



VERTICAL SPORTS

3D DEVOTIONAL

Week 1

Getting to Know Your Players

Volleyball/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 volleyball 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 volleyball?
- Why do you like to play?
- Do you have a favorite team/player? - Have every child/student answer these questions.

Tell them a snippet of your story – you will do more of this through the season. This would include:

- Where you grew up
- Where you went to school
- Whether you have brothers and sisters
- *What* you liked to do in your free time when you were their age

**As you can see, the first week is very much an introductory week. The goal for week 1 is just to get to know your players and have them become comfortable with you as well as become comfortable sitting down and doing a devotional time*