

## T.E.A.M.: The Extreme Athletic Makeover

### Park Cities YMCA Youth Sports Devotions for Basketball

- Devotion #1: The Prize
- Devotion #2: The Whatever
- Devotion #3: The Truth
- Devotion #4: The Humble
- Devotion #5: The Coach
- Devotion #6: The Set-Back
- Devotion #7: The Choice
- Devotion #8: The Training Room

The Extreme Home Makeover. A team of designers and builders knock down a house and rebuild it in one week. For this basketball season, your devotions are called: The Extreme Athletic Makeover or T.E.A.M.

T.E.A.M. is going to knock down the reasons of who you compete for, why you compete, and how you compete and rebuild them so you have the opportunity to become one of the world's most successful teams with some of the world's most successful players.

Each week during practice your coach or team chaplain will teach you one way to become the best basketball player you can be so you'll be stronger and healthier – as an athlete – and as a person.

## Lesson #5: The Coach

### Chalk Talk

Question: How important is the coach to a team? [A little? Some? A lot?]. I think an analogy will help. An analogy is comparing two things that alike in some way. The Bible compares God the Father to a gardener, compares Jesus to a vine, and compares you and me to the vine's branches. The vines is that big knotty part of the plant where all the branches grow out of.

The gardener tends to the vine's branches. He lifts them out of the dirt and cleans them up so they produce more fruit. Your coach not only teaches you how to play basketball, but he shows you how to live in such a way that will get the most out of your abilities – on the court and off. He knows your abilities and uses them to get the most out of you as a player.

The Bible says that the gardener will prune, or cut back the part of the plant that is not producing much fruit, so the part that does produce fruit produces even more. Your coach helps you get rid of unproductive physical, mental & spiritual habits that do not help you as a player or a teammate. Your coach helps you develop the skills you have so you can accomplish even more than you thought possible.

The Bible says that the branch that remains connected to the vine will produce fruit. Your coach leads you in right living, giving you the knowledge and example you need to live the right way on and off the court so that you will succeed according to God's definition of success (remember the whatevers).

Question: So how does your coach begin leading your team I godliness? (Practice]. No coach would send his players into a game or a match or a meet without preparing his team to compete by practicing.

Practice is a verb – a doing word.

The Bible says, "No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way" (Hebrews 12:11). Practice is what it is. It can be a lot of fun, but some times it's hard. Learning and maintaining right living according to God's ways of doing things in the midst of competition is difficult – it goes against our nature. But if right living is learned and practiced – on the court and off - the team will be prepared to compete in a way that will make people sit up and take notice – that your athletes are training and competing to a higher standard – producing good things that last forever - and those same skills will be transferred to off the court living.

### Practice Drills

Develop a skill practice incorporating God's word:

- Sprints: run with purpose in every step (1 Corinthians 9:26).
- Dribbling without looking at the ball: We live by faith and not by sight (2 Corinthians 5:7).

● Passing: Aim for perfection (2 Corinthians 13:11).

Wrap-Up Prayer: Today's wrap-up prayer is for your coach:

Lord, help my coach to bring honor to You by how he lives. Help my coach lead our team as You lead him, and whether in good times or difficult times, the name of the Lord is praised.

