... JUST LIKE WITH OUR TEAM. NOTHING IN THIS LIFE IS MORE IMPORTANT THEN HAVING A REAL RELATIONSHIP WITH GOD! I WILL BE PRAYING THAT BY THE END OF THE SEASON EACH OF YOU WILL KNOW HIM IN YOUR OWN PERSONAL WAY.

## **E3: WEEK 2**

### **“WHAT’S THE MAIN POINT?” IT IS TO GLORIFY GOD**

#### **LEARN THE BASKETBALL SKILL:**

DRILL YOU CAN USE – SPLIT YOUR TEAM UP INTO TWO GROUPS AND CHOOSE A GAME FOR THEM TO COMPETE AGAINST EACH OTHER IN. PERHAPS YOU COULD DO SOME SORT OF DRIBBLING RELAY RACE OR SHOOTING COMPETITION. DO NOT DECLARE WHAT A TEAM HAS TO DO TO WIN THE COMPETITION. COMMUNICATE THAT IT’S A COMPETITION AND THE RULES, BUT DON’T DECLARE WHAT IT TAKES TO WIN. AS THE GAME IS PLAYED, PAY CAREFUL ATTENTION TO HOW THE PLAYERS PLAY. AFTER THE GAME IS OVER, SEE HOW THE PLAYERS REACTED TO “WINNING” OR “LOSING” THE COMPETITION.

BASKETBALL LESSON – (EMPHASIZE THE NUMBERED POINTS BELOW AFTER THE GAME)

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE)

- WHAT WAS THE POINT OF THAT GAME?
- WAS THE POINT TO WIN? IN BASKETBALL, WE OFTEN ASSUME THE POINT IS TO WIN, BUT WHAT IF I TOLD YOU THERE’S A DIFFERENT POINT. WINNING AND LOSING IS IMPORTANT, BUT I THINK THERE’S MORE TO BASKETBALL THEN JUST THOSE TWO THINGS.
- WHAT COULD BE SOME OTHER THINGS THAT ARE IMPORTANT IN BASKETBALL?

#### **LOVE THE LIFE PRINCIPLE:**

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE)

NOW LET’S THINK ABOUT SCHOOL FOR A MOMENT - WHAT IS THE POINT OF SCHOOL? MAKING GOOD GRADES? WHAT ELSE? HOW ABOUT LEARNING? HOW ABOUT LEARNING TO GIVE YOURSELF TO SOMETHING AND GAINING CONFIDENCE IN LIFE? IF YOU DON’T KNOW THE POINT OR THE WRONG POINT, YOU CAN BECOME CONFUSED OR PURSUE THE WRONG THING IN LIFE AND IN BASKETBALL.

#### **LIVE THE BIBLE TRUTH:**

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE. DURING PRACTICE)

GOD’S WORD SAYS, **1 CORINTHIANS 10:31** SAYS, “**WHETHER THEREFORE YE EAT OR DRINK OR WHATSOEVER YE DO, DO ALL TO THE GLORY OF GOD.**” (ASK QUESTIONS ABOUT THE VERSE.)

GOD IS SAYING THAT THERE’S NOTHING TOO SMALL OR BIG FOR GOD. EVERYTHING IS TO BE DONE FOR HIM – FOR HIS GLORY. EVERY MOMENT, CONVERSATION, AND THOUGHT SHOULD BE USED TO MAKE GOD LOOK GOOD! FOR HIS GLORY MEANS TO MAKE HIM BETTER KNOWN OR MORE FAMOUS. WITH THAT IN MIND, WHAT ARE SOME WAYS YOU COULD GLORIFY GOD AS A STUDENT IN SCHOOL? OR HOW COULD YOU GLORIFY GOD AT HOME? WHEN WE DO EVERYTHING THE WAY GOD WOULD DO IT, WE SHOW HIM OFF, MAKE HIM MORE FAMOUS FOR OTHERS TO SEE WHAT HE IS LIKE. MY LIFE SHOULDN’T BE ABOUT MAKING MYSELF LOOK THE BEST OR THE GREATEST. I WANT IT TO BE ABOUT MAKING GOD THE BEST AND THE GREATEST! YOUR HOMEWORK FOR NEXT WEEK IS TO THINK ABOUT WAYS WE CAN SHOW GOD TO OTHERS IN THE WAY YOU PLAY BASKETBALL. WHAT DOES THAT LOOK LIKE? COME PREPARED TO ANSWER THOSE QUESTIONS NEXT WEEK.

## **E3: WEEK 3**

### **“SHOOT WITH PURPOSE!” MY PURPOSE DETERMINES MY PERFORMANCE**

#### **LEARN THE BASKETBALL SKILL:**

DRILL YOU COULD USE – LINE THEM UP ON THE FREE THROW LINE AND TALK/DEMONSTRATE THESE SHOOTING PRINCIPLES – THEN ASK EACH OF THEM TO SHOW YOU

- THE BASIC BASKETBALL SHOT IS SIMPLE AND BEAUTIFUL BUT BY NO MEANS SIMPLISTIC.
- EVERYONE SHOOTS THE BASKETBALL DIFFERENTLY. YET, THERE IS A GENERAL PROCEDURE THAT ALL GOOD BASKETBALL SHOOTERS MORE OR LESS FOLLOW.
- IT BEGINS WITH THE TRIPLE THREAT POSITION: FEET FACING FORWARD, KNEES BENT, AND SHOT POCKET
- HALF-BEND YOUR KNEES IN THE TRIPLE THREAT POSITION BEFORE SHOOTING
- THEN YOU HAVE YOUR SHOT POCKET. THIS IS WHERE THE BALL RESTS UNTIL YOU ARE READY TO SHOOT
- YOUR DOMINANT HAND SHOULD HAVE ITS FINGERS SPREAD OUT
- ONLY THE FINGERTIPS SHOULD BE GRIPPING ONTO THE BALL
- YOUR OTHER HAND SHOULD SUPPORT THE BALL ON THE SIDE
- THE BALL SHOULD BE BROUGHT ABOVE THE HEAD IN ONE MOTION
- AT THIS POINT, THE ANGLES AT YOUR ARMPIT, ELBOW, AND WRIST IS AT 90 DEGREES
- WHILE EXTENDING YOUR KNEES, EXTEND YOUR FOREARM AND SNAP YOUR WRIST. MAKE SURE YOU FOLLOW THROUGH WITH YOUR WRIST MOVEMENT WITH ONE HAND DUNKING THE BALL AND THE OTHER SHAKING HANDS WITH THE RIM. IF IT FEELS NATURAL TO JUMP UPON RELEASE, DO SO.
- ASK THEM – “WHERE SHOULD I AIM THE SHOT?” AFTER THEY ANSWER, ASK THEM, “WHERE DO YOU WANT THE BALL TO END UP?” (IN THE BASKET) IF SO, THEN AIM FOR THE BASKET. TELL THEM YOU WANT THEM TO AIM AT THE INSIDE DIAMETER OF THE RIM – WHAT YOU WILL CALL “THE NEST”. IMAGINE A BIRD’S NEST ON TOP OF THE RIM. YOU WANT THEM TO LAND A BALL IN THAT NEST THAT IS RESTING ON OR INSIDE THE RIM. THIS ENCOURAGES A SOFT SHOT AND GIVES THEM THE BEST TARGET FOR THE MAXIMUM SHOT MAKING.

#### **BASKETBALL LESSON (EMPHASIZE THE NUMBERED POINTS BELOW WHILE DOING THE DRILLS):**

- EVERY TIME YOU SHOOT THE BALL, YOU HAVE A TARGET WHETHER YOU REALIZE IT OR NOT.
- YOU NEED TO PICK THE RIGHT TARGET, SOMETHING TO AIM FOR.
- SINCE THE PURPOSE OF BASKETBALL IS TO SCORE, THEN YOUR TARGET NEEDS TO BE THE BASKET, YOUR TARGET AND THE PURPOSE OF THE GAME LINE UP TOGETHER.
- NOT THE FRONT OF THE RIM, NOT THE BACK OF THE RIM, BUT THE DIAMETER OF THE RIM.
- WHY? BECAUSE WHERE YOU AIM IS WHERE THE BALL WILL ULTIMATELY GO.
- IF YOU WANT THE BALL IN THE BASKET, YOU NEED TO AIM AT THE BASKET.

**LOVE THE LIFE PRINCIPLE:**

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE)

- JUST LIKE IN BASKETBALL, YOU NEED THE RIGHT TARGET IN LIFE, SOMETHING TO AIM FOR...
- THINK AGAIN ABOUT SCHOOL...
- WHAT IS YOUR TARGET IN SCHOOL?
- WHAT ABOUT IN YOUR FRIENDSHIPS?
- WHAT SHOULD YOUR TARGET BE IN SCHOOL? IN FRIENDSHIPS? IN LIFE? WITH FAMILY?
- LAST WEEK WE TALKED ABOUT THE POINT OF BASKETBALL, SCHOOL, AND LIFE.
- FROM BASKETBALL, WE LEARNED THAT WHEN YOUR TARGET AND THE POINT OF THE GAME LINE UP, YOU ARE AIMED CORRECTLY. SO WITH LIFE, YOU ARE AIMED CORRECTLY WHEN YOUR TARGET IS THE POINT OR REASON FOR SCHOOL OR YOUR FRIENDSHIPS?

**LIVE THE BIBLICAL TRUTH:**

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE. DURING PRACTICE)

- LAST WEEK, WE SAID THE PURPOSE OF ALL THINGS IS TO “GLORIFY GOD.” ANYBODY REMEMBER WHAT THAT MEANS? (MAKE GOD FAMOUS/LOOK GOOD)
- SO IF THIS IS THE PURPOSE, THEN WE ARE AIMED CORRECTLY WHEN OUR TARGET IS TO MAKE GOD FAMOUS/LOOK GOOD IN EVERYTHING WE DO WHETHER IT BE GREAT OR SMALL.
- THE TARGET IN SCHOOL, AT HOME, IN ALL OF LIFE IS TO GLORIFY GOD. THIS IS WHAT WE ARE TO SHOOT FOR. WE NEED TO MAKE THIS OUR EVERY DAY TARGET.
- WITH THE RIGHT TARGET IN BASKETBALL, WE SCORE.
- WITH THE RIGHT TARGET IN ALL OUR LIFE, WE GLORIFY AND PLEASE GOD.
- MY PURPOSE DETERMINES MY PERFORMANCE, LET’S MAKE IT OUR PURPOSE TO GLORIFY GOD IN ALL WE DO SO THAT WE MAY LIVE IN A WAY THAT PLEASES HIM.

## **E3: WEEK 4**

### **“SEIZE THE MOMENT!” OBSTACLES ARE OPPORTUNITIES**

#### **LEARN THE BASKETBALL SKILL:**

DRILL YOU CAN USE – GATHER EVERYONE AT THE FREE THROW LINE AND INSTRUCT/DEMONSTRATE

- **LINE UP WITH THE BASKET**-WHEN LINING UP, YOUR LEAD FOOT (RIGHT - IF YOU ARE SHOOTING RIGHT-HANDED) SHOULD BE DIRECTLY LINED UP WITH THE CENTER OF THE RIM. ON MOST COURTS THERE WILL BE A SMALL DOT ON THE VERY CENTER OF THE LINE. SET YOUR TOE ON IT. THIS WILL MAKE IT EASIER TO LINE UP FOR A STRAIGHTER SHOT. THE BIGGEST MISTAKE I SEE PLAYERS MAKE IS TO STRADDLE THE DOT INSTEAD OF PUT THEIR TOE ON IT, THIS USUALLY WILL SEND THE SHOT A LITTLE TO THE SIDE.
- **GO THROUGH THE SAME ROUTINE**-EVERY TIME YOU STEP UP TO THE LINE, GO THROUGH THE SAME ROUTINE. BOUNCE THE BALL A FEW TIMES, SPIN IT IN YOUR HANDS, BE CREATIVE, WHEN YOU FIND A ROUTINE THAT WORKS FOR YOU USE IT OVER AND OVER AND OVER, IT WILL HELP YOU FEEL MORE COMFORTABLE
- SET UP TO SHOOT JUST AS YOU WOULD TO SHOOT A SET SHOT – WENT OVER LAST WEEK
- FEET SPREAD ABOUT SHOULDER WIDTH A PART
- KNEES SLIGHTLY BENT
- SHOOTING HAND ON THE BALL WITH FINGERS SPREAD AND IN FINGERTIPS
- SHOOTING HAND'S ARM SHOULD BE PERPENDICULAR TO THE FLOOR – AND AS IN SHOOTING, YOUR ARMPIT, ELBOW, AND WRIST IS AT 90 DEGREES
- AIM FOR THE NEST.
- SHOOT BY BENDING KNEES AND EXTENDING ARMS, AND SNAPPING WRIST AT THE SAME TIME (TRY NOT TO LEAVE YOUR FEET IF CAN)

BASKETBALL LESSON - (EMPHASIZE THE NUMBERED POINTS BELOW WHILE DOING THE DRILLS):

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE)

- WHEN YOU WATCH BASKETBALL, WATCH HOW THE PLAYERS SHOOT FREE THROWS. WHAT IS THEIR ROUTINE? WHAT IS THEIR FORM? ARE THEY GOOD AT IT?
- SHOOTING FREE THROWS IN A GAME IS ABOUT ESTABLISHING GOOD FORM AND ROUTINE IN PRACTICE AND THEN DOING IT OVER AND OVER.
- SO WHEN IT IS GAME TIME, AND AN OBSTACLE COMES YOUR WAY LIKE GETTING FOULED ON A SHOT. YOU HAVE AN OPPORTUNITY TO CONFIDENTLY GO THROUGH THE ROUTINE AND FORM FROM PRACTICE.
- PREPARATION IN PRACTICE MAKES FOR GOOD FREE THROW SHOOTING PERFORMANCE IN GAMES.
- THE MORE PRESSURE AT THE FREE THROW LINE, THE GREATER OBSTACLE IT IS TO FOCUS ON YOUR ROUTINE.

### **LOVE THE LIFE PRINCIPLE:**

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE)

- YOU WILL COME TO IMPORTANT POINTS IN YOUR LIFE WHERE YOU NEED TO DELIVER, YOU WILL NEED TO COME THROUGH, LIKE MAKING A FREE THROW AT A KEY POINT IN A GAME.
- THIS MAY BE A TEST AT SCHOOL. THIS MAY BE STANDING UP DURING CLASS FOR A SPECIAL PRESENTATION. THERE WILL LOTS OF TIMES LIKE THIS OVER YOUR LIFE. WHAT MIGHT BE SOME OTHER IMPORTANT TIMES WHERE THE PRESSURE WILL BE ON YOU TO DELIVER OR AN OBSTACLE MAY BE HOLDING YOU BACK?
- HOW WILL YOU SEIZE THAT OBSTACLE AND USE IT AS AN OPPORTUNITY TO COME THROUGH?
- JUST LIKE WITH FREE THROWS, FOR THOSE TIMES, PREPARATION IS WHAT IS IMPORTANT. FINDING A FORM AND A ROUTINE AND THEN GOING OVER THAT FORM AND ROUTINE AGAIN AND AGAIN.

### **LIVE THE BIBLICAL TRUTH:**

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE. DURING PRACTICE)

- WE HAVE BEEN TALKING ABOUT GLORIFYING GOD IN ALL OUR LIVES – SCHOOL, FAMILY, EVEN HERE IN BASKETBALL. WHAT DOES THIS MEAN AGAIN?
- JUST LIKE AT SCHOOL, THERE WILL BE TIMES, SPECIAL TIMES WHERE YOU WILL BE TESTED TO DELIVER. OBSTACLES TO SEE IF YOU WILL BRING GLORY TO GOD OR NOT. WHETHER YOU WILL SHOW OFF GOD OR SOMEONE ELSE, OR EVEN YOURSELF.
- ONE OF THOSE TIMES WILL BE WHEN YOU DO WELL, WHEN YOU SUCCEED. OTHERS MAY COME UP TO YOU AFTER A TIME IN A GAME, AT SCHOOL, WITH YOUR FRIENDS, WHERE YOU HAVE DONE WELL AND CONGRATULATE YOU. TELL YOU WHAT A GREAT JOB YOU DID. TELL YOU HOW AWESOME YOU ARE. WHAT WILL YOU DO? HOW WILL YOU COME THROUGH IN THAT KEY MOMENT? WILL YOU SHOW OFF YOURSELF AT THAT POINT OR WILL YOU SHOW OFF GOD?
- THE KEY IS JUST LIKE SHOOTING A FREE THROW. PREPARATION. WITH A FORM AND A ROUTINE. THE FORM WE HAVE TALKED ABOUT - TAKING AIM AT THE RIGHT TARGET – GLORIFYING GOD. THE ROUTINE IS THINKING ABOUT HOW YOU WILL HANDLE THAT MOMENT.
- THANK TEAMMATES – THEY ARE THE ONES WHO MAKE POSSIBLE ANY INDIVIDUAL SUCCESS.
- THANK GOD FOR THE ABILITY TO PERFORM.
- THANK GOD FOR THE OPPORTUNITY TO USE THE ABILITY HE HAS GIVEN.
- IN OTHER WORDS, FOCUS THE ATTENTION ON OTHERS AND BE GRATEFUL. THIS SHOWS OFF GOD AS THE ONE WHO MADE IT ALL POSSIBLE RATHER THAN FOCUSING THE ATTENTION ON YOURSELF.



## **E3: WEEK 5**

### **“FEEL FOR THE BALL” DEVELOPING FAITH ELIMINATES FEAR**

#### **LEARN THE BASKETBALL SKILL:**

##### **INSTRUCT/DEMONSTRATE BALL HANDLING**

- TO DRIBBLE, PUSH THE BALL DOWN BY SPREADING THE FINGERS AND FLEXING THE WRIST. YOU DON'T NEED TO PUSH IT DOWN HARD. LIGHT PRESSURE IS ENOUGH. ALSO, KEEP YOUR KNEES BENT AND YOUR BACK BENT SLIGHTLY FORWARD, READY TO MAKE A QUICK MOVE.
- ALL PLAYERS SHOULD LEARN TO DRIBBLE EQUALLY WELL WITH BOTH HANDS. THIS ABILITY WILL OPEN UP YOUR OFFENSIVE GAME. PRACTICE WITH BOTH HANDS ONE AT A TIME AND THEN BACK AND FORTH.
- CONTRARY TO WHAT MANY YOUNG PLAYERS ACTUALLY DO, DRIBBLING IS NOT DONE WHILE STARING AT THE BALL. YOU DRIBBLE WITH YOUR FINGERTIPS WITHOUT LOOKING AT THE BALL. KEEP YOUR HEAD UP AT ALL TIMES. KEEP YOUR EYES FOCUSED ON WHAT'S HAPPENING ON THE COURT.

##### **DRILL YOU CAN USE -**

- DRIBBLE TO A TARGET WITH ONE HAND AND THEN BACK WITH THE OTHER. YOU CAN DO RELAYS HERE.
- DRIBBLE IN A “ZIG-ZAG” PATTERN – USING CONES OR OTHER PLAYERS TO ZIG ZAG AROUND. USING YOUR RIGHT HAND WHEN GOING RIGHT AND YOUR LEFT WHEN GOING LEFT. TRY TO GET FASTER AND FASTER.

##### **BASKETBALL LESSON - (EMPHASIZE THE NUMBERED POINTS BELOW WHILE DOING THE DRILLS):**

- FEEL WHERE THE BALL IS WITH YOUR FINGERTIPS.
- DON'T LOOK AT THE BALL. LOOK AT WHERE YOU ARE GOING.
- GO AS FAST AS YOU CAN WHILE KEEPING CONTROL OF THE BALL.
- YOU NEED TWO THINGS TO BE A GOOD DRIBBLER:
  - CONTROL OF OR FEEL FOR THE BALL AND EYES FOR WHERE YOU ARE GOING
- DON'T JUST LOOK AT THE BALL – SOMEONE WILL STEAL IT AND DON'T KNOW WHAT IS GOING ON
- DON'T JUST LOOK AT WHERE YOU ARE GOING – YOU MAY LOSE CONTROL
- YOU NEED BOTH – FEEL FOR THE BALL AND EYES AHEAD TO WHERE YOU ARE GOING.
- TO GET THAT FEEL FOR THE BALL AND EYES UP, YOU NEED TO LEARN TO TRUST YOUR HANDS OVER YOUR EYES.
- TO DO THAT, YOU PURPOSELY PUT ASIDE ANOTHER SENSE – YOUR EYES. YOU FORCE YOURSELF NOT TO LOOK DOWN. THIS IS WHY WE HAVE THE BALL HANDLING GOGGLES... TO HELP KEEP YOUR EYES UP
- YOU NEED TO DRIBBLE OVER AND OVER WITH EYES UP – UNTIL YOU LEARN TO TRUST YOUR HAND FEEL.

### **LOVE THE LIFE PRINCIPLE:**

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE)

- NOW TAKE THIS IDEA TO LIFE. LET'S THINK ABOUT LEARNING TO TRUST OUR FEEL FOR THE BALL AS LEARNING TO TRUST SOMEONE ELSE IN LIFE.
- HOW DO WE LEARN TO TRUST THEM? SAME AS LEARNING THE FEEL FOR THE BALL - BY PURPOSELY PUTTING ASIDE ONE ABILITY AND PICKING UP ANOTHER. WHEN WE ARE FEELING OVERWHELMED, AFRAID, WORRIED, INSTEAD OF THINKING WE CAN DO IT, WE CAN HANDLE IT, WE PURPOSELY PUT ASIDE OUR TRUST IN OURSELVES AND INSTEAD TRUST OTHERS. WE ASK FOR HELP.
- THIS IS THE WAY WE LEARN TO TRUST OTHERS – OUR PARENTS, OUR BROTHERS AND SISTERS, OUR FRIENDS. WHEN WE NEED HELP, WE ASK FOR IT.

### **LIVE THE BIBLICAL TRUTH:**

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE. DURING PRACTICE)

- SOMETIMES THERE ARE SITUATIONS THAT OVERWHELM US, WORRY US, MAKE US AFRAID, MAKE US SO ANGRY WE WANT TO HURT SOMEONE, SO DISCOURAGED WE WANT TO QUIT, THAT ARE MORE THAN ANY PERSON COULD HELP US WITH.
- FORTUNATELY, NOT ONLY DO WE HAVE FRIENDS AND FAMILY TO HELP US, WE HAVE A GOD WHO WANTS TO HELP US IN OUR TIMES OF NEED.
- **IN ISAIAH 41:10 GOD SAYS, "FEAR THOU NOT; FOR I AM WITH THEE: BE NOT DISMAYED; FOR I AM THY GOD: I WILL STRENGTHEN THEE; YEA, I WILL HELP THEE; YEA, I WILL UPHOLD THEE WITH THE RIGHT HAND OF MY RIGHTEOUSNESS."**
- WHEN WE ASK GOD FOR HELP IN THOSE TIMES OF NEED, WE LEARN TO TRUST HIM.
- SO THE NEXT TIME YOU FEEL REALLY....(FILL IN THE BLANKS), INSTEAD OF THINKING IT IS ALL UP TO YOU, ASK FOR HELP AND LEARN TO TRUST IN GOD LIKE YOU LEARN TO FEEL FOR THE BALL.

## **E3: WEEK 6**

### **“PASS THE BALL!” SHARING GIVES US JOY**

#### **LEARN THE BASKETBALL SKILL:**

##### **DRILLS YOU CAN USE – PASSING**

- PLAY MONKEY-IN-THE-MIDDLE (PROBABLY BETTER FOR JV TEAMS). IN GROUPS OF FOUR, YOU COULD HAVE 2 OFFENSIVE PLAYERS AND 2 DEFENSIVE PLAYERS PRACTICE PASSING. ONE OFFENSIVE PLAYER STARTS WITH THE BALL AND CANNOT DRIBBLE AND IS GUARDED BY A DEFENSIVE PLAYER. THE OTHER OFFENSIVE PLAYER’S JOB IS TO GET OPEN FROM THEIR DEFENDER AND RECEIVE A PASS. ROTATE THROUGH THE PLAYERS.
- ANOTHER DRILL IS TO WORK ON FAST BREAK SITUATIONS. ONE DRIBBLER STARTS AT HALF COURT AND HAS TO MAKE A LONG PASS TO ANOTHER PLAYER FOR A LAYUP. IF YOU DO NOT LIKE ANY OF THESE GAMES, FEEL FREE TO MAKE UP YOUR OWN.

##### **BASKETBALL LESSON (EMPHASIZE THE NUMBERED POINTS BELOW WHILE DOING THE DRILLS):**

##### **A COUPLE OF THINGS TO REMEMBER WHEN MAKING PASSES:**

- AIM BETWEEN THE WAIST AND THE CHEST OF THE PLAYER YOU ARE PASSING TO—THIS ALLOWS FOR YOUR TEAMMATE TO CATCH THE BALL WELL.
- WHEN MAKING PASS, BE SURE TO NOT ONLY PASS IT TO YOUR TEAMMATE BUT ALSO TO PASS IT AWAY FROM THE DEFENDER. WE DO NOT WANT THE DEFENSE TO STEAL THE BALL.
- IF YOU’RE PASSING TO A TEAMMATE THAT IS RUNNING, BE SURE TO “LEAD” YOUR TEAMMATE. IN OTHER WORDS, PASS THE BALL IN THE DIRECTION OF WHERE THE TEAMMATE IS RUNNING TO...

##### **COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE)**

PASSING IS AN ESSENTIAL PART OF THE GAME OF BASKETBALL. BEING A GOOD PASSING TEAM CREATES MORE OPPORTUNITIES TO SCORE AND MAKES BASKETBALL A TRUE TEAM SPORT. TO BE A GOOD PASSER THOUGH, YOU MUST BE WILLING TO GIVE UP THE BALL AND LET YOUR TEAMMATES SCORE.

#### **LOVE THE LIFE PRINCIPLE:**

##### **COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE)**

SHARING IS A PART OF ALL OUR EVERY DAY LIVES. IF YOU HAVE BROTHERS OR SISTERS, YOU’VE LEARNED HOW TO SHARE—RIGHT? WHAT ARE SOME OF THINGS YOU’VE SHARED BEFORE? TOYS? GAMES? THE REASON WE SHARE IS NOT PUNISHMENT OR TO NOT HAVE FUN. IT’S THE OPPOSITE. WE SHOULD SHARE NOT ONLY SO OTHER PEOPLE ENJOY WHAT WE GIVE THEM BUT ALSO BECAUSE WE CAN ENJOY GIVING. IF YOU DO NOT GIVE OR SHARE, YOU ARE SELFISH AND THAT BRINGS NO JOY. GREATER JOY COMES FROM SHARING RATHER THAN KEEPING FOR OURSELVES.

**LIVE THE BIBLICAL TRUTH:**

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE. DURING PRACTICE)

WE HAVE TALKED ABOUT PLAYING BASKETBALL IN A WAY THAT SHOWS OFF GOD, THAT GLORIFIES HIM. THIS IDEA OF PASSING AND SHARING IS ONE OF THOSE WAYS WE SHOW OFF GOD.

**MARK 10:45 SAYS, "FOR EVEN THE SON OF MAN CAME NOT TO BE MINISTERED UNTO, BUT TO MINISTER, AND TO GIVE HIS LIFE A RANSOM FOR MANY."**

MINISTER, LITERALLY MEANS, "TO WAIT UPON". IN OTHER WORDS, JESUS DIDN'T COME TO EARTH TO MAKE OTHERS SERVE HIM... HE CAME TO SERVE THEM. JESUS IS CALLING US TO SERVE JUST LIKE HE DID. JESUS SERVED US BECAUSE HE LOVED US AND HE WANTED WHAT WAS BEST FOR US.

IN THE SAME WAY, WE SHOULD LOVE OUR TEAMMATES AND GIVE TO THEM. JESUS DIDN'T LIVE HIS LIFE TO KEEP WHAT HE HAD, JESUS COULD HAVE KEPT HIS RELATIONSHIP WITH GOD ALL TO HIMSELF. HE SHARED WHAT HE HAD—HIS LIFE—SO WE COULD EXPERIENCE THE GREAT JOY—HAVING A RELATIONSHIP WITH HIM. WE SHOW HIM OFF WHEN WE ALSO SERVE LIKE HE DID – TAKE WHAT WE HAVE AND SHARE IT WITH OTHERS.

## **E3: WEEK 7**

### **“GO FOR IT!” GROW FOR IT**

#### **LEARN THE BASKETBALL SKILL:**

DRILL YOU CAN USE FOR REBOUNDING – A SIMPLE DRILL TO DO FOR REBOUNDING IS TO HAVE 2-3 KIDS AT A TIME NEAR THE BASKET AND HAVE A COACH SHOOT THE BALL AT THE RIM (PURPOSEFULLY MISSING) AND HAVE THE KIDS PRACTICE REBOUNDING THE BALL... YOU COULD MAKE A GAME OF THIS BY SPLITTING INTO TEAMS AND COUNTING THE NUMBER OF REBOUNDS EACH TEAM HAS. OR, WITH ONE TEAM AT A TIME, YOU COULD COUNT HOW MANY TIMES THE BALL HITS THE FLOOR WITHOUT BEING REBOUNDED VS. THE NUMBER OF TIMES THE BALL IS REBOUNDED.

BASKETBALL LESSON (EMPHASIZE THE NUMBERED POINTS BELOW WHILE DOING THE DRILLS):

A COUPLE OF THINGS TO KEEP IN MIND WHILE REBOUNDING:

- JUMP AND GRAB THE BALL AT ITS HIGHEST POINT. DON'T ALLOW THE BALL TO COME TO YOU BUT INSTEAD GO AND GET THE BALL.
- DON'T EVER ASSUME A SHOT IS GOING TO BE MADE. ALWAYS ASSUME IT'S GOING TO BE MISSED AND POSITION YOURSELF CLOSE TO THE BASKET TO GET THE REBOUND.
- REBOUNDING IS ABOUT EFFORT. THE BEST REBOUNDERS IN OF BASKETBALL HAVEN'T NECESSARILY BEEN THE BEST PLAYERS OR GREATEST ATHLETES, BUT WERE THE PEOPLE WHO GAVE THE GREATEST EFFORT (YOU MAY ALSO WANT TO EMPHASIZE “BOXING OUT”) BEING GOOD REBOUNDERS ALLOWS OUR TEAM MORE SHOTS

#### **LOVE THE LIFE PRINCIPLE:**

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE)

MUCH LIKE REBOUNDING, SUCCESS IN LIFE CAN OFTEN BE ATTRIBUTED TO HARD WORK. VERY FEW KIDS ARE GIFTED NATURALLY WHERE THEY DON'T HAVE TO MAKE AN EFFORT AT SCHOOL. SO, IN ORDER TO GET GOOD GRADES AT SCHOOL, YOU MUST WORK HARD: DO YOUR HOMEWORK, LISTEN TO YOUR TEACHERS, ETC. THE SAME WILL BE TRUE WHEN WORK AT A JOB AS AN ADULT. WHETHER IT'S SCHOOL OR WORK OR ANYTHING IN LIFE, A PERSON MUST WORK HARD TO ACHIEVE.

#### **LIVE THE BIBLICAL TRUTH:**

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE. DURING PRACTICE)

THE SAME IS TRUE FOR US WITH GOD. GOD RESCUES US BY HIS GRACE AND SAVES US THROUGH FAITH, NOT BECAUSE OF OUR HARD WORK. HOWEVER, HE WANTS US TO WORK HARD ON OUR ACTIONS.

**JAMES 2:17 SAYS, “EVEN SO FAITH, IF IT HATH NOT WORKS, IS DEAD, BEING ALONE.”**

IN OTHER WORDS, OUR FAITH IN GOD PRODUCES GOOD WORK. WORKING HARD TO REBOUND IN BASKETBALL HELPS OUR TEAM WIN. IN MUCH THE SAME WAY, IF WE KEEP GOD AT THE CENTER OF OUR LIVES AND ALLOW OUR FAITH TO PRODUCE GOOD WORKS, GOD WILL GROW OUR FAITH IN OUR RELATIONSHIP WITH HIM.

## **E3: WEEK 8**

### **“PLAY WITH PASSION!” PASSION IGNITES PURPOSE**

#### **LEARN THE BASKETBALL SKILL:**

DEFENSIVE DRILL YOU CAN USE – INSTRUCT AND DEMONSTRATE

- LINE THE PLAYERS ON THE BASELINE
- HAVE THEM ALL SPREAD THEIR FEET AT SHOULDER WIDTH OR A LITTLE WIDE
- ASK THEM TO LOWER THEIR CORE – BUTT DOWN AND OUT, KNEES BENT, CHEST FORWARD
- ARMS, HANDS UP AND OUT AT SHOULDER WIDTH
- HAVE THEM MOVE IN UNISON LEFT AND RIGHT... SHUFFLE FEET, DON'T CROSS OVER
- NOW PAIR UP THE PLAYERS – ONE WILL BE DEFENSE, ONE WILL BE OFFENSE
- ONE AT A TIME, HAVE THE OFFENSIVE PLAYER DRIBBLE WITH THE BALL AND MOVE ALONG A LINE ON THE COURT (BASELINE, HALF COURT, SIDELINES) IN FRONT OF THE DEFENSIVE PLAYER. THE OFFENSIVE PLAYER IS TRYING TO GET BY THE DEFENSIVE PLAYER. START WITH JUST WALKING BACK AND FORTH. THEN ALLOW THEM TO SPEED UP. THE DEFENSIVE PLAYER IS TRYING TO MOVE AND STAY IN FRONT OF THE OFFENSIVE PLAYER SO HE OR SHE CAN'T GET BY HIM.

BASKETBALL LESSON - (EMPHASIZE THE NUMBERED POINTS BELOW WHILE DOING THE DRILLS):

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE)

- KEEP YOUR HANDS UP
- KEEP YOURSELF BETWEEN THE MAN AND THE BASKET
- KEEP LOW WITH YOUR CORE AND FEET A PART
- TALK ABOUT KEEPING YOUR HANDS UP AND BEING IN A GOOD STANCE
- SHUFFLE YOUR FEET TO MOVE – DON'T CROSS OVER
- YOUR PART IS TO NOT LET THEM BY YOU.
- WHEN YOU ARE ON DEFENSE, YOUR JOB IS TO KEEP YOURSELF BETWEEN THE BASKET AND THE PLAYER. IF HE HAS THE BALL, YOU KEEP HIM FROM GOING BY YOU. THIS IS YOUR PART. THIS IS YOUR ROLE ON THE TEAM. IF EACH PLAYER DOES HIS PART, THEN WE WILL PLAY GOOD DEFENSE. IF ONE PLAYER DOESN'T, IT DOESN'T MATTER HOW GOOD EVERYONE ELSE PLAYS, THE DEFENSE BREAKS DOWN AND THE OTHER TEAM SCORES.

#### **LOVE THE LIFE PRINCIPLE:**

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE)

JUST LIKE YOU HAVE A ROLE ON DEFENSE IN BASKETBALL, YOU HAVE A ROLE IN YOUR FAMILY, IN YOUR FRIENDSHIPS, IN YOUR CHURCH. WHEN YOU DO YOUR PART IN THOSE PLACES, YOUR FAMILY, YOUR FRIENDSHIPS, YOUR CHURCH SUCCEEDS. HOWEVER, JUST LIKE IN BASKETBALL, IF ONE PERSON DOESN'T PLAY HIS OR HER PART, IF THEY LET DOWN FOR SOMETIME, IT HURTS THE WHOLE FAMILY, YOUR FRIENDS, OR YOUR CHURCH. EACH PERSON IS IMPORTANT AND NEEDS TO PLAY HIS OR HER PART WHEREVER THEY ARE.

## **LIVE THE BIBLICAL TRUTH:**

COMMENTS DURING DRILLS – (MAKE AGE APPROPRIATE. DURING PRACTICE)

IN THE BOOK OF THE BIBLE CALLED EPHESIANS, THE WRITER, PAUL, SAYS THAT THE CHURCH IS LIKE A PHYSICAL BODY, THAT PEOPLE ARE THEN LIKE DIFFERENT PARTS OF THE BODY – THE HANDS, THE FEET, THE EYES, THE EARS. HE SAYS THAT WE ALL GROW AS “EACH PART DOES IT WORK.” PLAYS ITS ROLE, DOES ITS JOB LIKE ON DEFENSE.

ANOTHER WAY WE GLORIFY GOD OR SHOW HIM OFF IS WHEN WE PLAY THE PART HE HAS GIVEN US TO PLAY IN LIFE. HOW DO WE DO THAT? BY BEING OURSELVES. HE MADE US TO PLAY A SPECIFIC PART AND WE SHOW HIM OFF AS THIS WONDERFUL CREATOR AND DESIGNER WHEN WE LIVE THE WAY THAT ONLY WE CAN LIVE. FULLY ENGAGED, NOT JUST IN THE GAME, BUT IN LIFE. WHEN WE DO, GROWTH HAPPENS. WHEN WE DON'T, OTHERS AROUND US ARE HURT. QUITE AN IMPORTANT ROLE TO PLAY, DON'T YOU THINK?

WHEN YOU LIVE WITH PASSION IT IGNITES PURPOSE IN OTHERS. THEY SEE YOU AND TAKE NOTICE TO WHAT YOU ARE PASSIONATE ABOUT IN LIFE. WHEN JESUS CAME TO EARTH HE PASSIONATELY SOUGHT OUT TO DO WHAT HIS FATHER WANTED HIM TO DO...AND THAT WAS TO SAVE THE WORLD FROM SIN.

SIN IS ANYTHING THAT I DO THAT TAKES AWAY FROM THE GLORY AND RIGHTEOUSNESS OF GOD. HAVE ANY OF YOU DONE SOMETHING AT SOME TIME THAT WOULD HAVE OFFENDED GOD? EVERY ONE HAS SINNED. WHEN WE CHOOSE TO SIN WE COME SHORT OF GOD'S GLORY. GOD IS THE BEST. HE IS PERFECT. HE IS SINLESS.

GOD SAW OUR SIN AND KNEW THAT WE WOULD NEED SOMEONE TO RESCUE US FROM THE CONSEQUENCE OF OUR SIN. ANYTIME YOU DO WRONG THERE IS ALWAYS A CONSEQUENCE. WITH SIN, THE CONSEQUENCE IS ETERNAL DEATH...IT IS SEPARATION FROM GOD...NO RELATIONSHIP WITH HIM AT ALL...EVER!

IMAGINE IF FOR A MOMENT JESUS HAD DECIDED TO NOT DO WHAT GOD SENT HIM TO DO...WHAT WOULD HAVE HAPPENED? (THE WHOLE WORLD WOULD HAVE PERISHED BECAUSE OF SIN)

BUT THAT DIDN'T HAPPEN! THE PASSION JESUS LIVED WITH AND DIED FOR IS STILL ALIVE TODAY. IT IS ALIVE IN ME AND IT CAN BE ALIVE IN YOU! GOD DESIRES TO HAVE A RELATIONSHIP WITH YOU. HE CREATED YOU. HE LOVES YOU. HE DIED SO THAT YOU COULD LIVE AND HAVE AN ETERNAL RELATIONSHIP WITH GOD.

WHEN I BELIEVE IN THE PURPOSE THAT CHRIST CAME TO EARTH AND CONFESS MY SIN AND ASK FOR HIS FORGIVENESS THE BIBLE SAYS THAT I WILL BE SAVED FROM MY SIN.

**ROMANS 10:9-10 SAYS, THAT IF THOU SHALT CONFESS WITH THY MOUTH THE LORD JESUS, AND SHALT BELIEVE IN THINE HEART THAT GOD HATH RAISED HIM FROM THE DEAD, THOU SHALT BE SAVED. FOR WITH THE HEART MAN BELIEVETH UNTO RIGHTEOUSNESS; AND WITH THE MOUTH CONFESSION IS MADE UNTO SALVATION.**