



## VERTICAL SPORTS

### 3D DEVOTIONAL

Week 1 - Getting to Know Your Players

#### **Basketball/Icebreaker:**

Come up with a game/exercise that allows players to get to know each other's names.

For example, you could split your team into one or two groups and have them form a circle in each group. With one basketball in each circle, a coach calls out the name of a player and then the ball must be passed to that player. Another name is called out and then the ball is passed to that player. So on and so forth. Coaches can even be a part of the circle to help the kids learn your names.

#### **Water-break Time:**

- Why did you sign up to play basketball?
- Why do you like to play?
- Do you have a favorite basketball team/player?
- Have every kid answer these questions.

**End of Practice:** Introduce yourself to parents. This is a great time to set expectations for parents – be an encourager, respect officials, cheer for good plays (even by the other team), let the coach “be the coach” (this is a hard one, but you can share in a kind way that you want the players to hear your voice during the game. It can be difficult as a parent to not coach from the sideline, but it is a huge help to the coach when the parents support them and part of that is allowing the coach to lead without disruption). If you need additional assistance, this is a good time to mention it. If any parents are open to helping Let the Vertical Sports Staff know, so that we can get them to go through the process to begin helping.