



BASKETBALL COACH PLAYBOOK

©2016 Upward Unlimited.

Upward® is a registered trademark of Upward Unlimited.

Scripture taken from the HOLY BIBLE, NEW INTERNATIONAL READER'S VERSION

Copyright© 1995, 1996, 1998 by International Bible Society.

Used by permission of Zondervan. All rights reserved.

©2010 Orange. All rights reserved.

Scripture quotations in this publication are from
the HOLY BIBLE, NEW INTERNATIONAL VERSION®

NIV® ©1973, 1978, 1984 by International Bible Society. All rights reserved.

TABLE OF CONTENTS

Introduction

Rise Up.....	3
360 Coaching Keys	3

Section One: Practice

Upward Basketball Coach App	6
Practice Chart.....	7
Warm-Up Activities.....	8
Skills and Drills	8
Offensive Plays	26
Mid-Practice Huddles (Devotions).....	32
Practice 1.....	33
Practice 2.....	35
Practice 3.....	37
Practice 4.....	39
Practice 5.....	41
Practice 6.....	44
Practice 7.....	46
Practice 8.....	50
Practice 9.....	52
Practice 10.....	55
Last Practice of the Season.....	68

Section Two: The Levels of Upward Basketball

Basic Rules for Levels 1-3.....	62
Level 1 Rule Modifications	67
Level 2 Rule Modifications	69
Level 3 Rule Modifications	70
Level 4 Rules.....	72

Section Three: Forms

Substitution Forms	76
Star Distribution Form	82
Notes.....	84

Rise Up

“Let us rise up and build. So they strengthened their hands for the good work.” – Nehemiah 2:18

As an Upward Basketball Coach, you have the incredible opportunity to Rise Up and build not only skilled athletes, but also young men and women of strong character and lasting faith. By utilizing the exclusive 360 Progression, you play a major role in building mentally, athletically, spiritually and socially as they participate on your team. This unique approach is based on Luke 2:52 – *“And Jesus grew in wisdom and stature and in favor with God and man.”*

This coach playbook is designed to give you the tools necessary to teach basketball skills through drills, as well as biblical life lessons to each of the members on your team. By doing that, you are developing your players to be total athletes.

360 Coaching Keys

The 360 Progression™ is a uniquely designed sports experience that develops the total athlete mentally, athletically, spiritually, and socially. To be a 360 Coach, there are some practical keys to coaching that are necessary for success:



1. **Teach the game through drills** – The ability to execute proper drills enhances skill level and improves athletic foundations. Your practices should utilize drills that enhance skill development.
2. **Teach the rules of basketball** – For players to grow in the sport they must understand and apply the rules of the game. Take time to explain rules and why they are important.

- 3. *Instill sportsmanship with a competitive spirit*** - In sports, winning and losing are a part of the game, just as it is for life. Knowing how to handle both in a positive way builds character in young athletes. Teach your players to play hard and play to win, but also teach them to put others before themselves with a positive attitude and sportsmanship.
- 4. *Communicate effectively*** - In order to teach the rules, explain drills and teach sportsmanship, you have to be an effective communicator. Likewise, good communication and organizational skills are crucial in keeping parents informed throughout the season. This includes keeping them up to date on practice and game times and having a plan in place each and every practice.



SECTION ONE PRACTICE



Upward Basketball Coach App

As a coach, it's important to stay organized and prepared for both practices and games. Upward Sports has a way to make coaching easy through the Upward Basketball Coach App. With this app, you will be able manage your team in a simple, paperless way throughout the season. Here you will able to:

- › Manage player/guardian information
- › View practice plans
- › Substitute players on game day
- › Assign and track star distribution on game day

The Upward Basketball Coach App is available on iPhone (iPad compatible) and Android phones.



Suggested Practice Chart

Below is a suggested practice chart to help you organize your practices. This chart can be used in conjunction with the Coach's Sidelines or it can be used independently. Either method will help you plan an organized practice.

<i>Practice</i>	<i>Practice Focus</i>	<i>Team Meeting</i>	<i>Rules to Cover</i>	<i>Skills & Drills</i>
1	<ul style="list-style-type: none"> · Get to know each other · Evaluate skills · Set practice rules 	<ul style="list-style-type: none"> · Teammate introductions · Discuss practice ground rules · Introduce basic footwork, dribbling, and shooting skills 	<ul style="list-style-type: none"> · Practice rules 	<ul style="list-style-type: none"> · Footwork (see page 9) · Dribbling (see page 12) · Shooting (see page 19)
2	<ul style="list-style-type: none"> · Continue skill evaluation · Teach passing fundamentals · Teach positions and responsibilities 	<ul style="list-style-type: none"> · Re-introduce players and coaches · Discuss some common violations 	<ul style="list-style-type: none"> · Traveling · Double Dribbling · Palming or Carrying the Ball 	<ul style="list-style-type: none"> · Footwork (see page 9) · Ball Handling (see page 12) · Dribbling (see page 12) · Shooting (see page 19)
3 week of first game	<ul style="list-style-type: none"> · Review re-start situations · Teach shooting fundamentals 	<ul style="list-style-type: none"> · Review traveling double dribble, and palming the ball · Discuss game format and substitution system 	<ul style="list-style-type: none"> · No double-teaming · No pressing in the backcourt 	<ul style="list-style-type: none"> · Passing and Receiving (see page 15) · Defense (see page 24) · Rebounding (see page 23)
4	<ul style="list-style-type: none"> · Teach 3-second violation · Discuss positions on the court · Skill developments 	<ul style="list-style-type: none"> · Review defensive rules · Games situations and court spacing 	<ul style="list-style-type: none"> · Three-second violation · Common fouls · Help defense 	<ul style="list-style-type: none"> · Rebounding (see page 21) · Defense (see page 24) · Scrimmage or more drills
5	<ul style="list-style-type: none"> · Teach offensive movement · Continue to teach court spacing 	<ul style="list-style-type: none"> · Discuss practice focus · Review the last game · Review basic rules 	<ul style="list-style-type: none"> · Review all rules as a fun quiz 	<ul style="list-style-type: none"> · Offensive plays (see page 26) · Areas the need improvement from the game
6-11 through last practice	<ul style="list-style-type: none"> · Continue skill development · Analyze game performances, coach through improvements 	<ul style="list-style-type: none"> · Review the last game and improvements that need to be made · Discuss practice focus 	<ul style="list-style-type: none"> · Continue to review rules for clear understanding 	<ul style="list-style-type: none"> · Work on both offense and defense · Areas that need improvement

Warm-Up Activities










Use the first five minutes of practice to get the players moving. This can be done by incorporating athletic development exercises like the examples below or by incorporating a drill from an earlier practice.

- › **Leg and shoulder stretches** - With players sitting on the floor, have them stretch out their legs and touch their toes. For shoulder stretches, have players roll their arms forward and then backwards.
- › **Donkey kicks** - With players in a standing position, have them jump up and kick their heels toward their backs.
- › **Power jumps** - With players in a standing position and their arms above their heads, have them jump up and down.
- › **Feet on fire (running in place)** - This drill helps players get their feet moving.
- › **Jumping jacks** - Instruct players to count out loud.

Skills and Drills

This section reviews the fundamental skills of basketball, explains why each is important and emphasizes the skill's basic teaching points. Each skill is followed by a basic drill that reinforces the skill. This drill is acceptable for any age group as it introduces the concept of the skill.

KEY TO DIAGRAMS

X	Player
	Player movement without the ball
	Dribble
	Pass
	Shoot
	Rebound
	Screen
	Coach
	Sequence
	Cone

Use this key for the drills located on pages 9-30.

For more drills for each skill, as well as complete practice plans, go to MyUpward.org.

Many of the drills described in this playbook require one ball per player. If you are limited in the number of balls you have for practice, you will need to modify the drill by creating lines based on the number of balls you have available.

Footwork

Proper footwork promotes balance, quickness, and readiness to make something happen on the court. Being proficient at this skill will improve a player's performance both offensively and defensively. Here are the three basic footwork skills:

Triple Threat Position

- › Provides a player the option to pass, shoot, or dribble
- › Position the basketball in the "shooting pocket" with shooting elbow over knee
- › Have "strong hands" with possession of the basketball so that defenders cannot easily knock the ball away

Jump Stop

- › Allows a player to establish a pivot with either foot off a dribble or pass
- › Leap/jump should be low to the floor (like sitting in a chair), not a high jump
- › Both feet hit floor at the same time – good balance
- › Land on floor in triple threat position
- › Use when catching a pass; teach "ball in air/feet in air" concept

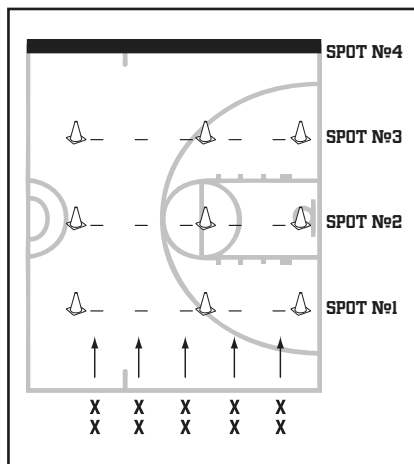
Front Pivot and Reverse Pivot

- › Lift heel, protect ball, stay low, and lead with elbow
- › Allows a player to pivot in one or more directions by keeping one foot planted on the ground
- › Allows an offensive player to move away from defenders, while protecting the basketball
- › Skill is also important for setting screens and rebounding

Footwork Drills

Footwork Line Drills (no basketball required)

1. Players form lines on baseline or sideline – two players deep
2. Use cones or mark the court for starting/ stopping spots – minimum 3 spots
3. No basketball necessary – players dribble and hold imaginary basketball
4. Players will start/stop on voice command or whistle
5. Players should stop at each spot with jump stop and land in triple threat position
6. Pause between stops/starts to check for proper balance
7. Second player in line starts as the preceding player leaves first spot



Rotate the following footwork line drills:

- › Jump Stop/Triple Threat
- › Jump Stop/Triple Threat/Right Front Pivot
- › Jump Stop/Triple Threat/Left Front Pivot
- › Jump Stop/Triple Threat/Right Reverse Pivot
- › Jump Stop/Triple Threat/Left Reverse Pivot

Have each player raise his or her hand in the air that coincides with the desired pivot direction. This will help each player pivot in the correct direction.

Variation: Add basketballs after your players understand the above concepts. Allow them to practice the above skills after picking up their dribble and receiving passes.

Pivot Drill (no basketball required)

- › Players should spread out in your practice area – no basketball necessary
- › Players start in triple threat position, protecting an imaginary basketball
- › Instruct players to establish a pivot foot
- › Practice half-turns and front/reverse pivots
- › Repeat with opposite foot established as the pivot

Variation: Add basketballs and defenders after your players understand the above concepts. Allow them to practice the above skills after picking up their dribble and receiving passes.

Ball Handling and Dribbling

An adept ball handler and dribbler can make things happen on the court. Mastering these skills can help create open shots, obtain better passing angles, and lead to fewer turnovers. A great offensive player must be able to handle the ball!

- › Dribble with fingers, not palms – similar to typing on a keyboard
- › Proper body position, with knees bent and body flexed at the waist
- › Keep head up – see the court
- › Protect the basketball – use your non-dribbling arm as an “arm bar”, meaning sticking it outward with the elbow slightly bent to protect the dribble from defenders reaching in
- › Work both hands – be able to go right and left
- › When picking up a dribble, end in triple threat position

Basic Dribbling Skills:

Control Dribble (Use against defensive pressure)

- › With body turned to the side, dribble basketball near the back knee
- › Keep the dribble low and compact, below the knees
- › Non-dribbling arm should be held out in front of the body to protect the ball from defenders – arm bar

Speed Dribble (Use to push the ball up the court and on fast break situations)

- › Dribble is pushed out in front of the body but controlled
- › Dribble is higher and softer

Retreat Dribble (Use to avoid defensive pressure and to keep dribble alive)

- › Dribble backwards (hop back) to avoid pressure
- › Dribble requires a change in speed and change in direction
- › Dribble teaches players not to habitually pick up their dribble when heavy, defensive pressure is applied

Crossover Dribble (Use to break down a defender; good penetration move)

- › Dribble must be kept low when crossing over from one hand to another, keeping it away from the defender
- › Use head and shoulder fakes to help “sell” the move
- › Goal is to get the defender on his or her heels
- › Explode to the basket with speed dribble after the crossover

Whirl Pivot Dribble (Use to avoid defensive pressure and to dribble by defender)

- › Pull the basketball through low during the pivot
- › Keep the basketball in the same hand until completing the pivot
- › Pivot should be low and quick with head up
- › Explode to the basket with speed dribble after the whirl pivot

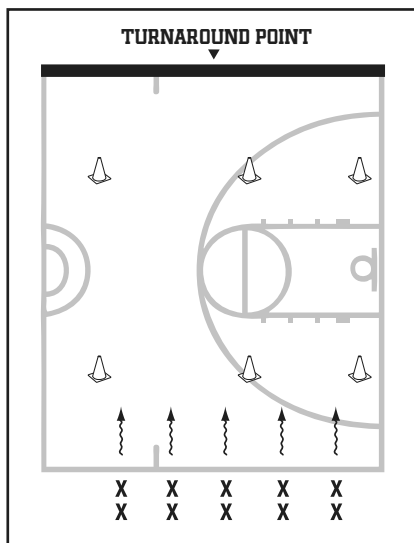
Behind the Back Dribble (Use to break down a defender; good penetration move)

- › Use head and shoulder fakes to help “sell” the move
- › Swing the basketball behind your waist, turning the hips and driving the ball down with a snap of the wrist
- › Slap opposite back thigh during the exchange

Ball Handling Drills (team drills)

(one basketball per player or divide your team into two groups)

- › **Ball Slams** – With feet shoulder-width apart, have players slap the basketball with fingers spread wide. Players should “slam” the ball by alternating their right and left hands.
- › **Fingertip Drill** – With feet shoulder-width apart, players pass the basketball from hand to hand in front of the body using only the fingertips. Move ball from ankles, to knees, to waist, to chest, to head, and to above head using the fingertips. Encourage players to keep their arms straight.



Dribbling Drills

Dribbling Line Drills (three to five basketballs required)

During all dribbling line drills, you should stand in front of the players to teach, encourage, and evaluate each player's performance.

1. Players form lines on baseline or sideline (two players deep) – one basketball per line
2. Use cones or chairs to represent stopping/starting points or change-of-dribble spots
3. Players will begin the drills in triple threat position

4. Players will start/stop/change dribble on voice command or whistle
5. Pause between stops/starts to check for balance, arm bar, and if head is up
6. At the turnaround point, require jump stops with pivots
7. Work opposite hand on return dribble
8. Players should end drills with a jump stop, giving the basketball to the next player in line

Rotate the following dribbling line drills:

1. Speed Dribble
2. Speed Dribble/Control Dribble - on command, stationary control dribble
3. Speed Dribble/Retreat Dribble - on command, two to three dribbles backwards against imaginary defender followed by speed dribble

Passing and Receiving

Passing and receiving a basketball allows a team to effectively move the ball quickly around the court. A team that has players with strong passing and receiving skills will spread the defense and be hard to guard.

Passing Teaching Points:

- › Two hands on the basketball, with fingers on the sides of the ball
- › Ball in middle of body
- › Step toward target
- › Push thumbs through ball and snap wrists, creating backspin on the basketball
- › Extend arms completely as you follow through toward target

Receiving Teaching Points:

- › Both hands up in ready position – show a target
- › Step toward the ball when passed – meet the pass
- › “Ball in air/feet in air” concept – leads to jump stop, triple threat position, and ability to pivot with either foot
- › Look the ball into the hands

Basic Passing Skills

Two-Hand Chest Pass

- › Basketball is held with two hands at chest level
- › Keep elbows out and wide
- › Passer targets the receiver’s chest area
- › Passer steps toward their target with either foot as the ball is thrown
- › Snap the thumbs down extending the arms

Two-Hand Bounce Pass

- › Basketball is held with two hands at chest level
- › Passer aims for a spot on the floor about two-thirds (a little more than halfway) of the way to the receiver
- › Passer targets the receiver’s chest area from the bounce

Overhead Pass

- › Basketball is held with two hands above head
- › Passer targets the receiver’s chest area

Passing and Receiving Drills

Distance Passing (one basketball for each pair of players)

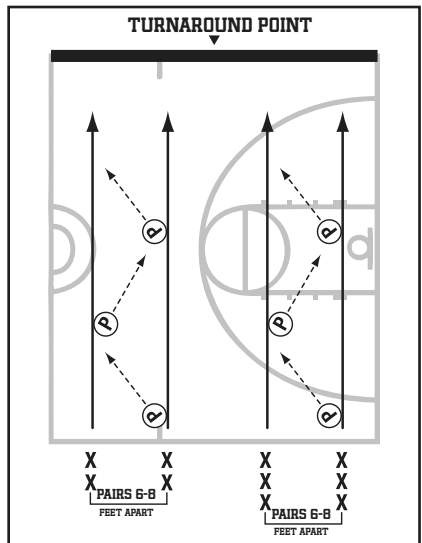
Be sure to incorporate all three basic passes into this drill.

1. Pair up players and have them face each other six to eight feet apart
2. Instruct players to pass the basketball back and forth using a chest pass
3. After several repetitions, have each player take one to two steps backwards and continue passing
4. Continue moving players back until they are passing from a challenging distance

Two Line Passing (two basketballs required)

Two pairs of players can perform this drill at one time.

1. Pair up players and have them face each other six to eight feet apart
2. Establish a starting and turnaround point
3. One player in each pair needs a basketball
4. Using defensive slides, players move up and then back down the court
5. While sliding, instruct players to pass the basketball back and forth using a chest pass
6. Players pass the ball immediately upon receiving the ball



Variations: Both players running up and down the court, rather than sliding. You may also require the receiver to perform a jump stop upon catching the basketball and immediately passing it to his or her moving partner.

Shooting

Shooting Teaching Points:

- › Square up shoulders to the basket
- › Ball on fingertips, not palms
- › Opposite hand should be lightly placed on side of ball (balance/weak hand)

Practice BEEF principles:

- › ***Balance*** - Learn to prepare for the shot by stopping with the feet set, knees slightly bent, ready to jump (good triple threat position)
- › ***Elbow*** - Proper shooting alignment; ball should be directly over the elbow with the wrist cocked
- › ***Eyes*** - Pick a spot (front of the rim, back of the rim, etc.) and focus on that target as the shot is being attempted
- › ***Follow through*** - Release the ball smoothly, completely extend the arm, and snap the wrist, which should create good backspin on the basketball

Shooting Drills

Lay-Up Steps (no basketball required)

Instruct your players to shout “STEP-HOP-SHOOT” when performing this drill. Mirror this drill to practice left-handed lay-ups.

1. Allow players to spread out in your practice area, at least four to five feet apart
2. Players start in triple threat position, holding imaginary basketballs with heads and eyes up on the target
3. On the STEP command, players step with their left foot (right-handed lay-ups)
4. On the HOP command, players raise their right knee and right arm toward the basket (visualize a string connecting a player’s right arm and right leg)
5. On the SHOOT command, players extend their right arm as they shoot an imaginary ball

Wall Shooting (one basketball per player or divide your team into two groups)

This is a great drill to keep idle players busy while running a drill on the court that may not involve your entire team.

1. Player stands about four to five feet away from the wall
2. Help the player find a reasonable shooting target on the wall
3. Player assumes triple threat position
4. Player shoots the ball at the target, concentrating on elbow in and full extension
5. Player should finish the shot up on his or her toes with proper follow through, creating good backspin

Variation: If coaching third- through sixth-grade players, allow them to shoot using only their shooting/strong hand.

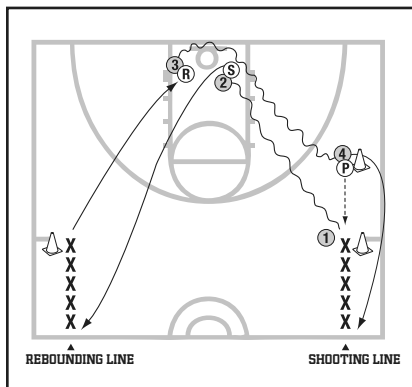
Two Line Shooting Drills (one or two basketballs required)

Players rotate lines after each turn. After several repetitions shooting from one side of the goal, change the designation of both lines and shoot from the other side of the court.

1. Players form two lines opposite the goal in each corner of practice area: a shooting line and a rebounding line (use cones or chairs to mark a starting point)
2. Shooting line: Assume triple threat position, showing ready hands to receive a pass
3. Rebounding line: Players should block out an imaginary defender and rebound the ball above their head.
4. The player from the rebounding line secures the rebound and dribbles to a designated cone, makes a good jump stop landing in triple threat position, and uses proper passing techniques when passing to the next shooter in line
5. Shooter receives the basketball and performs the drill as instructed by a coach

Rotate the following two line shooting drills:

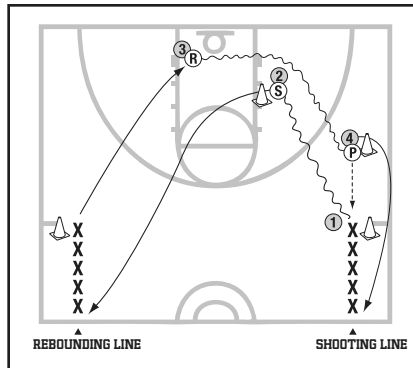
- › ***Lay-ups*** – Stress jumping off the proper foot and using the backboard (STEP-HOP-SHOOT)



- › **Pull-up Off the Dribble**
 - Set a cone at desired shooting spot (stress good jump stop and use of backboard when shooting from appropriate angle)

Rebounding

When discussing offensive rebounding, remind players that each shot taken by a teammate is a pass to them! Second chance points (put-backs) can be a big contributor to a team's offensive production.



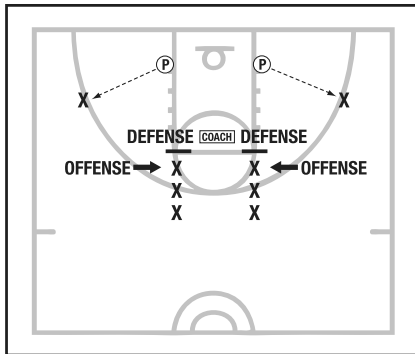
Rebounding Teaching Points:

- › Defensive player stays between the opponent and the basket
- › Using a front or reverse pivot, the defensive player pivots and makes contact with the opponent's body when the ball is shot ("block out")
- › Defensive players should yell "shot" to signal a rebounding opportunity
- › Hold the "block out" position momentarily, with the head up and body facing the goal
- › Release the "block out" - be hungry for the basketball
- › Secure the basketball
- › Be strong with the basketball, keeping the ball at chin level with elbows out

Rebounding Drills

Rebound Outlet Drill - no defender (one basketball required)

1. Facing the basket, players form two lines: one at the corner of the free-throw line (elbow), the other at the foul line extended (wing)
2. Coach stands at the other elbow with a basketball. Coach throws the ball off the backboard closest to him/her
3. First player in line at elbow catches the rebound with strong hands, elbows out, and ball to the chin. He/she then pivots toward first player in the wing line and throws a two-handed chest pass
4. Player from the wing line passes ball back to the coach
5. Both players swap lines and drill is repeated with second players in each line



Rebound Outlet Drill - with defender (one basketball required)

1. Facing the basket, players form two lines: one at each corner of the free-throw line
2. Place one player at each wing area to serve as an outlet receiver
3. The player in the front of each line will turn his back toward the basket (defensive player), facing the next player in line (offensive player)
4. When the coach shoots the basketball, the defensive players will yell "shot" and pivot into the offensive players to obtain a good "block out"
5. Offensive players cannot move
6. Once a defender secures the basketball, he or she will pivot and throw a crisp overhead outlet pass to an outlet receiver
7. Players rotate from offense/to defense/to outlet receiver/to back of the line

Variations:

- › Use one line instead of two
- › When the ball is shot, the offense can move and try to score off a missed shot

Defense

Defense Teaching Points:

- › Proper defensive stance
 - › Stand with feet slightly wider than shoulder-width apart
 - › Knees bent, with waist slightly bent forward
 - › Good balance – ready to move and slide
 - › Place weight on the inside front of the feet but not on the toes
 - › Extend arms to the side, slightly bent
 - › Open hands, so palms face the offensive player
 - › Eyes on the offensive player’s chest or “head on the ball”
- › Ball/you/basket principle: When the offensive player being guarded has the ball, the defensive player should stay between this assigned offensive player with the basketball and the basket
- › See the ball at all times
- › Sprint down the floor on a change of possession, stopping any fast breaks



Defense Drills

Defensive Slides (no basketball required)

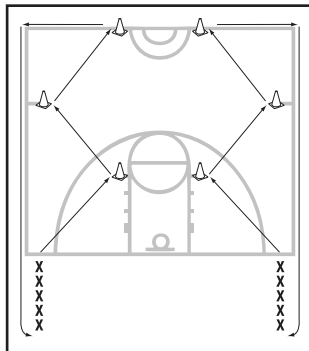
Focus on players' feet sliding (rather than hopping or skipping) and players maintaining a proper defensive stance. Have fun with this drill! Allow players to express enthusiasm and desire by slapping the playing floor and yelling "DEFENSE" on command. Drill should last 20-30 seconds. Allow short rest and repeat as desired.

1. Allow players to spread out in practice area, at least four to five feet apart
2. On command, players yell "DEFENSE" and freeze in the defensive stance
3. On command (either verbal or hand signals), players will slide left, right, up, and back

Zigzag (no basketball required)

Focus on players making a drop step each time they turn (rather than crossing their feet) and on players sliding correctly while maintaining a proper defensive stance.

1. Form a line of players at one end of your practice area
2. Set-up cones or chairs in a zigzag pattern, spaced 10-12 feet apart (minimum 3 spots)
3. On command, the first player in line will assume the correct defensive stance and will slide in a zigzag pattern as dictated by the cones or chairs
4. Next player in line starts as the preceding player leaves first spot
5. As each player reaches the final spot, he or she should sprint back to the end of the line



Offensive Plays

The following offensive plays are provided to help your team with floor spacing and floor balance. These plays are intended for Levels 3 and 4.

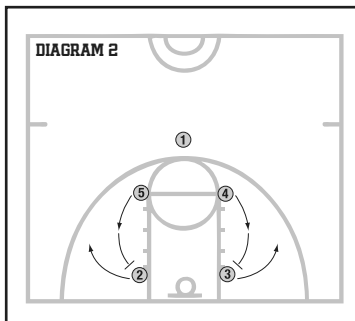
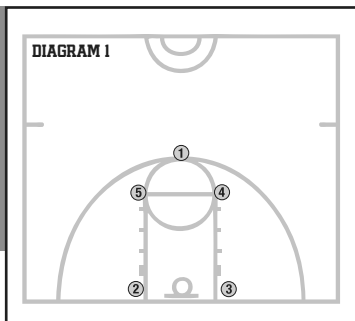
Reminder: View the Skills and Drills videos on the coach section of MyUpward.org for live demonstrations of the following offensive plays.

Half-Court Sets

Box Set - Motion

Scoring Options:

1. Player 5 posting up down on ball-side block
 2. Player 4 coming off of low screen
 3. Player 3 cutting to the free-throw line
- › Players 2, 3, 4, and 5 are in the “box” offensive set (diagram 1)
 - › Player 1 (point guard) yells “MOTION” or “GO” to start the play (player 1 should keep dribble alive until making a pass)
 - › Players 4 and 5, who are standing outside the lane area at the free-throw line extended areas, will screen down for players 2 and 3 (diagram 2)



SECTION ONE: PRACTICE

- Before the screens occur, players 2 and 3 will take two to three steps toward the lane area (to set up their defenders) and then make hard V-cuts to their respective wing areas (diagram 2)

- Player 1 will pass the basketball to player 2 or 3 (assume player 2 in this example) who will square up to the basket (diagram 3)

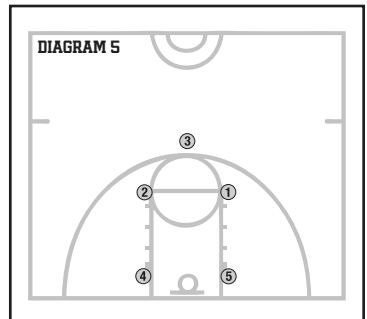
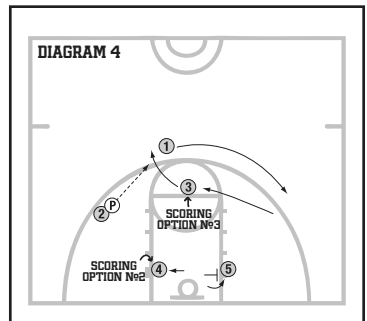
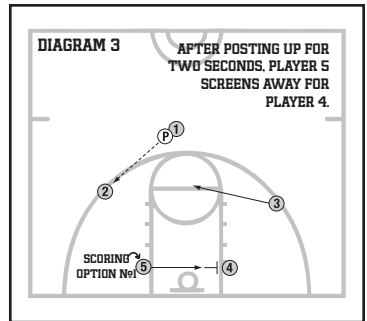
- Player 5, post player on the ball-side of the court, will post up for two seconds (diagram 3)

- After two seconds, player 5 will screen away for opposite post player - player 4 (diagram 3)

- As player 5 turns to screen away for the opposite post player, player 3 will cut toward the free-throw line and player 1 will “fill” his or her spot at the wing (diagram 3)

- If a pass cannot be made to player 4 coming off the low screen or to player 3 on the cut to the lane area, player 3 will move to the top of the key area to receive a pass from player 2 (diagram 4)

- If the pass is made to player 3 at the top of the key area, team will be in the “box” offensive set again (diagram 5)



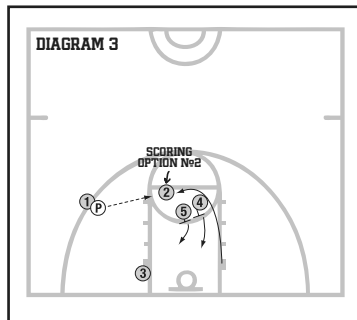
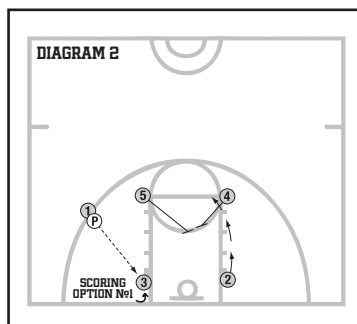
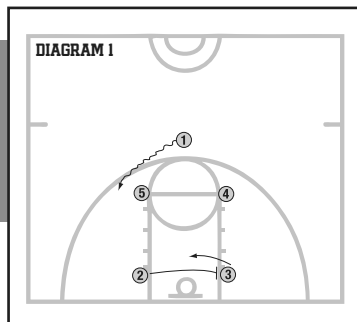
Box Set - (Double Down)

Scoring Options:

1. Player 3 coming off of low screen
2. Player 2 coming off the double screen

Procedure:

1. Players 2, 3, 4, and 5 are in the "box" offensive set
2. Player 1 (point guard) yells "DOUBLE" or "GO" to start the play (player 1 should keep dribble alive until making a pass)
3. Player 1 dribbles to right-side of the goal - can go to right or left (diagram 1)
4. As player 1 dribbles to the wing area (attack zone), player 2 will screen away for player 3 (diagram 1)
5. Player 3 cuts to the ball-side block area hoping to receive a pass from player 1 (diagrams 1 and 2)
6. As player 3 cuts to the ball-side block area, players 4 and 5 will set a double screen in the middle of the lane for player 2 (diagram 2)
7. Player 1 looks for player 2 as he or she curls around the screen for an open jump-shot (diagram 3)

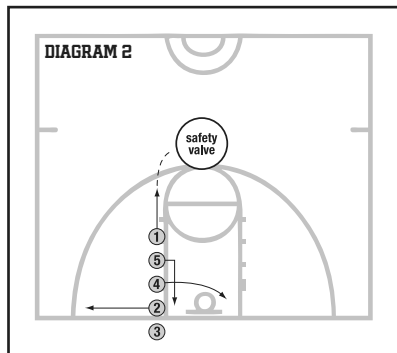
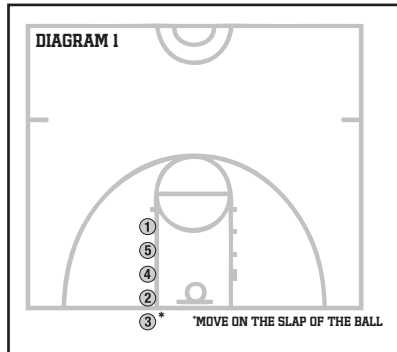


Inbounds Plays

Stack (baseline)

1. All four players line-up straight across from the player throwing in the basketball (diagram 1)
2. When the passer slaps the basketball or yells “break,” the players move simultaneously as follows (diagram 2):
 - › First player in line breaks to ball-side corner
 - › Second player in line cuts to opposite block
 - › Third player in line moves straight down to block area toward the ball
 - › Fourth player in line takes two to three steps back, serving as a safety valve

Reminder: *This play can also be used on the sideline, with players moving in the same pattern as above.*

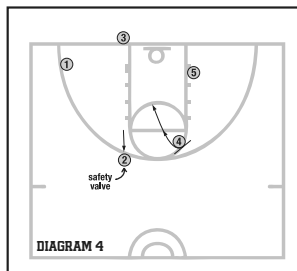
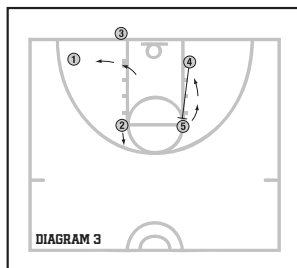
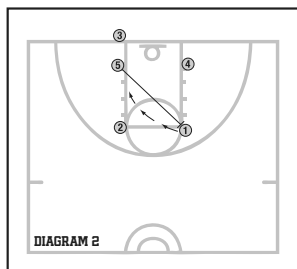
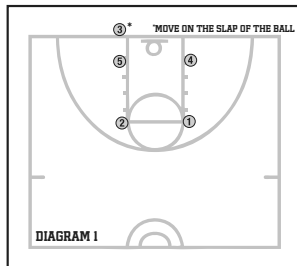


Box (baseline)

- › Each player takes a spot outside the lane area, with the post players (Players 4 and 5) at the block areas and the perimeter players (Players 1 and 2) at the free-throw line extended areas. Player 3 will throw in the basketball (diagram 1).
- › When the passer slaps the basketball or yells “break,” the players move as follows:

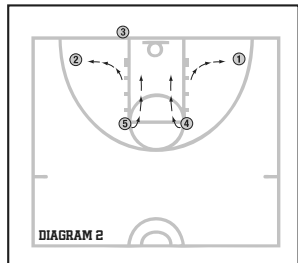
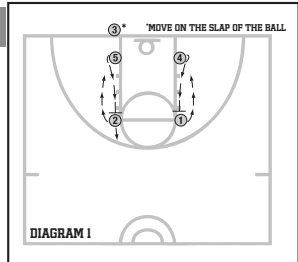
Box Option #1:

1. Player 5 sets a diagonal screen for Player 1 (diagram 2)
2. Player 1 waits for the screen and moves toward the basketball to the opposite block (diagram 2)
3. If Player 1 does not receive the basketball, he or she continues to the ball-side corner (diagram 3)
4. Player 4 moves up to set a screen on Player 5, who cuts down toward the weak-side block (diagram 3)
5. Player 4 rolls toward the middle of the lane after setting the screen (diagram 4)
6. Player 2 serves as a safety valve (diagram 4)



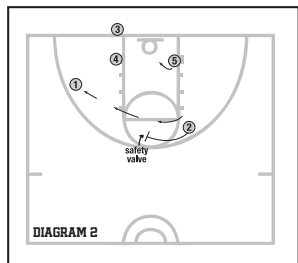
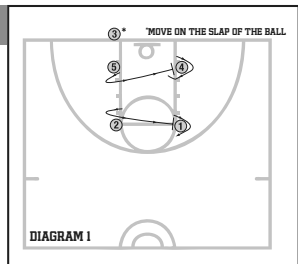
Box Option #2:

1. Players 4 and 5 screen up for Players 1 and 2 (diagram 1)
2. If a pass cannot be made to either 1 or 2, they each move to the closest corner (diagram 2)
3. After setting the screens, Players 4 and 5 should roll back toward the ball (diagram 2)



Box Option #3:

1. All four players will take one to two steps toward the closest sideline to set up their defenders (diagram 1)
2. Players 5 and 2 will both cross-screen for Players 4 and 1 on the weak-side (diagram 1)
3. After setting a screen, Player 5 will turn around with ready hands (diagram 2)
4. Player 2 will roll back to ball-side, free-throw line extended area to serve as a safety valve (diagram 2)



Note: All inbounds plays - Players should use fakes and jab steps to set up their defenders and get open. Encourage players coming off a screen to rub shoulders with the screener. As the person throwing in the basketball can pass to any teammate, encourage ready hands.

Mid-Practice Huddles (Devotions)

The below chart is designed to assist you as you organize and prepare for your devotions known as the mid-practice huddle. It shows the virtues and verses for each group of practices. These will be the focus of your practice devotions.

Practice Number	Virtue	Verse
Practice 1	None (“Get to Know You” time)	None (<i>Scripture learning begins at Practice 2.</i>)
Practice 2-4	Service	<i>God’s gifts of grace come in many forms. Each of you has received a gift in order to serve others.</i> 1 Peter 4:10 (NIRV)
Practice 5-7	Contentment	<i>I have learned the secret of being content no matter what happens.</i> Philippians 4:12 (b) (NIRV)
Practice 8-10	Hope	<i>In this world you will have trouble. But be encouraged! I have won the battle over the world.</i> John 16:33 (b) (NIRV)
Last practice of the season	Gospel Presentation	<i>For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.</i> John 3:16 (NIV)

Mid-Practice Huddle - Devotion 1

Instructions:

- › Gather players together in a circle and ask everyone to share their names.
- › Explain that you will call out different things that may or may not apply to each team member. If it does apply, player should jump up, run into the center of the circle, and give a high five to anyone else who joins him, her, or you, the coach.
- Have you ever gone horseback riding?
- Do you have at least one brother and one sister?
- Have you ever ridden in an airplane?
- Have you ever helped cook dinner for your family?
- Do you have a frog or turtle for a pet?
- Have you ever not been to the zoo?
- Have you ever gone camping?
- Do you like to eat salad?
- Is your favorite color blue?

(Add more, as desired.)

That was fun! Getting to know each other better is something that we'll do a lot of this season. As a team, we'll work hard to encourage one another to do our best at practices and games!

As you play games during your Upward Basketball Season, you will be rewarded afterward with different colored stars that each means something special. Your actions, attitudes and words on game day will determine what star you will get.

These are the game day stars and what they mean:

- › The blue star represents **EFFORT**: What does it mean to show effort? It means working hard to try your best at all times.
- › The gold star represents **SPORTSMANSHIP**: What does it mean to show sportsmanship? It means treating the people you play with and against the same way you want to be treated. You show respect for yourself, your teammates, opponents, the referees and the coach. You play fair and follow the rules.
- › The gray star represents **OFFENSE**: What should you do when you play offense? The offense is responsible for scoring points. This means doing your best while trying to move the ball forward together as a team to score a basket.
- › The red star represents **DEFENSE**: What should you do when you play defense? The defense is responsible for preventing points from being scored. This requires staying with the player you are guarding and moving your feet to stay in good position to prevent a basket.
- › The white star represents **CHRISTLIKENESS**: What does it mean to be Christlike? Being Christlike means to do your best to imitate Jesus in every way - through words, attitude and actions. It means loving others and following God's Word in the Bible; choosing God over the temptations in the world around you.

At each practice we will stop to have a Mid-Practice Huddle. We will learn about God and learn a verse from the Bible together. During this time you will have a chance to earn a green star.

- › The green star represents **SCRIPTURE LEARNING**: What is a Scripture? Scriptures are verses from the Bible. How can I learn scripture? At different practices this season I will give you a practice card that has a Scripture verse on it. Memorize it, think about it, and talk about it with others. Come prepared to say it during practice and learn more about it!

Our team is going to have a great season! Let's pray and then get back to practice.

(Lead the team in short prayer as you thank God for all the players and a great season ahead.)

Mid-Practice Huddle - Devotion 2

Practice Card Reminder: At the end of practice, remember to distribute the practice cards entitled "Practice 2."

Introduce:

- › **Virtue:** SERVICE - Lending a hand to help someone else.
- › **Scripture Verse:** *God's gifts of grace come in many forms. Each of you has received a gift in order to serve others.*
1 Peter 4:10 (NIRV)

Bottom Line: Have a good attitude when you lend a hand.

For the next few practices, I want to talk to you about service. Service is lending a hand to help someone else. And serving others is important to God. Do you want to know how I know that? Because when Jesus, God's only Son, came to earth, the Bible says that: *"He did not come to be served. Instead, he came to serve others."* Sounds like service is pretty important!

Sometimes we're really good about serving other people—like if it's really obvious that somebody needs our help. But if

SECTION ONE: PRACTICE

we're honest, sometimes we don't really want to lend a hand. Sometimes we just don't feel like it. Sometimes we need a little reminder to stop thinking about ourselves and start thinking about the people around us.

It's not enough just to serve. You have to serve with a good attitude. What if you were helping your little sister clean up a mess she made, and the whole time you were complaining about how clumsy she was? How would that make her feel? Or what if you were helping a friend with his homework, and you were griping the whole time about how easy the assignment was and how it should be simple for him to figure out?

Serving with the right attitude is a big deal. And it's a big part of being a team player. Basketball isn't just about passing and sinking the ball in the hoop or dribbling it down the court. Basketball is about working together as a team and serving one another. We help each other all the time by passing when we're supposed to, or setting a screen so the other team can't steal the ball. We serve each other in practice by encouraging one another and running drills together to get better. The only way we can succeed as a team is if we serve each other with a good attitude.

DISCUSSION QUESTIONS (3rd Grade and Up Only)

1. Tell us about a time when one of your teammates served you—either in practice or in a game.
2. It feels good to serve someone else when it's your idea. But why is it so hard to have a good attitude when someone else asks you to do it?
3. What would it do to our team if each of us had a bad attitude about playing our part?
4. Why is a good attitude so important to a team?
(You can trust each other. No one player feels like they have to be the one to score. You can set other people up to succeed instead of just looking out for yourself.)

So I want to challenge you for the rest of the season to have a good attitude as you serve and help each other. Let's pray and ask God to help us.

Prayer

Heavenly Father, thank You for reminding us today that serving others is important to You. We want to be ready to serve others when we see a need. But help us to remember that it's not enough just to lend a hand. Help us to have a good attitude as we serve, even when it's hard or when we don't feel like it. Thanks for loving us, God. We love You too! And we ask these things in Jesus' name. Amen.

Mid-Practice Huddle - Devotion 3

Coach: *Do NOT distribute practice cards at this practice*

Review:

- › **Virtue:** SERVICE - Lending a hand to help someone else.
- › **Scripture Verse:** *God's gifts of grace come in many forms. Each of you has received a gift in order to serve others.*
1 Peter 4:10 (NIRV)

Bottom Line: Lend a hand without looking for applause.

Last practice we talked about how important it is to serve others. Service is lending a hand to help someone else. And guess what? We're all called to serve and lend a hand. If you follow God, you know that one of the things He asks of us is to serve others and help when we see a need. But here's something I want us to think about. Jesus said that when we serve, we should do so in secret. In other words, instead of looking for others to applaud our efforts or pat us on the back with a "good job," we should quietly serve because it's the

right thing to do—even if no one knows you were the one who helped.

Now, I know what you're thinking. I understand that everyone—me included—wants to be recognized when we serve and help others. But Jesus said it's better to serve in secret. And this idea of serving in secret also applies to basketball. Now I know you all want to sink the winning shot and get all the applause at the end of the game. But the truth is, it's not just about that one shot at the end. It's about a whole game played as a team. Basketball isn't a solo sport and for good reason. Assists are just as important as your points per game. It takes each one of you—working together and lending a hand—to help win the game.

And what about the times when you're not even on the court—you're sitting on the bench? Can you serve your teammates from the sidelines? Absolutely! You can cheer them on. You can give them a pat on the back when they come off the court. And win or lose, you can be grateful to be a part of the team. It's not about who gets the most recognition. It's about serving one another. So that's my challenge to you this week as you serve. I want you to serve in secret and lend a hand without looking for applause.

DISCUSSION QUESTIONS (3rd Grade and Up Only)

1. Can a couple of you tell me your favorite basketball player? (Pause for responses.) Why do you think those people got so popular? Do you think they did it all by themselves?
2. Who are some people who might have served them and helped them along the way? (Parents, coaches, trainers, teachers, teammates.) Do those people get lots of applause too?
3. Why do you think it's so important for us to feel like people recognize what we've done?

4. Have you ever done something to help someone else without them knowing it was you? Can you tell us about it?

Prayer

God, thanks for allowing us to take this time each week to talk about something even more important than the game of basketball. We want to follow what Jesus said and serve others without seeking praise or recognition. And when we do serve in secret, we know that You see our efforts and are so pleased. Help us to remember to serve and put others first this week. We ask these things in Jesus' name. Amen.

Mid-Practice Huddle - Devotion 4

Coach: Do NOT distribute practice cards at this practice

Review:

- › **Virtue:** SERVICE - Lending a hand to help someone else.
- › **Scripture Verse:** *God's gifts of grace come in many forms. Each of you has received a gift in order to serve others.*
1 Peter 4:10 (NIV)

Bottom Line: Use what you have to lend a hand.

Have you guys ever heard the word “hangry”? That’s what happens when you’re so hungry that you get angry! Has anyone ever been hangry before? Yeah, me too.

There was one time that Jesus was teaching a bunch of hangry people, and it ended up being one of His most famous miracles in the whole Bible. As He was telling them about God and His ways, Jesus started to notice they were getting restless and hungry. This was a big deal because they didn’t have fast food places or grocery stores back then.

Feeding this big crowd—and it was big, over 5,000 people—was a challenge for sure. But there was a young boy there who

SECTION ONE: PRACTICE

had a small dinner of five loaves of bread and two fish. I'm sure he didn't think it was all that much—certainly not enough to feed such a large crowd. But he willingly gave it to Jesus and guess what happened? The Bible says that Jesus prayed and then the disciples began passing out food. And before they knew it, the entire crowd had eaten their fill of bread and fish—with leftovers!

Now I know what you're thinking. Of course Jesus could do that. He's Jesus! But here's the thing. The boy with one small lunch was willing to give what he had, even if he didn't think it was enough to make a difference. The same is true for me and for you. We can use what we have to lend a hand. And with God's help, it's enough.

Maybe you don't think you have all that much to contribute to our team. Maybe you have a hard time moving the ball down the court. Maybe you're not the best on defense. Maybe you choke up every time your toe hits that free throw line. But here's the truth: You each play an important role when it comes to helping and serving one another. This team is about basketball and learning the fundamentals of the game. But it's also about learning to work together as a team, to support one another and to be the best teammates you can be on and off the court.

So my challenge to you as you continue to serve is to remember that what you have— however small it might seem—is enough with God's help. He's asking us to be willing—just like the boy and his lunch—to use what we have to lend a hand and leave the rest up to Him.

DISCUSSION QUESTIONS (3rd Grade and Up Only)

1. Do you think Jesus could have fed the crowd without the boy's dinner? Could He have done it some other way?
2. Why do you think Jesus decided to use what the boy had? (*He saw that the boy was willing.*)
3. What are some things that you have that you can use to lend a hand? (*i.e. skills and talents that God has given you*)
4. Look at the person on your left. Everyone share one thing that person brings to our team.

Prayer

Heavenly Father, thank You for Your Word and the truths we learn from it. Thanks for this amazing story of a boy who was willing to serve by giving what he had. It's pretty awesome to think that You could use us and what we have to make a big difference. When we see opportunities to serve this week but we don't think we have that much to offer, remind us of this one boy's dinner. Help us to serve others this week with Your help. We love You and we ask these things in Jesus' name. Amen.

Mid-Practice Huddle - Devotion 5

Practice Card Reminder: *At the end of practice, remember to distribute the practice cards entitled "Practice 5."*

Introduce:

- › **Virtue:** CONTENTMENT - Deciding to be happy with what you've got.
- › **Scripture Verse:** *I have learned the secret of being content no matter what happens.* Philippians 4:12b (NirV)

Bottom Line: When you focus on God, He can help you be content.

Guys, today I want to talk about something that's really important to God . . . but it can be difficult for us. Even adults have a hard time with it. In fact, it actually gets harder as you grow up. I'm talking about contentment—deciding to be happy with what you've got. The good news is, there's a secret to contentment that will make you truly happy and satisfied, no matter how much stuff you have, no matter what's going on in your life.

Let me put it this way. Do you think that if you had enough stuff, you could be totally happy and satisfied forever? Maybe it seems that way. Maybe you think, "If I just had that new game system . . . or those new basketball shoes . . . or if my family had a bigger house or a cooler car, then I'd be happy." But the problem is, even if you had those things, there would be something else that you'd want too.

The secret to contentment isn't about what you have. It's about who you know. This might seem hard to believe, but when you have a relationship with God, that's all you need to be content! It's not that you can't want things for your birthday or you can't think that it would be cool to have something you saw in an ad. But you don't find your happiness in those things, because they come and go. You find it in knowing that God loves you, that He is with you, that He'll never leave you and that you can trust Him no matter what. And those truths are more important than any things that you have. When you focus on God, He can help you be content. And suddenly all that "stuff" doesn't seem quite as important anymore.

So how does that work, exactly? Well, when I'm really struggling because I wish I had a fancier car or a bigger house or more success at work or whatever, I need to step back and

ask God to help me focus on Him instead of cars and houses and my job. I need to read His Word, the Bible, so I can see how He wants me to live and so He can help me get my heart focused on things that are really important. I can focus my heart more on God by going to church where other people who follow Him can encourage me in my faith and where I can worship Him. Another way I grow closer to God is by talking about Him with you guys here at Upward. There are lots of ways you can build your relationship with God.

Just like you listen to me, your coach, to play a great game of basketball, we need to listen to God and focus on Him. Contentment comes when we remember that our relationship with Him is the most important part of life. When we always want more, instead of being content with what we have, we're putting more focus on our stuff instead of focusing on God. It's not easy, but when we choose to focus on God, He will help us be content.

DISCUSSION QUESTIONS (3rd Grade and Up Only)

1. Can someone tell me a gift you got that you really wanted—maybe for your birthday or at Christmas? Do you still use it? Is it still just as cool and exciting today? What about five years from now?
2. Do you think the happiest people in the world are the ones with the most stuff? Why not?
3. What are some specific ways that you remember to focus on God? *(Ask them to elaborate on their answers: When do you pray? How do you remember to read your Bible?)*
4. How do you think focusing on God can make you content?

Prayer

God, it is so hard sometimes to be happy with what we have. It seems like there's always something shinier or faster or cooler than what we have. But we know chasing after stuff instead of focusing on our relationship with You will never make us truly happy. When we start to focus on our stuff, help us to turn our attention to You instead. Because when we focus on You, we know that You will help us be content. We love You and we ask these things in Jesus' name. Amen.

Mid-Practice Huddle - Devotion 6

Coach: Do NOT distribute practice cards at this practice

Review:

- › **Virtue:** CONTENTMENT - Deciding to be happy with what you've got.
- › **Scripture Verse:** *I have learned the secret of being content no matter what happens.* Philippians 4:12b (NIRV)

Bottom Line: When you focus on what you don't have, it can make you miserable.

Let's pretend that today is your birthday. Your mom and dad throw you a big party, tons of friends show up, you stuff yourself with cake and ice cream and at the end of the party, your dad rolls out the brand-new scooter that you've been talking about for weeks. You're stoked! It's exactly what you wanted. So you head outside to try out your new ride, but when you get to the end of your driveway, an older kid from down the street comes by on his brand-new hover board. Suddenly, that brand-new scooter you were so psyched about just minutes before doesn't seem so great. Now you don't want what you have. You want what he has.

Or, to give you a basketball example, maybe you look at other players on the team and suddenly your skills aren't good enough. Maybe you wish you were better at sinking free throws or shooting from behind the three-point line. Maybe you wish you had quicker feet or were a better dribbler. When you constantly compare your skills to other people, it's hard to be content with your own skills and abilities.

Wanting what other people have is a contentment killer. Because the truth is, there will always be someone who is faster or stronger, who has cooler toys or more awesome stuff than you. God wants you to focus on what He has given you. He knows that when you focus on what you don't have, it can make you miserable.

Instead, God wants you to see all of the awesome things He has given you. He made you. He gave you gifts and abilities that are different from everyone else's. There is no one in all the world exactly like you. And when you constantly compare yourself to others or become frustrated because you want what someone else has, you're telling God that the way He made you was wrong. And trust me, nothing could be further from the truth. God didn't mess up when He created you. The Bible says that God made you amazing and wonderful. You are His exact invention and He loves how He made you! And God wants you to be content in exactly who He made you to be. But I know this is a lot easier to talk about than it is to actually put into practice.

DISCUSSION QUESTIONS (3rd Grade and Up Only)

1. Can somebody tell me a famous point guard in the NBA? What do you think would happen if he tried to play center?
2. Instead of sitting there wishing he was taller, what do you think he did over time to be successful as a guard?
3. Why is it so frustrating when you see something that somebody else has that you really want for yourself?
4. What are some ways you can focus on what you do have instead of what you don't have?

Prayer

Heavenly Father, thank You for all of the blessings You have given us. Thanks for the opportunity to play this great game as a team and to learn more about You in the process. When we start to focus on what other people have instead of what we already have, remind us that everything comes from You. We trust that You didn't make any mistakes and that You have given us exactly what we need. Help us to focus on all that you've given us instead of comparing ourselves to others so that we can be content. We love You, God. And we ask these things in Jesus' name. Amen.

Mid-Practice Huddle - Devotion 7

Coach: Do NOT distribute practice cards at this practice

Review:

- › **Virtue:** CONTENTMENT - Deciding to be happy with what you've got.
- › **Scripture Verse:** *I have learned the secret of being content no matter what happens.* Philippians 4:12b (NirV)

Bottom Line: When you focus on stuff, you can miss what matters most.

Guys, today we're going to talk some more about contentment. Contentment is deciding to be happy with what you've got. And sometimes that can be really hard! Today I want to take a look at a story that Jesus told about a man who really didn't understand contentment.

Jesus talked about a rich man whose land produced a very large crop. The crop was so large, in fact, that he didn't have enough room in his barns to store all the grain. Now I know most of us don't have barns and grain these days, but hang with me, because this was a super-important lesson that Jesus was teaching. So this guy had all this extra food. He couldn't even fit it in his barns to store it for later. You might think he would share it with other people . . . but no, he didn't! Instead, he decided to build even bigger barns so he could keep it all for himself! He thought, "Hey, I can store all this away for many years and then take life easy." But then God spoke to him. God said, "You foolish man! This very night you are going to die. And who is going to use all of this stuff you've kept for yourself then?"

So, clearly Jesus was sharing this story as a bad example of how to handle our stuff. Just think of all the people the rich man could have helped who didn't have food! This guy was so focused on his stuff and keeping it for himself that he completely lost sight of what's really important—because stuff doesn't last. And if we aren't careful, we do this too. Think about all the toys that you had three or four years ago. All that stuff must have seemed so important back then . . . and now it's in a drawer somewhere, or it got broken, or maybe you gave it to your younger brother or sister. And believe it or not, the things you think are so cool right now just won't be that important to you three or four years from now. The same thing

happens to us adults. Am I saying you shouldn't enjoy the things you have? No way! But I do want you to remember that contentment or happiness isn't found in your stuff. And when you focus on your stuff, you miss what's really important—like your relationship with people and your relationship with God.

This is also true on the basketball court. Maybe you think that the “goal” of this team is to win every game and be better than every other team. But if our contentment is based only on winning, I'm afraid we'd never be happy playing this game. The truth is that even if you all play your hearts out, we still might lose a game. So maybe we need to switch the “goal” of each game. Instead focusing on winning, maybe the focus should be on having fun, showing good sportsmanship, and trying your best so you can become a better player and teammate. Believe me, I want to win just like you do. But we can be content no matter what the score is. And when we're only focused on winning, we can miss what's really important—becoming better people and growing closer to God. Years from now, our team record won't really matter. But who we are as people and what we've learned about God will.

Contentment is possible if we focus on the right things and put them first. Listen to what Jesus said—this is from Luke 12:15: *“Watch out! Be on your guard against wanting to have more and more things. Life is not made up of how much a person has.”* Your life is about more than your stuff. It's about more than winning. Real contentment comes when we decide to be happy with all of the amazing things that God has given us. Our relationship with Him is what's most important. When you focus on stuff, you can miss what matters most.

DISCUSSION QUESTIONS (3rd Grade and Up Only)

1. What are the things that really matter most to you? (faith, family, friendships)
2. Do you think our stuff can get in the way of those things? How?
3. When we focus on what we have, what does that do to our relationships with people?
4. What are some ways we can focus on God and the people He has put in our lives?

Let's ask God to help us have contentment and focus on the right things this week.

Prayer

God, thank You for loving us and giving us everything we need. We don't want to be like the rich fool who was too focused on his stuff. Please help us to focus on the right things so that we can truly be content. We love You and we ask these things in Jesus' name. Amen.

Mid-Practice Huddle - Devotion 8

Practice Card Reminder: *At the end of practice, remember to distribute the practice cards entitled “Practice 8.”*

***If this is your next to last practice, be sure distribute a copy of the “40 Laps” DVD (found in your coach box) to each of your players. Encourage them to watch it with their parent(s) before the last practice of the season. The story in the DVD will be reviewed at the last practice as you present the gospel to your team. It’s also very important that you watch the video prior to your last practice as well. You can view it by logging into the Upward Coach website and clicking on the “40 Laps” tab. Also, at your last practice, be sure to use the devotion guide found on page 58.**

Introduce:

- › **Virtue:** HOPE - Believing that something good can come out of something bad.
- › **Scripture Verse:** *“In this world, you will have trouble. But be encouraged! I have won the battle over the world.”*
John 16:33b (NIRV)

Bottom Line: Whatever happens, remember what Jesus promised.

For the next few practices, I want to talk about what it means to have hope. Hope is believing something good can come out of something bad. We all face difficult situations. Maybe you’re going through a hard time right now. Maybe your best friend has decided not to be best friends anymore. Maybe your dad lost his job and is having a hard time finding a new one. Maybe you’re struggling in one of your classes and it doesn’t seem to be getting any better. How can we have real hope that things will get better when we face difficult situations? One big way is by remembering what Jesus promised.

God has given us the ultimate reason to have hope. In fact, that's why He sent Jesus, His only Son, to earth. Before Jesus, we were all broken by sin—our hearts were stained with it—and we couldn't be close to God because He's perfect. (Our sins are all of the things that we've ever done wrong.) We couldn't wash our hearts clean from our sins. We were stuck and needed rescue—things looked really bad. But then, Jesus came! He lived a perfect life and died on the cross to pay the price for our sins. Not only that, when we accept what He did for us, He trades our sin-stained hearts for His perfectly clean one so that we can be close friends with God forever! Not only that, but Jesus promised that He would be with us always through His Holy Spirit. That's why we can have hope. That's how we can believe that something good can come out of something bad. So whatever happens, remember what Jesus promised—we are His friend forever.

And I want to make a promise to you as well when it comes to basketball. I want you to know that you are more important to me than a winning record at the end of the season. I want you to improve your skills on the court and to do your best. Would it be great to win? Sure. But is winning more important than everything else? Nope.

So whatever happens, on or off the court, good or bad, we can still have hope. Because Jesus promised to be with us. He has made a way for us to be with Him in heaven forever when we trust Him as our Savior. And nothing—absolutely nothing—can take that away! What an awesome reason to have hope.

DISCUSSION QUESTIONS (3rd Grade and Up Only)

1. Sometimes people break their promises. But how can you be sure that God's promises are true? *(You can look at how He has been faithful, and how He has kept His promises ever since He created the world. He has always been the same.)*
2. If you have a relationship with God, do you think that means your life will be easy?
3. When you're going through a hard time, what are some things that you know about God that will help you? *(knowing that He's strong, knowing that He has a plan, knowing that He loves you)*

Prayer

God, thank You for every player on this team. Help us to remember that You are with us, that You sent Jesus to rescue us so we could be with You and that something good can come out of something bad if we put our trust in You. We may not always see the good stuff, but we know that You are in control and that we can trust You. Help us have hope, even when it's hard. We love You and we ask these things in Jesus' name. Amen.

Mid-Practice Huddle - Devotion 9

Coach: Do NOT distribute practice cards at this practice

****If this is your next to last practice, be sure distribute a copy of the "40 Laps" DVD (found in your coach box) to each of your players. Encourage them to watch it with their parent(s) before the last practice of the season. The story in the DVD will be reviewed at the last practice as you present the gospel to your team. It's also very important that you watch the video prior to your last practice as well. You can view it by logging into the Upward Coach website and clicking on the "40 Laps" tab. Also, at your last practice, be sure to use the devotion guide found on page 58.***

Review:

- › **Virtue:** HOPE - Believing that something good can come out of something bad.
- › **Scripture Verse:** *"In this world, you will have trouble. But be encouraged! I have won the battle over the world."*
John 16:33b (NirV)

Bottom Line: Whatever happens, remember God is with you.

We've been talking about hope. Hope is believing that something good can come out of something bad. I hope that you already know this, but I am super glad to be your coach. Not only because I love basketball but because I love to watch you improve, work together as a team and have success on the court. But whatever happens on the court, I want you to know that you are still important to me. Whatever happens, win or lose, if you work hard and do your best, it's enough. I want to be your biggest fan, win or lose. I hope you all know how awesome I think you are.

But there's something even more important that I want you to know. In fact, this might be the most important thing you hear me say. I want you to know and believe in your heart that God loves you. He made you. You are His invention! He sent His only Son to rescue you so you can be with Him forever because He loves you so much. When bad things happen and you wonder, "Why?" I want you to know without a doubt that God is with you, loving you. You don't have to earn His love. He just loves you, period. And even when people around you don't treat you with kindness, I want you to remember that God loves you.

Check this out, in John 16:33 it says, *"In this world, you will have trouble. But be encouraged! I have overcome the world."* Notice it doesn't say, *"in this world you might have trouble"* or *"in this world everyone else will have trouble."* It says what? *"In this world you **will** have trouble."* That means at some

point you will face a difficult situation. It's just life. But when the bad stuff happens, you can trust that something good will come out of it because God loves you. He is in control and He is always working toward something good—even in something bad. Listen to the rest of the verse one more time. *"Be encouraged! I have overcome the world."* When we trust Jesus as our Savior, we're on the winning side. Nothing can separate us from His love. So remember, God is on your side. Whatever happens, remember He is with you. And He loves you so very much.

INTERACTION QUESTIONS (3rd Grade and Up Only)

4. When you're going through something difficult, how does it help to know that God is with you? (*You know you're not alone. You know that He cares about you and that He knows what you're going through.*)
5. Do you think it's true that God really knows how you feel, in any situation? Why? (*God made us and knows us better than anyone. We know that Jesus faced challenges and struggles here on earth.*)
6. *Coach: Share about a time in your own life when you faced something hard, but you knew that God was with you.*

Let's pray.

Prayer

Heavenly Father, thank You for this awesome promise from Your Word that You are with us and that when we're on Your side, we win! We trust that You are in control, and that even when bad things happen, nothing can separate us from Your love. Help us to remember just how much You love us so that we can have hope—even in the hard stuff. We love You, God. And we ask these things in Jesus' name. Amen.

Mid-Practice Huddle – Devotion 10

Coach: Do NOT distribute practice cards at this practice

***If this is your next to last practice, be sure distribute a copy of the “40 Laps” DVD (found in your coach box) to each of your players. Encourage them to watch it with their parent(s) before the last practice of the season. The story in the DVD will be reviewed at the last practice as you present the gospel to your team. It’s also very important that you watch the video prior to your last practice as well. You can view it by logging into the Upward Coach website and clicking on the “40 Laps” tab. Also, at your last practice, be sure to use the devotion guide found on page 58.**

Review:

- › **Virtue:** HOPE - Believing that something good can come out of something bad.
- › **Scripture Verse:** “In this world, you will have trouble. But be encouraged! I have won the battle over the world.”
John 16:33b (NIV)

Bottom Line: Whatever happens, remember how powerful God is.

We’ve been talking about hope the last couple of practices. Hope is believing something good can come out of something bad. Now, I know that when something bad happens, it’s hard to believe things can ever be good again. Like when we lose a game. That’s hard, right? Or when you make a mistake during the game and you feel like you’ve let your teammates down. Or what if the referee makes a bad call? How can something good come out of all that? Well, maybe the loss teaches us how to be supportive of the other team, maybe your mistake gives your teammates the chance to encourage you, and maybe the bad call teaches you to be a good sport no matter what happens. Something good can come out of something bad if we choose to look for it. Especially when we remember

just how powerful our God is. And that's what I want to talk about today.

Sometimes it's easy to see how powerful God is—like when you hear a thunderstorm, or you look at huge mountains or the ocean. Or maybe you can think about a time when God came through in a big way for you and your family. Sometimes, though, it doesn't seem like He's powerful . . . because things look really bad. But when things look really bad, we have to remember that we can't see the whole story. We can't see all that He is up to, even in the bad stuff. And even when things don't turn out the way we want them to, we need to remember that God is still powerful and He is still in control.

The Bible talks about something amazing that happened to a man named Lazarus, who was a very good friend of Jesus. You can read about it in John, chapter 11. Lazarus got really sick while Jesus was teaching in another town. So his sisters, Mary and Martha, sent a messenger to tell Jesus. Now when Jesus found out his very good friend was sick, you might think He would go immediately to see Lazarus . . . but He didn't. In fact, Jesus waited several days. And when He got to Lazarus' town, well, it was bad. Lazarus had already died, and they had placed his body in a tomb, which was the custom back then. A tomb was like a cave and Lazarus had been in the tomb for four days. Everyone was so sad. But Jesus told them to roll the stone away that was in front of the tomb, closing it. Here's what the Bible says.

(Reading John 11:41-42, NIV.) "So they took away the stone. Then Jesus looked up. He said, 'Father, I thank you for hearing me. I know that you always hear me. But I said this for the benefit of the people standing here. I said it so they will believe that you sent me.'"

Then Jesus shouted, “*Lazarus, come out!*” And sure enough, Lazarus came out of the tomb—alive. God is so powerful that He actually brought Lazarus back to life. That really happened!

Everyone who was there that day could see that God has power over everything—even death. And it’s true today, too! Nothing is bigger or stronger or more powerful than God. And when you choose to trust in Him, He will never leave you. The most powerful One in all of the universe is with you all of the time! And He can conquer anything and use anything for good—even death! What a huge reason to have hope! Whatever happens, remember how powerful God is.

DISCUSSION QUESTIONS (3rd Grade and Up Only)

1. What are some things that remind you that God is powerful?
2. How do you think Lazarus’ friends felt when Jesus didn’t show up to help, and their friend died? In that moment, do you think they thought God was really all that powerful?
3. The truth is, Jesus had a bigger plan all along. Why did He wait and come later to heal Lazarus? (*So everyone could see how powerful God is.*)
4. Lazarus’ friends got to see him alive again. But do you think we’ll always get to have a “happy ending” to our problems?
5. Even when God doesn’t fix our problems the way we think He could, is He still powerful?

Prayer

God, You know about each of our lives. You know if we're facing hard stuff today. I pray that every child on this team would know and believe that You are more powerful than any of their problems. Help all of us to trust You and to ask You for help. Our hope truly is in You. Thanks for hearing us when we pray, just like You heard Jesus in front of the tomb that day so long ago. You are an awesome, mighty God. And it's in Jesus' name that we ask these things. Amen.

Mid-Practice Huddle - Last Practice of the Season

Practice Card Reminder: *At the end of practice, remember to distribute the practice cards entitled "Last Practice."*

***Coach:** *Prior to presenting this practice huddle, make sure you have watched the "40 Laps" DVD (found by going to your coach webpage on MyUpward.org). The devotion below will present the gospel by reviewing the story of "40 Laps". Also, remember to invite the parents to join in with this week's special devotion.*

› **Scripture Verse:** *For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16 (NIV)*

Bottom Line: God sent Jesus to forgive us of our sins.

I hope you all have had the chance to watch the DVD we gave you this past week. "40 Laps" is a story that we actually can all relate to. In the story, Josh got kicked off his team by his coach. Do you remember why? (*Hold for responses*) That's right. Because he punched another player. What did the coach tell Josh he would have to do in order to get back on the team? (*Hold for responses*) Right again. He had to run 10 miles. That's 40 laps around the track!

See, what Josh had done was sinned. Do you remember what the coach said that sin is? (*Hold for responses*) Sin is anything we think, say or do that displeases God. We know what those things are by reading the Bible. If you've ever been mean to a classmate, that's sin. If you've ever disobeyed your parents, that's sin. If you've ever cheated on a test, told a lie, or bullied someone, that's sin.

Josh had to pay a price to get back on the team. He had to run 40 laps. What happened when he wasn't able to run all of the laps? (*Hold for responses*) Right! His coach stepped in for him! He finished the laps that Josh couldn't run!

Just like Josh, a penalty had to be paid for our sins before we could become part of God's team. Instead of us having to pay it, Jesus did it Himself by dying on the cross. We read this in the Bible in John 3:16: *"For God so love the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life"* (NIV). His death was the payment for our sins. He loves us and wants us to be on his team! This could only happen because of what Jesus did on the cross. Jesus' died and rose from the dead to allow us to be forgiven for our sins and live forever with Him in heaven!

DISCUSSION QUESTIONS (3rd Grade and Up Only)

1. Have you ever sinned (or done something that displeases God)? Did you know that everyone that has ever lived has sinned, except for Jesus?
2. Because everyone has sinned, everyone needs forgiveness from their sin. Jesus died on the cross to forgive us of our sin. How does it make you feel knowing that Jesus stepped in to pay the price for sin that you couldn't pay?

SECTION ONE: PRACTICE

The bottom line is this - God wants each of you to be on His team by believing His son, Jesus, died in your place for your sins...and then came back to life! He wants you to believe in Him by asking Him into your heart. You can make this decision today by asking Him to forgive you for your sins and trusting Him to be the most important person in your life! When you do that, your life will never be the same. You'll be living for a much bigger purpose.

If you are ready to trust Jesus with your life, you can do that right now. There are no magic words that can put you in God's family, only your faith in Jesus can do that. However, a simple prayer can kick off your relationship with God. If you're ready to start living your life for God, simply say this prayer quietly in your own mind after me:

"Dear Jesus, I know that I'm a sinner and I need a savior. I believe you took my place and died the cross for my sins. I ask you to please forgive me for my sins. Come into my life and help me start living for you. Thank you, Jesus. Amen."

If you prayed that prayer and asked Jesus into your heart, or if you just have questions about anything we've discussed, please come see me after practice. I'd love to talk with you more about how you can know and trust Jesus.



SECTION TWO

RULE LEVELS OF UPWARD BASKETBALL



The Levels of Upward Basketball

Upward Basketball uses a four-level age appropriate format that grows with each young athlete. Each level of Upward Basketball is tailored to meet athletes where they are in their playing ability, allowing them to reach their full potential.



Each level of Upward Basketball includes a specific game format and rules. Levels 1-3 use a set of common rules with modifications designed for each level. However, Level 4 uses an exclusive set of rules that follow a traditional middle school format.

Basic Rules for Levels 1-3

****Note: These rules do NOT apply to Level 4. Except where the following rules apply, play is governed by the National Federation of State High School Associations' (NFHS) Rules Book (www.nfhs.org)***

Game Format

1. Referees lead both teams in prayer at center court before every game. This sets the tone and focus for the game.

2. A coin flip or other impartial method determines which team receives possession first. In jump ball situations, possessions will alternate. This promotes fairness for both teams while adhering to the NFHS rule for jump ball situations.
3. Clock format: Running clock throughout the game, stopping only for pre-determined substitutions at the end of each segment and halftime.
4. At the end of each segment, the team that receives the ball next is based upon the direction of the possession arrow. This avoids the offensive team that may have possession in the next segment from stalling at the end of a period.
5. All coaches will adhere to the substitution system as detailed in Guide 10. The substitution system allows for equal playing time for all players.
6. There are no timeouts. This allows more playing time and keeps the games on time.
7. Teams switch goals at halftime. This rule is in compliance with NFHS Rules. It also evens any advantage that may occur because of the court.
8. Any game ending in a tie should remain in a tie. No overtimes are played so games stay on schedule.
9. Standings add unneeded pressure to the game and therefore will not be maintained.

Rules for Play

Defense

1. Man-to-man defense will be played at all times. Zone defenses are not allowed in Levels 1-3. In a man-to-man defense, players are only guarding the opponent that closely matches their ability and height. This allows for a more competitive system for every player on the court while creating an equal opportunity for each player.
2. Defensive players must stay within arm's reach of the player they are guarding. This prevents defenders from sagging or crowding an area of the court to gain a defensive advantage.
3. Double-teaming is not allowed. However, help defense is strongly encouraged in the following instances:
 - Lane Area: If a defender is in the lane and the player he or she is guarding is within arm's reach, the defender is allowed to provide help defense. Since many goals are scored in the lane, it provides the defense more opportunity to properly defend this area.
 - Picks and Screens: Defensive switching is allowed on offensive picks or screens. The non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend their offensive player. This is commonly referred to as "help and recover." This prevents the offense from continually setting screens to gain an advantage.
 - Fast Breaks: When an offensive player has beaten their defender, another defensive player may help.

Upon stopping the fast break, defenders should return to guarding their assigned players. This rule is meant to prevent the defenders from helplessly watching the offensive player score without being able to help.

4. At the beginning of each segment, players will line up at half court and “match up” with whom they are guarding. This act is performed to promote equal player match-ups. Equal match-ups combined with man-to-man defense create five competitive pairings on the court.
5. Full court presses are not allowed. Defensive players may not guard their opponents in the backcourt. This will allow for more play to occur in the front court and create an equal opportunity for each child to participate both on offense and defense.
6. Due to the shortness of the court, backcourt violations will not be called. If playing on a regulation-size court (84 feet) as opposed to cross-court, backcourt violations should be called.
7. A player committing two fouls in one segment must sit out the remainder of that segment. The next player in the rotation comes in as the substitute and is rewarded some extra game time. This does not change the normal rotation as the fouled-out player does not re-enter the game until he or she is scheduled to do so. This rule allows the offending player time to regroup during the remainder of the segment while realizing that there is a consequence for the violation.

Offense

1. The offense must purposefully attack the defense in every situation – no stalling. After a warning from the referee, a violation will be called resulting in a turnover. This will prevent a team with the lead from running the clock out by staying in the backcourt.
2. Isolation plays will not be a part of Levels 1-3 because they take away the opportunity for improvement for all players and contradict the spirit of the rules.
3. Non-shooting fouls will result in the ball being in-bounded from either the baseline or sideline. All shooting fouls will result in free throws. By not administering “bonus” situation free throws, all players on the court can contribute to consistent game action.
4. No score will be given for a basket in the wrong goal. It will be treated as a turnover. This will prevent further embarrassing a player for making this mistake.

All other rules have specific modifications for Levels 1-3. See the following charts for these modifications:

Level 1 Modifications

Rule	Explanation/Comments
Goal Height	7 feet
Ball Size	25"
Games consist of six, 4-minute segments and an 8 minute halftime. One minute is allotted for substitutions between segments.	This keeps games to approximately a 45-minute time frame. It also allows each player to be in the game for shorter segments than older age divisions.
Score is NOT kept.	The focus of this age is to learn fundamentals, not winning and losing.
3-second violation is NOT called.	Referees should advise players of this potential violation but not penalize.
Coaches are allowed on the floor with players.	The focus is for coaches to instruct and encourage players at all times.
Stealing the ball from the dribbler is NOT allowed.	To encourage the offensive player to dribble with correct form without the pressure of having the ball stolen.
Stealing the ball off a pass is NOT allowed.	To encourage the offensive player to pass with correct form without the pressure of having the ball stolen.
Violation is NOT called for having two hands on the ball while dribbling.	Due to limited hand-eye coordination, this allows a player to establish correct dribbling form through rhythm and pressure on the ball.
Violation for double dribbling is called but does NOT result in a turnover.	Players should learn the concept of double dribble but should be allowed the opportunity to correct it without penalty.
Violation for traveling is called but does NOT result in a turnover.	Players should learn the concept of traveling but should be allowed the opportunity to correct it without penalty.

(Continued on next page)

SECTION TWO: RULE LEVELS FOR UPWARD BASKETBALL

Level 1 Modifications (continued)

Rule	Explanation/Comments
Violation for traveling is NOT called when a player shuffles feet when trying to set up for a shot.	Because this age group is single skill focused, players will tend to shuffle their feet when focusing on setting up for a shot. This is corrected as the player develops in skill as he gets older.
Fast breaks are NOT allowed in any transition situation.	This promotes a controlled game. Players at this age learn better when the pace is controlled.
Shooting fouls do NOT result in free throw attempts.	A player who gets fouled while shooting gets to retry his/her shot from the spot of the foul without being defended. Ball is live after shot is attempted. This allows a player to attempt a shot that he was trying to take prior to the foul from the same spot.

Level 2 Modifications

Rule	Explanation/Comments
Goal Height	8 feet
Ball Size	25"
Games consist of six, 6-minute segments and an 8 minute halftime. One minute is allotted for substitutions between segments.	This keeps games to approximately an hour time frame.
Score is NOT kept.	Young athletes at this age should not focus on the score but rather the developmental skills being taught.
3-second violation is NOT called.	Young athletes at this age should focus on offensive basics (dribbling, passing, shooting, and rebounding).
Coaches are allowed to walk the sidelines to encourage and instruct players.	The focus is for coaches to instruct and encourage players at all times.
Free throws are awarded on all shooting fouls.	Two shots are attempted by the fouled player at the 10' line. Coaches may quickly come onto the court to line up remaining players in proper free throw positions. After the second shot, the ball will be inbounded by the opposing team regardless of shot result.
Stealing the ball off a dribble or pass is allowed.	Players at this age should be taught and held to these basic basketball rules.
Double dribble violation is called in all circumstances.	
Traveling violation is called in all circumstances.	
Fast breaks are allowed in any transition situation.	

SECTION TWO: RULE LEVELS FOR UPWARD BASKETBALL

Level 3 Modifications

Rule	Explanation/Comments
Goal Height	9 feet
Ball Size	28.5"
Games consist of six, 6-minute segments and an 8 minute halftime. One minute is allotted for substitutions between segments.	This keeps games to approximately an hour time frame.
Score is kept.	Young athletes at this age should learn how to handle winning and losing after competition. This translates into life lessons.
3-second violation is called and results in a turnover.	At this age, young athletes should understand the concept of offensive movement by not allowing an offensive player to stay in the lane more than 3 seconds.
Coaches allowed to walk the sidelines to encourage and instruct players.	The focus is for coaches to instruct and encourage players at all times.

Continued on next page

RULE LEVELS FOR UPWARD BASKETBALL

SECTION TWO:

Rule	Explanation/Comments
<p>Clock runs continuously with special rules in effect with fewer than two minutes remaining in the game:</p> <ul style="list-style-type: none"> › Non-shooting fouls result in the offensive team getting one point and the ball. › Shooting fouls result in the offensive team scoring two points. The opposing team then takes possession. › Players fouled in the act of shooting and making the basket are credited with the basket plus one point. The opposing team then takes possession. 	<p>Because the clock does not stop, this rule keeps the game moving without wasting the running game clock on lining up for free throw attempts.</p>
<p>Free throws are awarded on all shooting fouls.</p>	<p>Two shots are attempted by the fouled player at the 12' line. Remaining players assume proper free throw positioning. Ball is live if second shot is missed.</p>
<p>Stealing the ball off a dribble or pass is allowed</p>	<p>Players at this age should be taught and held to these basic basketball rules.</p>
<p>Double dribble violation is called in all circumstances</p>	
<p>Traveling violation is called in all circumstances</p>	
<p>Fast breaks are allowed in any transition situation</p>	

Level 4 Rules

*The following rules are exclusive to Level 4. They follow a more traditional middle school format and game play. Except where the following rules apply, play is governed by the National Federation of State High School Associations' (NFHS) Rules Book (www.nfhs.org)

Game Format

Rule	Explanation/Comments
Referees lead both team in prayer at center court before every game.	This sets the tone and focus for the game.
Goal Height	10 feet
Ball Size	28.5" (girls), 29.5' (boys)
Games consist of 4, six-minute quarters.	Follows middle school rules and allows game to begin and end within an hour timeframe.
The clock stops at each whistle.	Stoppage of play includes violations, fouls, out-of-bounds play, timeouts, and injury.
Overtimes are 2 minutes in length (regulation clock).	Gives both teams the opportunity to win the game with reasonable extended time. If still tied at the end of the overtime period, the game ends in a tie.
Teams are allowed one (1) 30-second timeout per half (1 per team per half).	This allows a coach to meet with players and adjust strategy during a game.
All games are played on a full-sized regulation court (no cross court).	This is appropriate floor size for players at this level.

Level 4 Rules for Play

Rule	Explanation/Comments
A jump ball is used to start the game and overtime period.	Athletes at this age have the physical ability to jump for the ball to obtain possession. It also follows the NFHS rules for starting a game or overtime.
Zone and man defenses are allowed (both should be used throughout the season).	Players at this level possess the ability to defend and attack both zone and man principles. Zone and man defenses are a part of the game of basketball and should be understood by players as they prepare for the next level.
Press defense is allowed in the backcourt at all times except if a team has a 15-point advantage.	To promote fairness and integrity of the game, teams with a 15-point advantage should drop into a basic half-court defense.
All players are allowed five (5) fouls each game. After the 5th foul is committed, the player is out for the remainder of the game. After the seventh team foul in each half, bonus free throws are awarded to the fouled team (1 and 1).	This rule follows traditional middle school rules format.
Three point shots are allowed only if the court features a three-point arc.	Courts without a 3-point line should not award 3 points no matter the shot distance
Playing time requirements for each player in Level 4 are: <ul style="list-style-type: none"> • Each athlete plays a minimum of ¼ of each game. • Each athlete must play in both halves of each game. 	Level 4 does not use the substitution system found in Levels 1-3. This allows flexibility in managing playing time for each coach based on the game situation while promoting fair game participation for all players.
End of season tournaments are highly encouraged for Level 4	End of season tournament play adds excitement to your league. A minimum of 2 games per team in tournament play.



SECTION THREE FORMS



SECTION THREE: FORMS

WEEK ____		FIRST HALF			SECOND HALF			GAME DAY STARS
PLAYER'S NAME		18 MIN	12 MIN	6 MIN	18 MIN	12 MIN	6 MIN	
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

WEEK ____		FIRST HALF			SECOND HALF			GAME DAY STARS
PLAYER'S NAME		18 MIN	12 MIN	6 MIN	18 MIN	12 MIN	6 MIN	
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

SECTION THREE: FORMS

WEEK ____		FIRST HALF			SECOND HALF			GAME DAY STARS
PLAYER'S NAME	18 MIN	12 MIN	6 MIN	18 MIN	12 MIN	6 MIN		
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

WEEK ____		FIRST HALF			SECOND HALF			GAME DAY STARS
PLAYER'S NAME	18 MIN	12 MIN	6 MIN	18 MIN	12 MIN	6 MIN		
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

SECTION THREE: FORMS

WEEK ____		FIRST HALF			SECOND HALF			GAME DAY STARS
PLAYER'S NAME		18 MIN	12 MIN	6 MIN	18 MIN	12 MIN	6 MIN	
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

WEEK ____		FIRST HALF			SECOND HALF			GAME DAY STARS
PLAYER'S NAME		18 MIN	12 MIN	6 MIN	18 MIN	12 MIN	6 MIN	
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

SECTION THREE: FORMS

WEEK ____		FIRST HALF			SECOND HALF			GAME DAY STARS
PLAYER'S NAME		18 MIN	12 MIN	6 MIN	18 MIN	12 MIN	6 MIN	
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

WEEK ____		FIRST HALF			SECOND HALF			GAME DAY STARS
PLAYER'S NAME		18 MIN	12 MIN	6 MIN	18 MIN	12 MIN	6 MIN	
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

SECTION THREE: FORMS

WEEK ____		FIRST HALF			SECOND HALF			GAME DAY STARS
PLAYER'S NAME	18 MIN	12 MIN	6 MIN	18 MIN	12 MIN	6 MIN		
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

WEEK ____		FIRST HALF			SECOND HALF			GAME DAY STARS
PLAYER'S NAME	18 MIN	12 MIN	6 MIN	18 MIN	12 MIN	6 MIN		
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

SECTION THREE: FORMS

WEEK ____		FIRST HALF			SECOND HALF			GAME DAY STARS
PLAYER'S NAME		18 MIN	12 MIN	6 MIN	18 MIN	12 MIN	6 MIN	
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

WEEK ____		FIRST HALF			SECOND HALF			GAME DAY STARS
PLAYER'S NAME		18 MIN	12 MIN	6 MIN	18 MIN	12 MIN	6 MIN	
A								
B								
C								
D								
E								
F								
G								
H								
I								
J								

STAR DISTRIBUTION FORM

Use a pencil to record the color of star that the players receive each day.

Name	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Game 7	Game 8
TOMMY	B	W	G	Gr	R	B		
CHRIS	G	B	W	B	W	G		
JULIO	Gr	W	B	R	B	B		
SHANE	W	R	W	G	W	W		
JEROME	R	B	R	R	B	R		
TIM	B	Gr	G	W	G	Gr		
MARC	R	G	Gr	B	Gr	W		

Blue (B): Effort
Red (R): Defense

Gold (G): Sportsmanship
White (W): Christlikeness

Gray (Gr): Offense

