

COACH'S STUDY GUIDE



UW Sports Ministry/League United
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OFF THE BENCH SCHEDULES

COACH'S STUDY GUIDE

Morning: 9:00 - 12:15	Monday - Wednesday	Evening: 5:00 - 8:15
8:15 - 8:55	Registration	4:15 - 4:55
9:00 - 9:15	Opening Rally	5:00 - 5:15
9:20 - 9:55	Sports Session #1	5:20 - 5:55
9:55 - 10:05	Coach's Huddle	5:55 - 6:05
10:05 - 10:40	Sports Session #2	6:05 - 6:40
10:40 - 11:05	Half Time Rally	6:40 - 7:05
11:10 - 11:40	Sports Session #3	7:10 - 7:40
11:45 - 12:10	Bible Time Rally	7:45 - 8:10
12:10 - 12:15	Final Whistle	8:10 - 8:15

Morning: 9:00 - 12:15	Thursday	Evening: 5:00 - 8:15
8:15 - 8:55	Registration	4:15 - 4:55
9:00 - 9:15	Opening Rally	5:00 - 5:15
9:20 - 9:50	Sports Session #1	5:20 - 5:50
9:50 - 10:00	Coach's Huddle	5:50 - 6:00
10:00 - 10:30	Sports Session #2	6:00 - 6:30
10:30 - 10:55	Half Time Rally	6:30 - 6:55
11:00 - 11:30	Sports Session #3	7:00 - 7:30
11:35 - 12:10	Bible Time Rally	7:35 - 8:10
12:10 - 12:15	Final Whistle	8:10 - 8:15

Morning: 9:00 - 12:15	Friday	Evening: 5:00 - 8:15
8:15 - 8:55	Registration	4:15 - 4:55
9:00 - 9:15	Opening Rally	5:00 - 5:15
9:20 - 9:55	Sports Session #1	5:20 - 5:55
9:55 - 10:05	Coach's Huddle	5:55 - 6:05
10:05 - 10:40	Sports Session #2	6:05 - 6:40
10:40 - 11:05	Half Time Rally	6:40 - 7:05
11:10 - 11:40	Sports Session #3	7:10 - 7:40
11:45 - 12:30	Bible Time Rally	7:45 - 8:30
12:10 - 12:15	Final Whistle/Closing	8:10 - 8:15

**OFF THE BENCH
COACH'S NOTES**

Team Name: _____

My Team Members:

Memory Verse

**COACH'S STUDY GUIDE
INTRODUCTION**

Dear Coaches,

In this booklet you will find a 20-minute daily format for your spiritual preparation to be a volunteer at your church's sports camp. You can do this devotional in your own quiet time before your summer camp begins or each day before you arrive at camp. It is vital that you come prepared each day. The ten minutes you spend with your team during the "Coach's Huddle" may be the most important time you have each day with your kids.

Preparing early will allow the Holy Spirit to direct you into a fuller understanding of the theme so you can be a more effective leader. The important thing is that you prepare before you come to camp each day.

Here is a guide for your **20-minute** preparation time:

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|------------------|---|
| 3 minutes | Work on the memory verse for the week. |
| 3 minutes | Reflect on the theme, Bible story, key points and introduction for the day. |
| 5 minutes | Read the Scripture passages from the Bible story. |
| 3 minutes | Read and reflect on the devotional thought and discussion questions. |
| 3 minutes | Pray for your kids, as well as yourself, for what to say. |
| 3 minutes | Review your personal life story for the day's coach's share time. |

I Peter 5:6,7

"Humble yourself under the mighty hand of God and in due time he will lift you up. Cast all your anxieties on him because he cares for you."

OFF THE BENCH INTRODUCTION

“Coach, put me in!”

That phrase has crossed the mind of virtually every person that has ever played sports and sat the bench. The anxiety, desire, hard work in practice and patience has built up and they await their moment.

It is the hoping for a chance to play that should keep the person on the bench focused on their role. It can be a difficult time, because they have put all their effort into each practice, yet they have not had the opportunity to perform in a game situation. They have a choice to make: either sit and pout and be distracted or engage and be ready to make a difference when their time comes.

Our 2021 Off the Bench Bible Curriculum explores the concept of coming “off the bench” and making a difference in life. Built from the key verses found in I Peter 5:6,7, everyone who works through lessons in Off the Bench will realize it is our Supreme Coach that in His time, calls us Off the Bench. Every person, at some time or another, has literally or figuratively been on the bench and needed to remain positive about the situation they found themselves in while hoping for more.

Scripture is full of stories of people who came “off the bench” to do great things for God. When God called them into action, “Off the Bench” they were not famous. After they did what God called them off the bench to do, they became Scripture heroes. They were ready and willing to make an impact when they were called into the game. We will be exploring five of these Biblical “super subs” this week in camp.

Through this curriculum at sports camp this year, the children and adults alike will understand five key principles on how they can make an impact on those around them by coming off the bench. Those principles are: being prepared, being an encourager, being able to narrow their focus, being ready to change the outcome, and being able to bring hope to others.

We believe that each child who hears these lessons has had or will have an “off the bench” moment. They will learn the importance of staying focused and positive about their time on the bench.

Through five basic learning modalities; music, role modeling, teaching,

OFF THE BENCH DAY FIVE - BRING HOPE TO OTHERS

LIFE STORY

Tell a life story about a time when someone brought hope to you. Maybe you were the one who came off the bench and brought hope to others. As you tell the story, try to describe why there was hope and how it felt.

DISCUSSION QUESTIONS

1. Discuss the definition of hope as it relates to a realistic situation. Hoping to win the lottery is not hope, it is a wishful dream.
2. Ask the kids if there is something they hope for. Does their situation bring hope to others or just themselves?
3. What is something they could do to bring hope to others?
4. How do the themes of the other days (Prepared, Encourager, Focus, Change) bring hope to others?

SITUATION

The Cardinals were on their opponents’ 35-yard line. It was fourth down, there were five seconds left on the clock, and they were behind by two points. Their best kicker was Wyatt. He had made the winning field goal in the regional semi-finals last week to get the Cardinals to the finals. His longest field goal was 32 yards. He spent most of the game on the bench because he was not big enough to play another position. Wyatt knew the hopes of his team and their families were riding on his kick! Wyatt had done it before, so maybe he could do it again. What do you think happened? Wyatt had never kicked a 35 yarder before, so why did everyone have hope in him?

OFF THE BENCH

DAY FIVE - BRING HOPE TO OTHERS

Sports Story: Jordan Larson Brings Hope to USA Volleyball

Bible Story: Esther Brings Hope to Her People

Key point I: Hope comes from past personal victories.

Key point II: True hope is based on God's faithfulness.

THEME VERSE: I Peter 5:6,7

"Humble yourself under the mighty hand of God and in due time he will lift you up. Cast all your anxieties on him because he cares for you."

INTRODUCTION

When a person comes off the bench there is an element of hope that surges through the crowd anxiously watching the game. There is hope that the outcome of the game can be changed. Victory now seems possible when it did not a few moments earlier. The fact is that if the person coming off the bench has made an impact on previous games, it lifts the hope of the crowd. Past experience plays a big part in how hope affects us in the present. In our spiritual lives it is no different. Our hope is based on God's faithfulness to us and to others. We have seen and experienced God's faithfulness in our lives before; this brings hope that God will be faithful again.

SCRIPTURE: Esther 2-5

DEVOTIONAL THOUGHT

Hope is an elusive thing when circumstances seem to be set for pain and suffering. On the bench people who have not gotten to get in the game for a long time, can become discouraged and lose hope. God sent his Son to earth to bring hope to all men. Our salvation is known as our blessed hope. (Titus 2:13). Our countenance needs to show hope, if we are Christians. We possess the greatest hope ever given to mankind. Our sins, our faults, our secret emotional dirt, can all be cleansed, and we can live with God for all time! Hope reigns let's live that way.

SELF-EXAMINATION

How have you shown the blessed hope of Jesus in your life today, this week, in your family, at your work? What things in your life dash hope? Have you asked God for a measure of hope today?

COACH'S STUDY GUIDE

INTRODUCTION

kinesthetic learning, and the written word, transformative Truth from the Word of God, will empower the Christian child and give them guidance on how to be ready at a moment's notice to come off the bench. The non-Christian child will be challenged and shown that a loving God is waiting for them to join his family and be able to come off the bench and have their lives changed for eternity.

I pray as you read and live these lessons in your preparation for teaching that God will give you insight as to how to share your own applications of these concepts. For many of you teaching these lessons, this might be your "Off the Bench" moment. I pray that you will bring hope to those around you!

Using the Acronym of B-E-N-C-H you will be able to remember the 5 Lessons.

Be Prepared

Be an Encourager

Narrow your Focus

Change the Outcome

Bring Hope to Others



OFF THE BENCH INTRODUCTION



UW Sports Ministry is excited that you are coaching and teaching at your church's sports camp. This study guide will give you the ability to understand and lead children spiritually through the Biblical concept of OFF THE BENCH. Making a relevant connection to the truth about God comes from you and your relationship to the children you coach.

UW is always on the lookout for coaches that want to join us throughout the summer or even for a week or two. If you are interested in joining us this summer or next, please visit our website (www.uwsportsministry.org) and fill out an application under the Summer Staff Tab.

Please call the office at (843) 540-3312 for learn when and where our training weeks are.

OFF THE BENCH DAY FOUR - CHANGE THE OUTCOME

the changed outcome (eternal life with your creator) so that your daily activities reflect that reality?

LIFE STORY

Today meet as a sport instead of individual small groups. The Bible story today will be emphasizing changes in the outcome based on the person of Jesus. Have two or three coaches give their testimonies telling the campers how you accepted Christ as your personal Savior. Each coach should emphasize the changes that came into their lives because of their decision to follow Christ.

DISCUSSION QUESTIONS

1. When did someone change an outcome for you? What circumstance changed?
2. What does it mean to change the outcome of something?
3. When a person becomes a Christian or Christ follower- what outcome is changed?

OFF THE BENCH

DAY FOUR - CHANGE THE OUTCOME

Sports Story: Three LA Dodger Rookies Change the Outcome

Bible Story: Phillip and the Ethiopian

Key point I: Doing one right thing can change the outcome.

Key point II: Jesus can change the eternal outcome of anyone's life.

THEME VERSE: I Peter 5:6,7

"Humble yourself under the mighty hand of God and in due time he will lift you up. Cast all your anxieties on him because he cares for you."

INTRODUCTION

There are only a handful of athletes who are known for coming off the bench and changing the game. When it happens, it is very special. A player who is prepared and focused can enter a game with a sense of purpose, knowing that his encouragement and attitude can carry his teammates and have an impact on the outcome. Many times what the player does in one game can influence the outcome of games in the future.

SCRIPTURE: Acts 8

DEVOTIONAL THOUGHT

Most of our lives we are working hard to make specific outcomes happen. Every once in a while a person comes into our life that does something to change the expected outcome. A person that rises from an unexpected place and does something extraordinary and it affects all those around them. Jesus came and changed our eternal destiny. He was prepared for that moment, he was an encourager and he narrowed his focus to the job he was asked to do by his Father. He changed the eternal outcome for all that believe on him. That same power that raised him from the dead resides in us. Our actions off the bench could change the outcome for others, if we do the right thing that God asks us to do.

SELF-EXAMINATION

Are you listening to the instructions of your coach and doing the right thing? Have you told anyone about how Jesus changed your life?

Have you shared your transformation with someone else. Can others see the change Jesus has brought to your life? Have your internalized

COACH'S STUDY GUIDE

2021 WEEKLY OUTLINE

DAY	THEME	KEY POINTS	BIBLE STORY	SPORTS STORY
One	Be Prepared	<ul style="list-style-type: none"> 1. Being prepared gives you confidence. 2. God always prepares his players. 	David and Goliath	Christen Press preps 26 years for W. Cup
Two	Be an Encourager	<ul style="list-style-type: none"> 1. A good teammate constantly encourages others 2. Our greatest encourager is God. 	Barnabas the Encourager	J.J. Watt comes off the Bench to Encourage the Houston Texans
Three	Narrow Your Focus	<ul style="list-style-type: none"> 1. Focus on your role by following the coach's instructions 2. Focusing on God and his instructions will help you the rest of your life. 	Joshua and Battle of Jericho	Andre Iguodala Listens to his coach and Narrows His Focus
Four	Change the Outcome	<ul style="list-style-type: none"> 1. Doing one right thing can change the outcome 2. Jesus can change the eternal outcome of anyone's life. 	Phillip and the Ethiopian	Three Dodger Rookies make Baseball history and Change the Outcome of Three Games
Five	Bring Hope to Others	<ul style="list-style-type: none"> 1. Hope comes from past personal victories. 2. True Hope is based on God's faithfulness. 	Esther Saves Her People	Jordan Larson, USA Volleyball Brings Hope to others from Off the Bench.

OFF THE BENCH

DAY ONE -BE PREPARED

Sports Story: Christen Press, Women's USA Soccer Team

Bible Story: David and Goliath

Key point I: Being prepared gives you confidence.

Key point II: God always prepares his players.

THEME VERSE: I Peter 5:6,7

"Humble yourself under the mighty hand of God and in due time he will lift you up. Cast all your anxieties on him because he cares for you."

INTRODUCTION

When a player has to sit on the bench watching his teammates perform, all the practice and personal sacrifice he has made sometimes seem worthless. What is the value of all that hard work? Even the few times he did get into the game are hard to remember and use as motivation. But if the player is really going to make an impact coming off the bench, his preparation for the moment is crucial. It does not matter how long he has been on the bench; it matters only whether his mind and body are prepared and if he knows he has the ability to make an impact. If it is a spiritual moment of coming "off the bench", as part of God's family, he can count on God to have prepared him fully for that moment.

SCRIPTURE: I Samuel 17

DEVOTIONAL THOUGHT

There are very few people that have true confidence coming into a game off the bench. The person has been on the bench for a reason (too young, too small, not enough experience, injured). Whatever the reason, the way to have confidence is to prepare yourself for the moment before it happens. Practice every day as if you are going to be a starter, even when you are on the bench. Preparation helps you perform with confidence. The Christian can prepare for the moment God calls them off the bench by preparing as well. Reading the Bible, being around older Christians and watching and listening to them are two good ways to be prepared for life. But the most important way is to think back and see how God prepared you for the big moment when God puts you in the game as a player. David was prepared for Goliath the Giant, by God showing him

OFF THE BENCH

DAY THREE - NARROW YOUR FOCUS

LIFE STORY

Tell a life story about a time when you followed the instructions of a coach, parent, or authority figure. Tell how you narrowed your focus and found success coming off the bench.

DISCUSSION QUESTIONS

1. Discuss things that could be a distraction coming into a game as a substitute.
2. Discuss the consequences of not following the coach's instructions.
3. Discuss the correlations between God's instructions and a coach's instructions. How are they the same or different?
4. Let the kids give examples of how they followed specific instructions and were successful.

SITUATION

On Monday, Coach Jenna gave Emma three new cheers at cheer practice for the big football game on Friday. Emma found it difficult to learn all three cheers at once. She could not remember all the moves and the order they came in. Emma's mom encouraged her to narrow her focus on one each day instead of trying to practice them all at once. Emma practiced one on Tuesday, one on Wednesday, and one on Thursday. How do you think Emma did on Friday at the football game? What was the trick to learning three cheers in one week?

OFF THE BENCH

DAY THREE - NARROW YOUR FOCUS

Sports Story: Andre Iguodola- NBA Sixth Man Off the Bench Finals MVP

Bible Story: Joshua and the Walls of Jericho

Key point I: Focus on your role by trusting the coach's instructions.

Key point II: Focusing on God and His instructions will help you the rest of your life.

THEME VERSE: I Peter 5:6,7

"Humble yourself under the mighty hand of God and in due time he will lift you up. Cast all your anxieties on him because he cares for you."

INTRODUCTION

When you are preparing to enter the game from your spot on the bench, the situation might seem a bit overwhelming. The score of the game may make the outcome uncertain, creating a lot of pressure. It may be that the referees are calling the game unfairly or your teammates may not be doing what your coach instructed. But now all the circumstances of the situation demand that you 1. narrow your focus to what your role is and 2. do exactly what the coach has asked you to do. If you do these two things, you can be successful and have an impact coming off the bench.

SCRIPTURE: Joshua 6

DEVOTIONAL THOUGHT

We are so easily distracted and add things to our activity list that cause us to lose focus. When what we want is being delayed because our Coach (God) has us on the bench, it seems we can chafe and turn our thoughts inward. When this happens, we need to humble ourselves and Narrow our Focus to what the Coach wants us to do and not what we want. He knows best and as our memory verse says in due time he will lift you up. Are you following his instructions today? Are you casting all your cares on him or are you trying to manipulate and fix the situation yourself?

SELF-EXAMINATION

How is your humble meter reading lately? Are you self-promoting to get your way? Are you waiting on the Lord for his provision and his guidance? Are you impatient at a situation that you think you could change? Are you tired of waiting on God?

COACH'S STUDY GUIDE

DAY ONE -BE PREPARED

how to defeat a bear and a lion when he was younger taking care of his father's sheep.

SELF EXAMINATION

Spend a few moments reflecting on your life today. What were the hard times you faced and how had God prepared you for that moment? Can you see a pattern of God's care for you as you look back? God is a God of History Past, Present and Future. Take a moment to thank God for his watchful eye over your development so that you can be ready for the off the bench moments to come.

LIFE STORY

Talk about a time when you played on a team and had to sit the bench, or tell how one of your teammates had to sit the bench. Tell how you or your teammate made an amazing impact when entering the game off the bench because of being prepared. You can also tell a life story (non-athletic) when you were number two but had to step up and be number one. Relate to the campers how God prepared you for that moment.

DISCUSSION QUESTIONS

1. Discuss the different types of preparation (mental, physical, emotional, etc.).
2. John Wooden, a famous coach, once said, "If you fail to prepare you are preparing to fail." What does that mean?
3. What ways can you prepare to come off the bench while you are on the bench? What ways can you prepare at practice?
4. Have the kids tell a story about coming off the bench and how they helped their team.

SITUATION

Miles was blessed with the gift of speed. He was faster than any of his teammates on his soccer team. On game day, when he would arrive before the game, he loved to run crazy and have fun with his teammates. When his coach asked him to come off the bench late in the game, he felt a little tired and did not control the ball well. How could Miles have prepared differently before the game to come off the bench?

OFF THE BENCH

DAY TWO - BE AN ENCOURAGER

Sports Story: J.J. Watt Houston Texans NFL Defensive Player of the Year 3X

Bible Story: Barnabas the Encourager

Key point I: A good teammate constantly encourages others.

Key point II: Our greatest encourager is God.

THEME VERSE: I Peter 5:6,7

"Humble yourself under the mighty hand of God and in due time he will lift you up. Cast all your anxieties on him because he cares for you."

INTRODUCTION

Having a positive attitude about life is not necessarily something you are born with, but some people seem to be better encouragers than others. Everyone can work on being a better encourager. If you are coming into the game from the bench, an encouraging attitude or positive approach is often what helps make an impact on the outcome of the game. Your presence and energy in the game can actually be as much of an encouragement to the team as your attitude. Your encouragement should start from the bench, even before you enter the game.

SCRIPTURE ACTS: 9:26-27, 13:13, 15:37-40

DEVOTIONAL THOUGHT

Everyone needs an encourager in life. Even the encourager needs an encourager. The positive energy that comes from someone cheering you on, helping you battle negative emotions and thoughts is real. God made us for relationships. The person who is "on the bench" waiting their turn to play can choose to be engaged in the game or sit and have an inward focus. By action and word the person on the bench, the 2nd string person, can encourage those on the field and prepare themselves better to be ready when the coach calls. God put the Holy Spirit inside his followers so that love, joy, peace, patience, kindness can be evident in every moment of life, whether on the bench or in the game. On the bench, waiting your turn, keep your eyes on others and their needs, it will help you be an encourager today.

COACH'S STUDY GUIDE

DAY TWO - BE AN ENCOURAGER

SELF-EXAMINATION

Who have you encouraged lately? Have you been to inwardly focused to see the needs of others? How did someone encourage you in the past? God will help you become an encourager if you are not naturally gifted that way. Ask the Lord to encourage you, when you need it. Read Psalms 18 to be encouraged about your Heavenly Father and what he does to encourage you.

LIFE STORY

Life Story - Tell a life story about someone who came "off the bench" and lifted you up, encouraged you, and did not give up on you. If you were the encourager, tell your story from that perspective.

DISCUSSION QUESTIONS

1. Why is it hard to encourage someone from the bench?
2. When does encouragement seem weird?
3. What are three words or phrases to use when encouraging someone?
4. Name two people you can encourage.

SITUATION

Lauren had been on her school's basketball team for two years, but had never been a starting player. She had always been a substitute, and for the whole year she only wished the season would end. But this year she decided to be a different kind of teammate. She was going to be the best encourager she could be. When her team did something well, she would stand and cheer and encourage the player who made the good play. She even became a secret encourager, sending notes to her teammates. Lauren looked forward to being at each game and she even played better when she got into the game. How did Lauren's view of basketball change? What made her a better player, better teammate, and a better person?