



UPWARD SPORTS LEAGUE

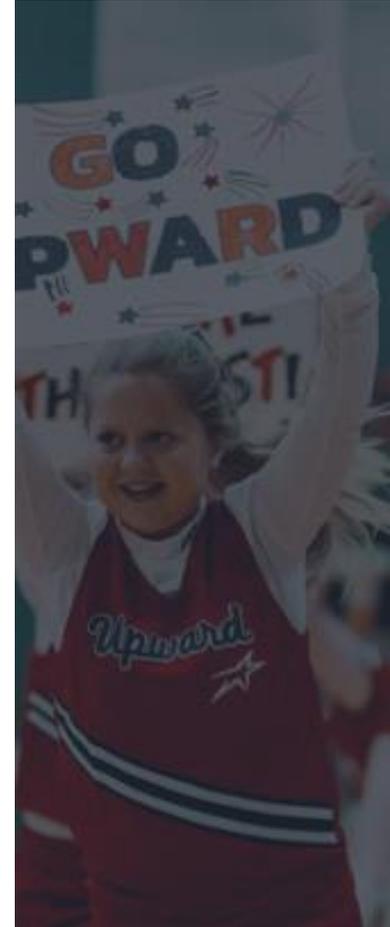
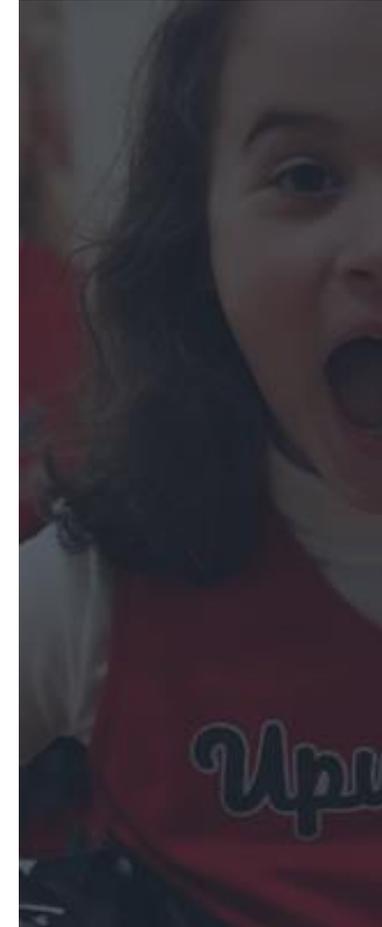
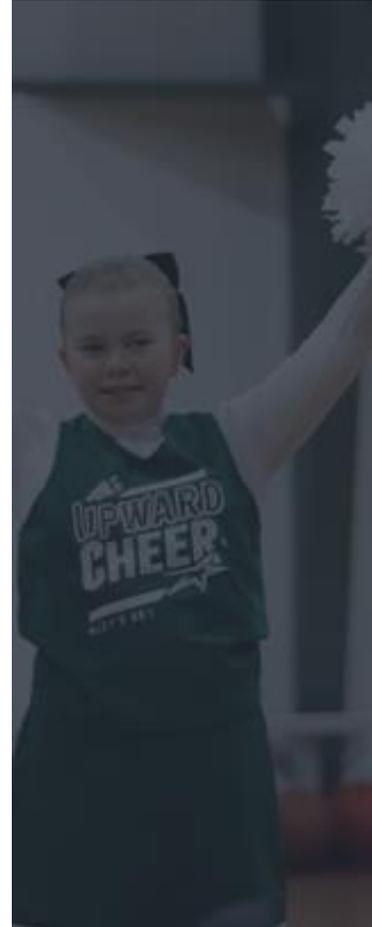
FLAG FOOTBALL CHEER COACH PRE-SEASON MEETING

UPWARD
SPORTS

As a coach, you play a vital role in **SPORTS MINISTRY.**

Sports ministry requires that we give our best effort in teaching the sport and caring about people through ministry opportunities. This isn't "just an Upward league" or "just a church league." This is our chance to provide the best youth sports experience in our community and demonstrate the gospel to the families we serve.

Remember, as a coach, you lay the foundation for your athletes. Building trust through positive coaching, communication, and teaching helps your athletes achieve success.



Why should we give our **BEST EFFORT?**



*Because the families we are serving
are part of God's creation.*

Genesis 1:27

So God created human beings in his own image. In the image of God he created them; male and female he created them.

Genesis 2:7

Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person.

1 Cor 10:31

So, whether you eat or drink, or whatever you do, do it all for the glory of God.

The Five Keys to Coaching

Be Organized



**Lead The Practice
Devotion**



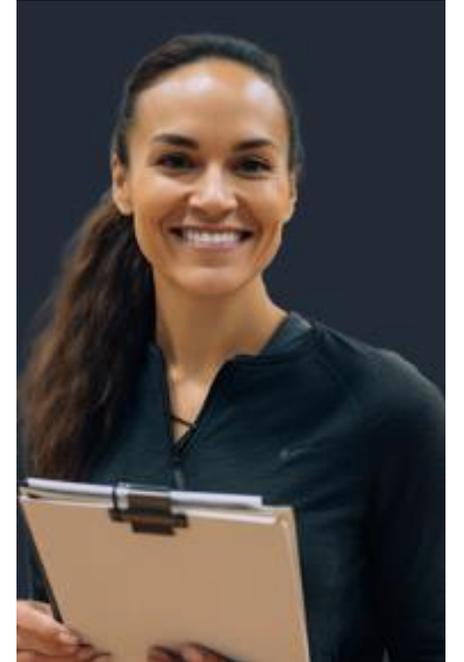
**Communicate With
The Parents**



Teach The Sport



**Follow the Circle of
Affirmation**

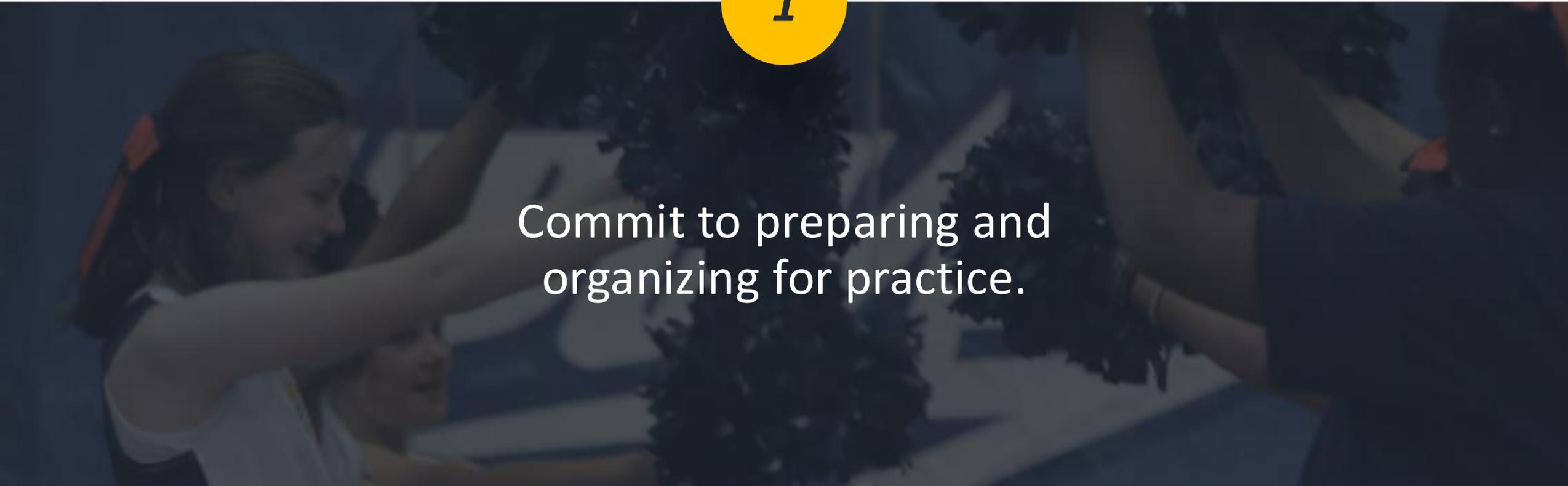


Be Organized

Set aside about 45 minutes each week to prepare for practice so that you can teach the sport, the rules, and lead the devotion time.

1

Commit to preparing and organizing for practice.

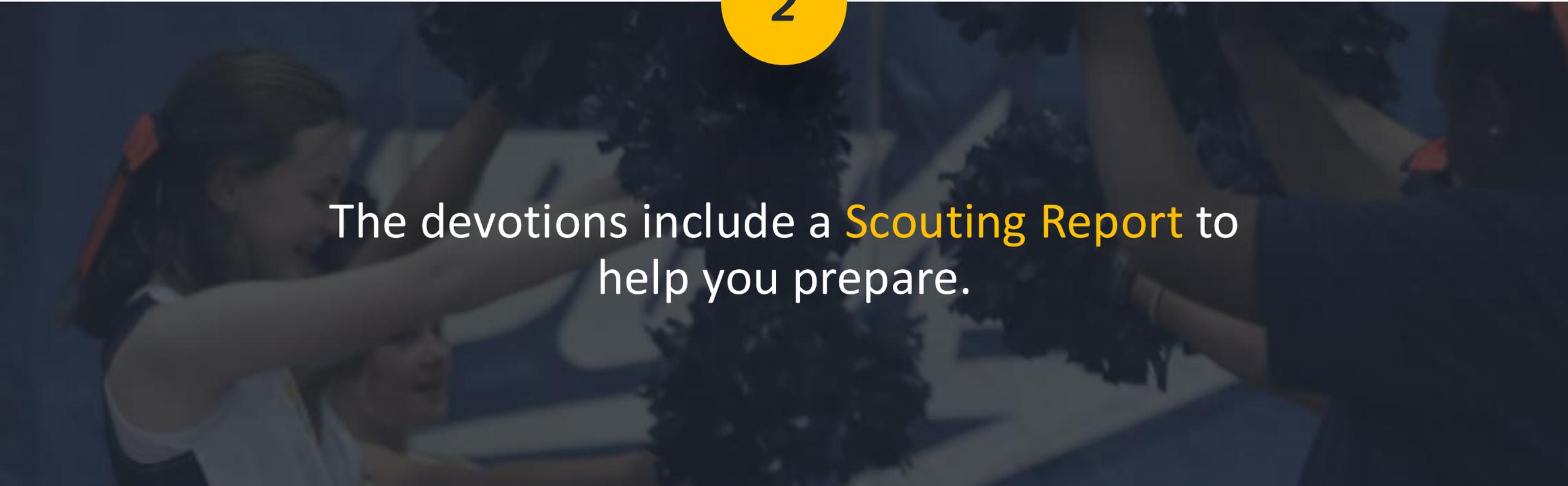


Lead the Practice Devotion

Coaches lead a devotion, discussion, and prayer during practices using the devotion materials. If you need help, let the league director or coach commissioner know; they are ready to provide support.

2

The devotions include a **Scouting Report** to help you prepare.

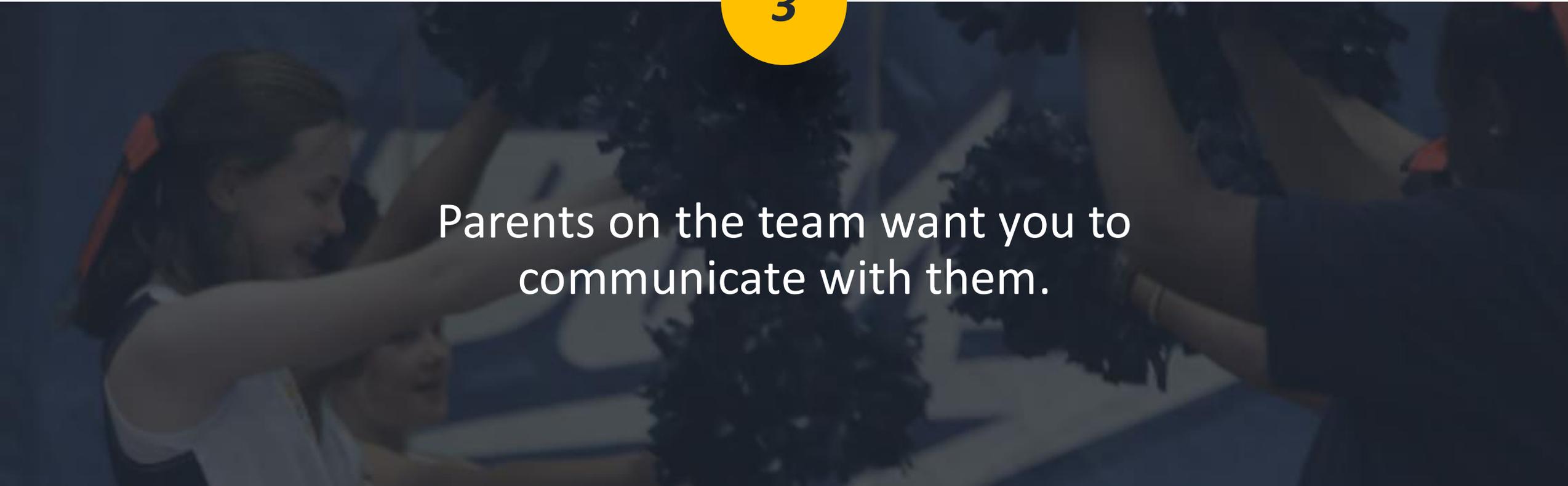


Communicate with the Parents

Once a week, send an email, text, or both to let parents know how the team is doing and remind them of upcoming events.

3

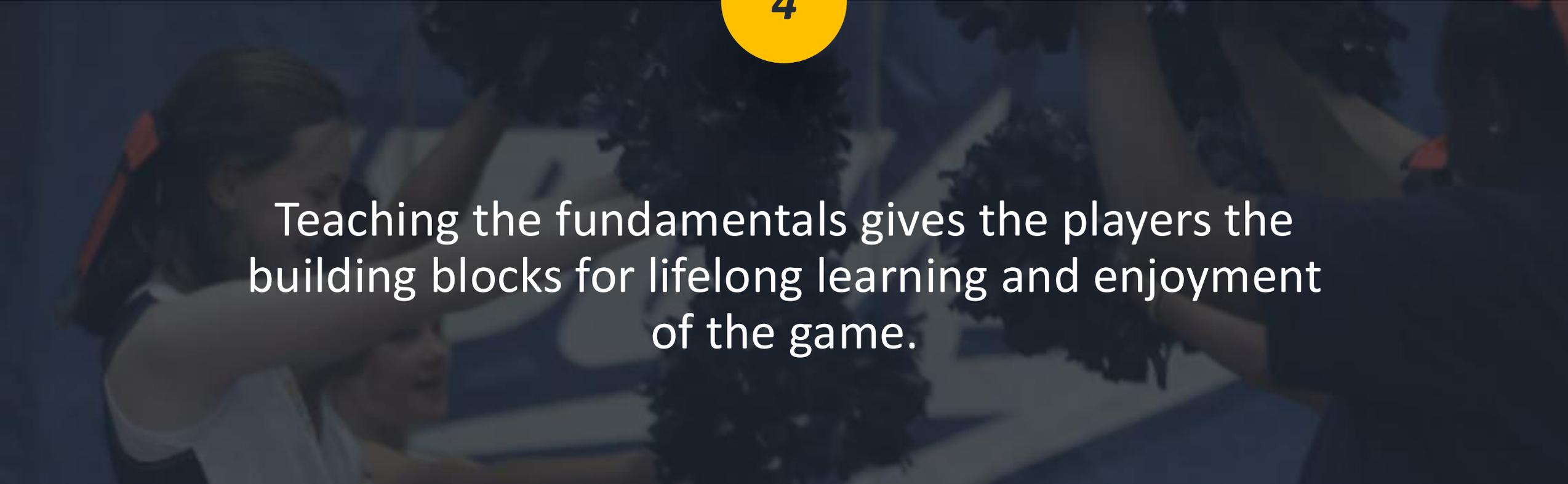
Parents on the team want you to communicate with them.



Teach the Sport

As players learn the fundamentals, a sports experience must also include learning **sportsmanship**, an understanding of **healthy competition**, the rules, and a **growth mindset** where players are learning with each opportunity to compound small improvements over time that lead to noticeable changes.

4



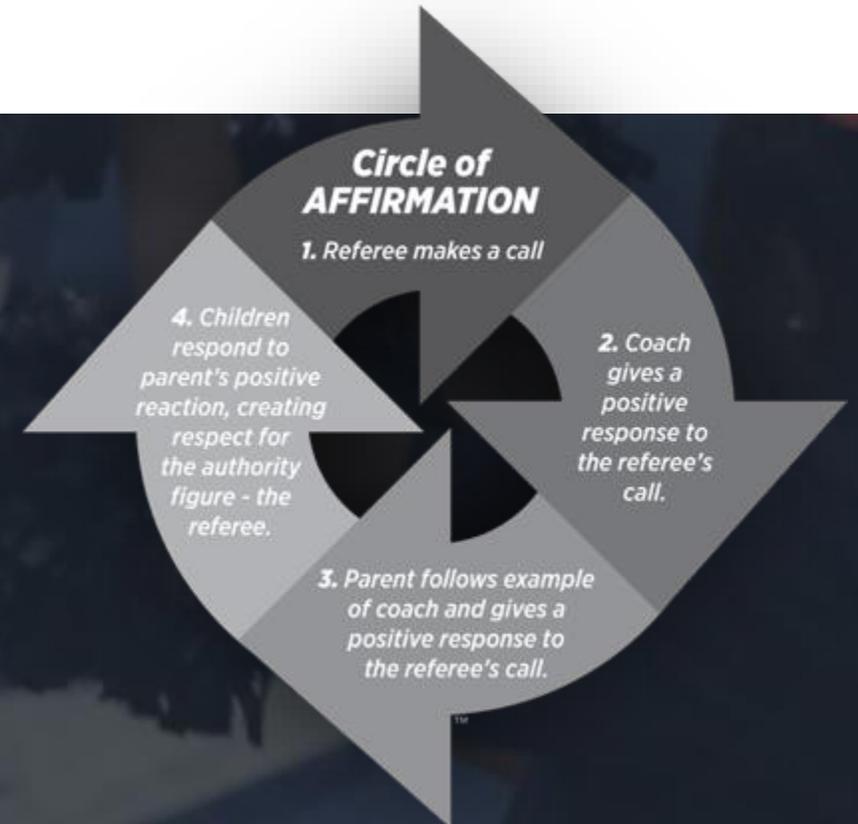
Teaching the fundamentals gives the players the building blocks for lifelong learning and enjoyment of the game.

Lead By Example

Actions and reactions during games can either open or close the door to ministry. Support game day officials by following the Circle of Affirmation. By following this, you set a positive example for your athletes.

5

Choosing the right game day attitude is key to being an effective Upward coach.



Goals For The Season

The goal of our sports ministry is:

Success looks like:

Success in our sports ministry is measured by:

How were you coached as a child, and how has that influenced how you plan to coach?

How do you plan to grow spiritually and as a coach this season?



UPWARD SPORTS FLAG FOOTBALL CHEER LEAGUE

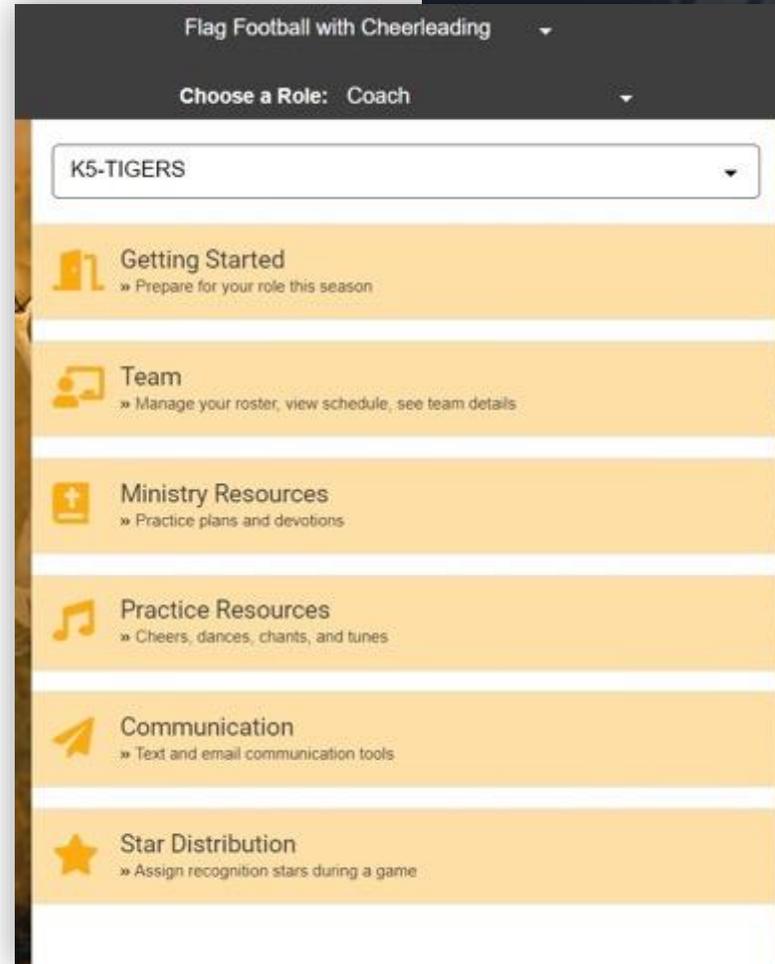
MyUpward.org

TOOLS & RESOURCES

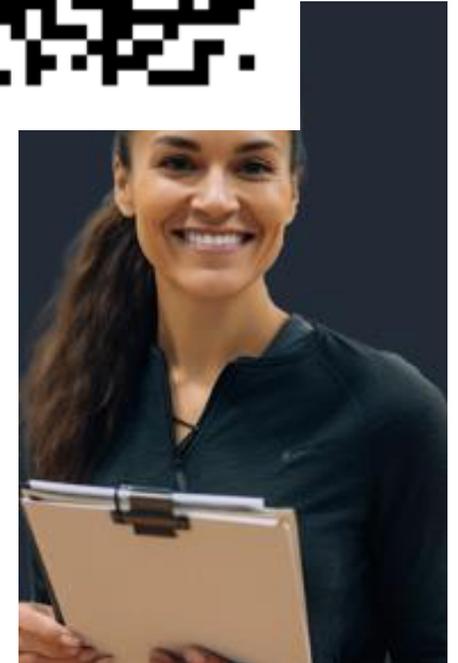
MyUpward.org

is the best tool to use for coaching.

You will receive an email invitation to **MyUpward.org** where you can create an account and an icon on the home screen of your mobile device for easy access.

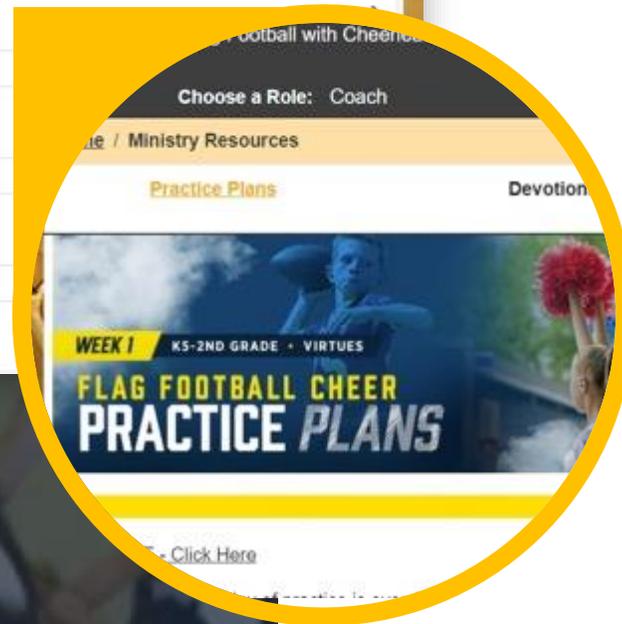
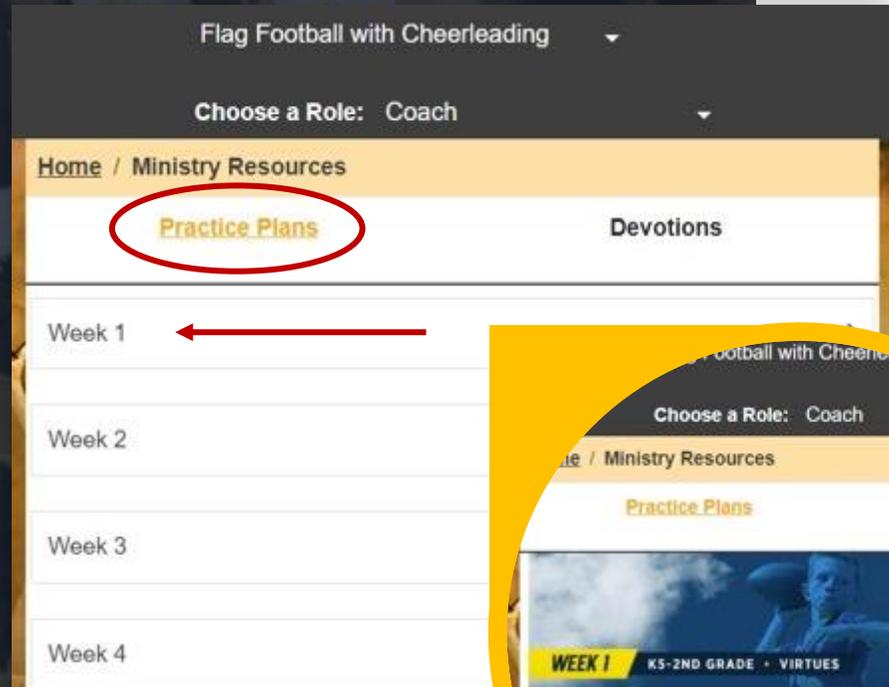


For a step-by-step walkthrough of the Coach App, *scan the QR code*.



Ministry Resources on MyUpward.org

- ✓ Under the “Ministry Resources” tab, you’ll find the Practice Plans.
- ✓ Cheer tips
- ✓ Warm-up exercises
- ✓ Motions
- ✓ Chants, cheers, and dances



Practice Plans also include the practice devotion. If you are an experienced coach creating your own practice plan, be sure to include the devotion content each week.

Ministry Resources on MyUpward.org

Under the “Ministry Resources” tab,
you’ll find the devotions

✓ *Teach the Character of Christ.*

Flag Football with Cheerleading

Choose a Role: Coach

Home / Ministry Resources

Practice Plans **Devotions**

Week 1 ←

Week 2

Week 3

Week 4

Flag Football with Cheerleading

Choose a Role: Coach

Home / Ministry Resources

Practice Plans Devotions

PRACTICE DEVOTIONS BIBLICAL VIRTUES: PRACTICE

Okay, team. I want to start this huddle by asking you a question. What does the word responsibility mean to you? (Wait for responses)

Do you cringe a bit when you heard that word? Thinking about the word brings to mind Saturday chores, homework, or eating

Responsibility doesn't always make us think of fun things

Before each devotion is a **Scouting Report** that gives coaches an inside look at the devotion for the week with detailed information about that week's topic. After reviewing the scouting report review the devotion and make any notes before going to practice. Be patient with participants as learning more about Jesus is a lifelong pursuit and not accomplished in a single devotion.



JOSEPH
A ROLLER COASTER LIFE
UPWARD SPORTS

Practice 1 – A Messy Family
Scouting Report | Coaches, here's an inside look at this week's devotion

BACKGROUND
Our devotions this season are based on the life of Joseph. His story is found in the final section of Genesis, the first book of the Bible. It is the tale of a young man from a nomadic family in Bronze Age Canaan who is betrayed and sold into slavery by his own brothers and faces highs and lows in the spellbinding society of ancient Egypt, culminating in a happy ending of forgiveness and reconciliation. The drama and action will intrigue your athletes, but there are also many lessons to be learned from a study of Joseph's life.

Ultimately, we'll discover how God was at work through all the ups and downs of Joseph's story and how He used these experiences to prepare Joseph for an important role in the future of his whole family. And we'll see how Joseph responds and grows throughout his journey. Joseph's story is strongly connected to the stories of his father (Jacob), grandfather (Isaac), and great-grandfather (Abraham) in previous chapters of Genesis. It is their family that will become the ancient nation of Israel, the protagonists (and sometimes antagonists) of the rest of the Bible.

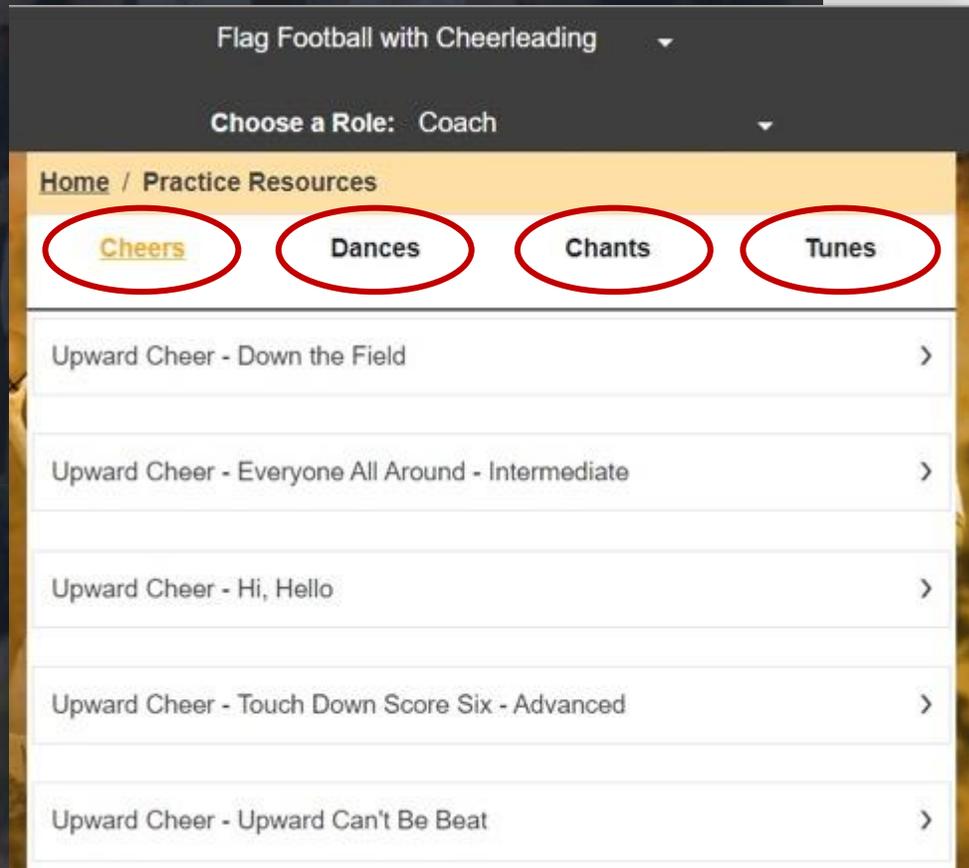
BIG PICTURE
For more insight, read Genesis 11:27-36:8. (This is a long section, but it will give you valuable context for what we'll be studying about Joseph this season.) If you don't own a Bible, you can download the YouVersion Bible App for free.

ENCOURAGEMENT
Joseph is sometimes presented as a near-perfect biblical figure. But when you examine his chapters in Genesis, it becomes clear that he has failures and struggles and requires change and growth, just like we do. We can learn a great deal from stories of people like Joseph in the Bible, but we must resist the temptation to see them only as heroes, their actions as always positive. Instead, we must focus on finding God in the story and look to Him as our hero and guide to uncover what the words of Scripture are truly trying to teach us.

COACH'S QUESTION FOR REFLECTION
Do I believe God is at work in my life right now?

Bible Translation Note: All Scripture quotations in this devotion track are taken from the New Living Translation (NLT) of the Bible unless otherwise indicated.

Practice Resources on MyUpward.org



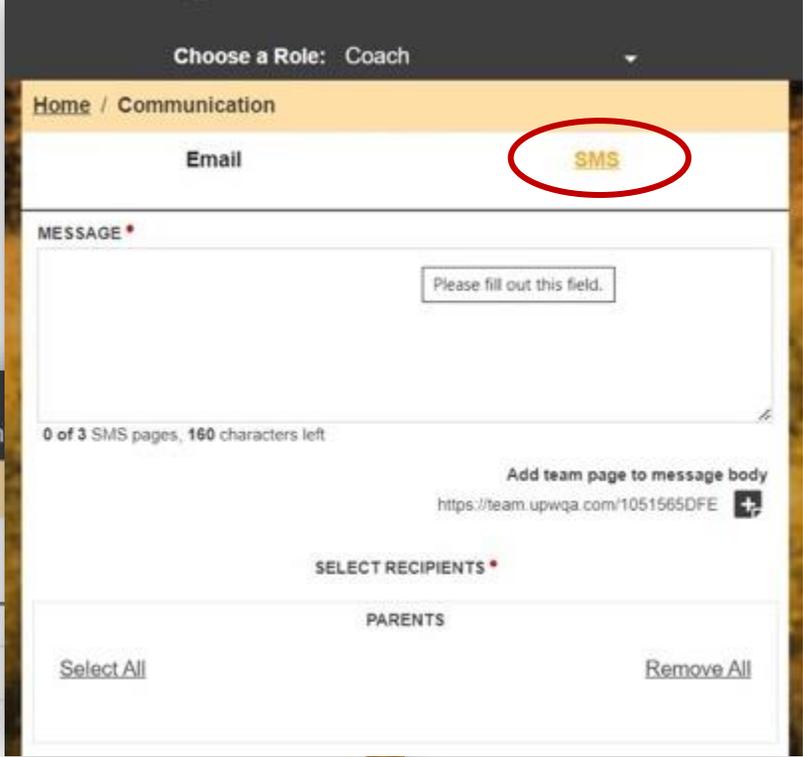
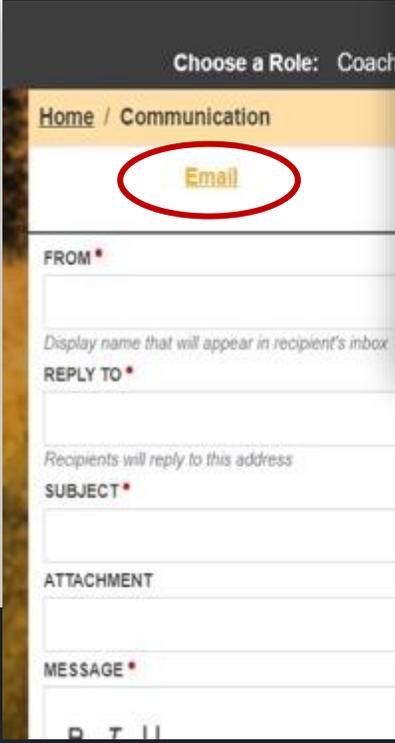
Under the “Practices Resources” tab,
you’ll find the following:

- ✓ Cheer Videos
- ✓ Chants
- ✓ Dances
- ✓ Music

Email & Text

on MyUpward.org

Easily communicate with families, coaches, and volunteers!





UPWARD SPORTS FLAG FOOTBALL & CHEER LEAGUE

PREPARING FOR PRACTICE

As a coach, it's crucial to dedicate time to prepare for weekly practices by reviewing your practice plans and devotions before each session. You play a key role in ensuring families return to your league in the future. Organized practices and making a positive first impression are vital for building connections with your team and parents.



PRACTICE DEVOTION

At every practice, you will lead a 5–7-minute **Practice Devotion**; these teach biblical lessons that can be applied to life.

Ministry Touchpoints



SCOUTING REPORT

Within each devotion, coaches will find the Scouting Report, which gives an inside look at each week's devotion. Read this to prepare for the weekly devotion. The devotion that you will share with participants is found after the Scouting Report.

The weekly devotion has eternal impact beyond the sports experience and can change a community.



STARS

Each week players will receive a **green practice star** for their participation in the Practice Huddle and a **game day star** for their game efforts.



PRACTICE CARDS

Practice cards include Scripture that aligns with the devotion that day and are handed out by the coach at the end of each practice.

Ministry Touchpoints



GOSPEL VIDEO

The **Gospel Video** is a simplified version of the gospel message to be shared with families via an e-mail link.



Teaching the Fundamentals

With cheerleading, there are some fundamentals that are essential for all levels to develop their skills.

- ✓ Warm-up and stretching
- ✓ Motions
- ✓ Jumps
- ✓ Cheers
- ✓ Chants
- ✓ Dance routines

It's important for your participants to learn the basics of cheer before playing the sport. Learning the fundamentals helps players to play the game and have FUN!!

01

➤ **One**

Click on the link in the email you will receive to setup your coach account in MyUpward. After you receive this invitation, you will have up to 48 hours to accept invitation and create a username and password.

02

➤ **Two**

Communicate with parents on your team today and provide relevant information about the season. Ask if there is anything you should know about their player (first time player, how they learn best, etc.) and take notes.

03

➤ **Three**

Review the Coach Playbook and become familiar with it so you are comfortable presenting the information to your players.

**Your NEXT
STEPS**



THANK YOU

UPWARD
SPORTS