



UBABALO

Whole Life Coaching Manual

Session 1 – 20

From Basketball Coach to Whole Life Coach



INDEX

Session	Topic	Basketball Skill(s)	Value	Page no
Session 1	Stay connected	Receiving-giving the ball	Connectedness	3
Session 2	Guard the treasure	Shielding / Defence	Respect	6
Session 3	Reaching objectives	Fast break	Urgency	9
Session 4	Protect from infiltration	Man-to-man defence	Watchfulness	11
Session 5	Watch out!	Shielding	Respect	14
Session 6	Self-control	Ball handling	Self-control	17
Session 7	Serving others into greatness	Bounce / overhead pass	Service	20
Session 8	It's mine	Shooting	Responsibility	22
Session 9	Reach for your goal	Jumping	Courage	24
Session 10	Live with courage – Yes, Go!	Block shot & rebound	Courage	26
Session 11	Grab the moment	Dribbling	Confidence	29
Session 12	Timing is everything	Speed & control dribble	Confidence	32
Session 13	Preparedness	Zone defence	Loyalty	34
Session 14	Appreciating one another	Zone defence	Loyalty	37
Session 15	Cohesion	Zone defence	Loyalty	39
Session 16	Creating space for each other	Screening	Service	42
Session 17	Strategizing for success	Attacking as a team	Creativity	44
Session 18	Be sensitive to others	Chest pass	Service	46
Session 19	Looking outwards	Out-ball	Service	48
Session 20	Grasp the opportunity	Stealing	Focus	50

UBABALO

The Whole Life Coaching Manual

Unless otherwise noted, Scripture taken from THE MESSAGE. Copyright © 1993, 1994, 1995, 1996, 2000, 2001, 2002. Used by permission on NavPress Publishing Group.

Ubabalo is a global strategy developed initially in Africa, and has now spread across the world through a collaborative partnership with many sports ministries and sports leaders. It may be freely used as long as it reflects the values outlined in this manual. Please seek to connect in partnership with others in your country doing Ubabalo.

www.ubabalo.com



UBABALO WHOLE LIFE COACHING

SESSION 1 Stay Connected

Basketball Coaching *Giving-Receiving The Ball*

Cross-over to Life Skill Coaching

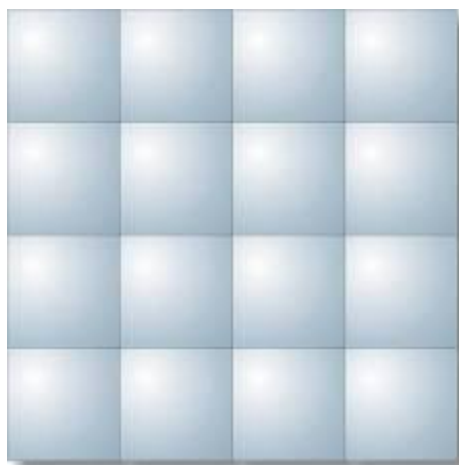
- Today we will practice to keep possession of the ball and to reduce turnovers. This requires diligent training.
- Similarly it takes a lot of practice to stay connected / in touch to other people.
- The first thing you need to believe is that “You could do much better in life if you do not try to live life on your own, but to live it with a team of companions”.

Purpose: *To demonstrate the benefit of teamwork against individual effort*

Life Skill: *The skill of staying connected with others*

Outcomes:

1. *To help players to discover the value of interdependence*
2. *To encourage players to practice inter-relational skills*
3. *To convince players to play as a team and not as individuals*



Life Skill Activity Preparation

1. Duplicate the diagram of squares shown on the left on an A4 page or draw it on a large piece of paper.

Life Skill Activity Instructions

1. Show the diagram to the whole team.
2. Ask each player to individually count the squares. Tell them not to share their answer.
3. Next, ask them to form groups of 2 and then to count the squares. Tell the groups not to share their answer with other groups.
4. Next, form groups of 3 to count the squares. Tell them not to share their answer with other groups.
5. Ask which group counted more than 16, or 20, or 24? They should indicate by raising their hands.

6. Finally, let them form groups of 4 to recount the squares.
7. Ask again which group counted more than 20, or 24, or 28? They should indicate by raising their hands.
8. Tell them that the right answer is 30 (16 small squares, 4x4 in the corners, 4x4 from the middle, on each side, 4x6 in the corners, 1 in the middle and the big one).

Life Skill Insights & Application

Ask and Discuss:

1. What can we learn from this exercise?
2. What can we apply from this exercise in our basketball team?
If we work together, we will have better results
Basketball is a team sport and each player is needed to make a contribution during the game
Each player has a role in the team, even the substitutes – let's show appreciation
3. What are the different ways in which we can play that will demonstrate our teamwork?
We can be more conscious of where everyone is on the court
Pass the ball to team mates who are in a better position
Defence can be more structured in the team
Speak words of encouragement to teammates
4. In the same way, it is important for us to stay connected with our family members.
5. How could each of you improve your connectedness with your family members / loved ones back at home?
I can ask family members more questions
I can compliment everyone
6. What is one action step that you can take (today / this week) to stay connected with your family members / loved ones? Share it with one teammate.

Going Deeper

Bible Text: Ecclesiastes 4:9-12

⁹⁻¹⁰ It's better to have a partner than go it alone.
Share the work, share the wealth.
And if one falls down, the other helps,
But if there's no one to help, tough!

¹¹ Two in a bed warm each other.
Alone, you shiver all night.

¹² By yourself you're unprotected.
With a friend you can face the worst.
Can you round up a third?
A three-stranded rope isn't easily snapped.

Remarks:

We all know the fact that one horse can pull 2 tons, while 2 horses can pull 24 tons.

Ecclesiastes gives 3 motivations why "two are better than one" (v9).

- They can help each other up
- They can warm each other in winter
- They can defend each other when attacked

Then the author concludes that a cord with three strands is much stronger.

Ask and Discuss:

- Think of 2 ways in which you and a friend
 - Can help each other up
Assist your friend in his field of interest
Defend him
Pray for him
 - Can keep each other spiritually warm
Share what you discover in the Bible
Pray with him
 - Can defend each other's reputation
Tell good things about friend to other friends
Say good things about him to family members
- How could your basketball team, your family and your church work closer together to be more effective?
Basketball team: Support each other emotionally
Church: Celebrate each other's gifts
Family: Share struggles and pray for each other
- What could you contribute in your team relations to be a better team player (at basketball, at home, at church)?
Encourage your team mates when they make mistakes
Do not shout at them



UBABALO WHOLE LIFE COACHING

SESSION 2 Guard The Treasure

Basketball Coaching *Shielding / Defence Drills*

Cross-over to Life Skill Coaching

- The basketball is the object with the highest value on the basketball court. You can only score a basket if you have the ball!
- We must do everything in our power to keep possession when we have it, or regain possession if we have lost it.
- The basketball is like a **'pearl of value'** that must be protected and respected.
- In life we also have valuable things: qualities, beliefs, habits, values, relationships that must be protected.

Purpose: *To help players to treasure certain values / principles / convictions / beliefs*

Life Skill: *The skill to create respect by protecting valuable qualities*

Outcomes:

1. *To assist players in choosing "good quality" characteristics which they want to identify with*
2. *Create in them a desire to live respectably*
3. *Cultivate a sense of: "I am going to protect respectful conduct."*

Life Skill Activity Preparation

1. Have small strips of cloth that could be sewn on the inside of socks or pants or top.
2. Have a marker pen to write on the strips of cloth.

Life Skill Activity Instructions

1. Give a list of 'good qualities' (from the worksheet below) to the players from which each player should choose one quality.
2. Let them write the 'good quality' they have chosen with the marker pen on the linen strip.
3. Let them put it in their socks so that they complete the practice with the cloth strip in their socks.
4. Ask them after the practice to sew it on the inside of their clothes when they are at home.

Life Skill Insights & Application

Ask and Discuss:

1. Let each player understand: **“Achievement comes and goes, but character remains.”**
2. Tell them that: **“What we do may impress others but who we are will impact others.”**
3. Have them say: “I want to play like _____, and I want to be like _____.”
4. State a key value for the team: **“We want to play in a way which will create respect from people.”**

Good Qualities Worksheet

- | | |
|--|---|
| <input type="checkbox"/> Loving | <input type="checkbox"/> Initiative |
| <input type="checkbox"/> Joyful | <input type="checkbox"/> Resourceful |
| <input type="checkbox"/> Peace-loving | <input type="checkbox"/> Supportive |
| <input type="checkbox"/> Patient | <input type="checkbox"/> Leading by influence |
| <input type="checkbox"/> Kind | <input type="checkbox"/> Determined |
| <input type="checkbox"/> Good | <input type="checkbox"/> Bold |
| <input type="checkbox"/> Gentle | <input type="checkbox"/> Hard-working |
| <input type="checkbox"/> Self-control | <input type="checkbox"/> Caring |
| <input type="checkbox"/> Persevering | <input type="checkbox"/> Polite |
| <input type="checkbox"/> Honest | <input type="checkbox"/> Others _____ |
| <input type="checkbox"/> Team player | |
| <input type="checkbox"/> Visionary | |
| <input type="checkbox"/> Loyal | |
| <input type="checkbox"/> Sense of humour | |
| <input type="checkbox"/> Humble | |
| <input type="checkbox"/> Respectful | |
| <input type="checkbox"/> Responsible | |
| <input type="checkbox"/> Courageous | |
| <input type="checkbox"/> Confident | |
| <input type="checkbox"/> Forgiving | |
| <input type="checkbox"/> Discerning | |
| <input type="checkbox"/> Focused | |
| <input type="checkbox"/> Dependable | |
| <input type="checkbox"/> Innovative | |
| <input type="checkbox"/> Diligent | |
| <input type="checkbox"/> Knowledgeable | |
| <input type="checkbox"/> Forgiving | |
| <input type="checkbox"/> Keeps promises | |
| <input type="checkbox"/> Generous | |
| <input type="checkbox"/> Sacrificial | |
| <input type="checkbox"/> Decisive | |
| <input type="checkbox"/> Reliable | |
| <input type="checkbox"/> Hates evil | |
| <input type="checkbox"/> Creative | |
| <input type="checkbox"/> Trusting | |

Going Deeper

Bible Text: 1 Samuel 16:7; Proverbs 4:23

⁷ But God told Samuel, "Looks aren't everything. Don't be impressed with his looks and stature. I've already eliminated him. God judges persons differently than humans do. Men and women look at the face; God looks into the heart."

²³ Keep vigilant watch over your heart; that's where life starts.

Remarks:

To create the respect of others for you, you should;

- Respect yourself because you are valuable.
- Exceed the expectation of others
- Stand firm on your convictions.
- Protect your heart more than anything else.
- Experience personal success.
- Contribute to the success of others
- Think of others before yourself

Ask and Discuss:

(All ages)

- Name one person that you respect a lot.
- Share why you respect that person. (Make sure that they share character traits and not only achievements.)
- Share what characteristic of that person you would want to cultivate / grow in yourself.
- Talk about the importance of having a good heart (inside) before you can be good on the outside. **"Life is lived from the inside out. What is inside will ultimately be observed in our conduct."**
- Say: **"It is important to have good 'thinking practices'. You are the way you think."**
- Encourage everyone to notice the goodness of the inside (heart) of people, and to not only look at the image (outside) of people.

(Older than 11)

- Discuss the components of respect and how we could improve on each of them.



UBABALO WHOLE LIFE COACHING

SESSION 3 Reaching Objectives

Basketball Training *Fast Break*

Cross-over to Life Skill Coaching

- This life skill coaching is not directly related to the basketball coaching of the day, but during practice every-one must be reminded to set goals and achieve it with urgency.

Purpose: *To encourage players to develop goals in life*

Life Skill: *To set personal goals and work at it with self-motivation*

- Outcomes:**
1. *Each player must set a personal target for himself*
 2. *Each player should work at his own goals independently of others*

Life Skill Activity Preparation

1. Small pieces of paper and pens for each player
2. You can also conduct this activity as a fitness test.

Life Skill Activity Instructions

1. Players are asked to set a specific goal for himself/herself for the next 2 months
 - The goal can be fitness related, e.g. to run 1500m in a certain time or to perform the Bleep test at a certain level.
 - The goals can be skill related, e.g. to dribble the ball around 10 cones within 15 meters span and back within a certain time, or to shoot five perfect 3-point shooting in 20 seconds.
2. They first perform the activity and they are timed on it. Next time, the same activity needs to be accomplished in a shorter time. Then they set their goals and hand in what they have written on the piece of paper.
3. They are tested every 2 weeks to see how they improve relative to their goal.
4. After 2 months or as soon as they surpass their target, they are to set new targets. The idea is that they must work at this target on their own (self-discipline is therefore tested).

Life Skill Insights & Application

Remarks:

1. The coach reminds the players that self-motivation and self-discipline is absolutely vital.
2. The coach find ways of rewarding them as soon as they reach their targets, e.g. a certificate stating: Reward for Self-Discipline, Most Improved Player.
3. Coaches can bridge the life skill with the basketball skill by often reminding them to set goals for their play in matches as well.

Going Deeper

Bible Text: 1 Corinthians 9:25-27

²⁴⁻²⁵ You've all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally.

²⁶⁻²⁷ I don't know about you, but I'm running hard for the finish line. I'm giving it everything I've got. No sloppy living for me! I'm staying alert and in top condition. I'm not going to get caught napping, telling everyone else all about it and then missing out myself.

Remarks:

Paul uses 3 principles in sport to get his message across. If you want to be successful, there must be:

1. Goals set (v26)
2. Strict training (v25)
3. Sacrificial commitment of the body (v27) by the mind

Ask and Discuss:

You have set goals for yourself in basketball, but what are your specific goals in your spiritual life?

- Write down 2 of your goals for the next 2 months
Goals could be for Bible study and prayer
But also add practical deeds
- Write down how you are going to train to reach them
This training could include study or practice or helping of a friend
- Write down what specific sacrifices of time etc. that you are going to make to achieve them.
- Remind them that nothing precious comes cheap.



UBABALO WHOLE LIFE COACHING

SESSION 4 Protect From Infiltration

Basketball Training *Man-To-Man Defence*

Cross-over to Life Skill Coaching

- Defending is hard work and requires much discipline.
- This experiential game will prepare you for your basketball drill.
- Remind them that the basketball is the most precious commodity on the court. Without it you cannot win!

Life Skill: *To protect that which is good for you and precious to you, from someone wanting to steal it from you*

- Outcomes:**
1. *To instil the value of protecting that which is valuable to you. (e.g. self-respect, virginity and spiritual wholeness)*
 2. *To discover that proactive behaviour is often the best defender*
 3. *To discover that even in individual defending, we need each other*

Life Skill Activity Preparation

1. Get handkerchiefs (or pieces of material the size of a handkerchief or even pieces of rope or newspaper rolled up will work) for each player.
2. They need to tuck this into the back of their pants so that it looks like a tail.
3. Use contained spaces e.g. 60m² for 2 teams of 9 players.

Life Skill Activity Instructions

1. The name of the game is: **Protect Your Tail**.
2. The idea is to protect your tail from being grabbed. As soon as a tail is pulled out, the person is eliminated.
3. You are only allowed to protect your tail by turning your body or by touching the hands or arms of the attacker.
4. You are not allowed to hold on to your tail.
5. Allow the game to continue for 3 - 5 minutes and see which team wins.

Life Skill Insights & Application

Ask and Discuss:

1. What are the technical, tactical or strategic things that you discovered during the game?
Stand near the line and keep your tail facing the outside
Stand near a slower runner
Be inconspicuous by hiding in a larger group
2. What did the game teach you about watchfulness?
3. What are the things in life that you want to protect
 - a. Outside yourself?
Here they may say things like family or some of their possessions
 - b. Related to you?
If they do not say self-respect or virginity, you may refer to it by telling a relevant story
4. Say: **“It is self-depleting / destructive to not protect that which is precious to you. Will you exchange a flawless diamond for a lump of coal? You do not want to gain things of lesser value while you lose things of greater value.”**

Going Deeper

Bible Text: 2 Timothy 2:20-26

²⁰⁻²¹ In a well-furnished kitchen there are not only crystal goblets and silver platters, but waste cans and compost buckets—some containers used to serve fine meals, others to take out the garbage. Become the kind of container God can use to present any and every kind of gift to his guests for their blessing.

²²⁻²⁶ Run away from infantile indulgence. Run after mature righteousness – faith, love, peace – joining those who are in honest and serious prayer before God. Refuse to get involved in inane discussions; they always end up in fights. God's servant must not be argumentative, but a gentle listener and a teacher who keeps cool, working firmly but patiently with those who refuse to obey. You never know how or when God might sober them up with a change of heart and a turning to the truth, enabling them to escape the Devil's trap, where they are caught and held captive, forced to run his errands.

Ask and Discuss:

- The passage refers to articles for noble purposes (v20). Would you at the end of your life want to be referred to as “He was an instrument for a noble purpose!”? (Let everyone answer)
- **“To be noble, we’ll have to protect ourselves from ignoble things. We’ll have to SAY NO! to destructive behaviour or desires.”** (v22) What are the destructive things that you want to say “NO!” to?
Be practical about the evil things they are challenged with: Drugs, sex, gossip, pornography, disobedience, disrespect, truancy, rape, stealing, bullying, etc.
- For every “NO!” there is a “YES!” Determine what is the YES-behaviour for each destructive behaviour mentioned above.

If you say “NO!” to:

- Drugs
- Sex
- Gossip
- Pornography
- Disobedience
- Disrespect
- Playing truant
- Rape
- Stealing
- Bullying

Then you say “YES!” to:

- Sobriety
- Faithfulness to your wife
- Positive, uplifting talks
- Good thought patterns
- Obedience
- Respect
- Faithful attendance
- Sex within marriage
- Honesty
- Friendship

- The Bible text says that two proactive approaches will bring about success:
 1. If you strive to positive things (v22). What are the positive things that you want to strive for?
Pure heart, faith, love, peace
You can also add integrity, respect, positive influence
 2. If you intentionally influence others (v25). How do you want to positively influence
 - Your friends?
 - Others?
Setting an example, encourage them to do the positive things mentioned previously



UBABALO WHOLE LIFE COACHING

SESSION 5 “Watch Out!”

Basketball Training *Shielding / Defence*

Cross-over to Life Skill Coaching

- The basketball is the object with the highest value on the basketball court. You can only score with the ball! Do everything in your power to keep possession of it, or work to regain possession if the team has lost it.
- The basketball ball is like a **‘pearl of value’** that must be protected and respected.
- In life we also have something very valuable that must be protected – our purity.

Purpose: *To help players to treasure their purity*

Life Skill: *The skill of respecting one’s personal purity*

Outcomes:

1. *Create in the players a desire to live in purity*
2. *Cultivate a sense of: “I must practice self-respect and guard my purity.”*

Life Skill Activity Preparation

1. Get one ball for each player. If you have insufficient balls, divide the team into 2 or 3 groups and repeat the activity.
2. Using cones / markers, form a large rectangle in the field.

Life Skill Activity Instructions

1. Appoint 1 player to be the ‘thief’ for every 2 players with a ball.
2. The goal is to retain possession of the ball for as long as possible, as the thieves try to kick/push your ball away.
3. As the activity is progressing, keep shouting “Man On!” or “Watch Out!”
4. The final 3 persons with the ball are declared the winners. Rotate the thieves with other players.

Life Skill Insights & Application

Ask and Discuss:

1. What did the game teach you about watchfulness?
We cannot relax at all. We must be wide alert at all times
You can lose a lot in one moment of unwatchfulness
There is a sense of victory if you overcome attacks
2. What are the things in life that you want to protect?
Our possessions.
The reputation of my family
My self-esteem / self-respect
My health
My purity
3. Why do you want to protect your purity?
The danger of HIV/AIDS is so high. One mistake can be the death penalty
I do not want something of lesser value if I risk losing something of greater value
I want to offer my most precious (virginity) to the one offering her most precious (virginity) to me in marriage.
Purity is a gift. Give the example of a present. How do you feel when you receive a present which has been unwrapped before?
Because it is worth waiting for
4. Who can help to remind us to “watch out”?
Friends
Parents
Teachers
Reminders – stickers, bookmarks, posters, etc
The Bible
5. What happens when you lose the ball? Do you think you can regain possession of your treasure?
You can begin again! Choose now to abstain from all high risk behaviour – including sexual activities – to guard your future, your dreams. You can make a difference!
6. Say: **“Guys, if we hear a shout of ‘Man On / Watch Out!’ on the field, then it must remind us to be watchful at all times. Let’s guard the treasure!”**

Going Deeper

Bible Text: 1 Thessalonians 4:1-8

¹ Finally, brothers, we instructed you how to live in order to please God, as in fact you are living. Now we ask you and urge you in the Lord Jesus to do this more and more.

² For you know what instructions we gave you by the authority of the Lord Jesus.

³ It is God's will that you should be sanctified: that you should avoid sexual immorality;

⁴ that each of you should learn to control his own body in a way that is holy and honorable,

⁵ not in passionate lust like the heathen, who do not know God;

⁶ and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you.

⁷ For God did not call us to be impure, but to live a holy life.

⁸ Therefore, he who rejects this instruction does not reject man but God, who gives you His Holy Spirit. (NIV)

Remarks:

Choose one:

1. Life is about doing what pleases God.
2. Life is about doing what pleases you.

What pleases God?

Verse 3: If we are sanctified

Verse 3: If we avoid sexual immorality

Verse 4: If we learn to control our body

Verse 4: If we live holy and honourably

Verse 6: If we do not wrong our brother or take advantage of him

Verse 7: If we live pure and holy lives

Verse 8: If we live by the guidance of the Holy Spirit

How do the heathens (those who do not know and obey God) live?

In passionate lust

Ask and Discuss:

- What are the "sexually immoral things" that we should avoid?
Sex outside of marriage
Pornography
Rape
Homosexuality
- What are the spiritual disciplines that we should apply to "control our bodies"?
Set boundaries
Don't get into situations where you will be tempted
Flee the temptation
Animals don't have minds to think, you do, so use it to control your desires
- How can we learn to obey the guidance of the Holy Spirit?
By listening through prayer and reflection
By reading the Word
By listening to His voice that speaks to our conscience
By watching His move in circumstances



UBABALO WHOLE LIFE COACHING

SESSION 6 Self-Control

Basketball Coaching *Ball Handling*

Cross-over to Life Skill Coaching

- Today we will practice to stay in touch with the ball. Ball handling is very important if you want to be a good basketball player.
- Similarly it takes a lot of practice and discipline to maintain self control

Purpose: *To teach players the value of self-control towards delayed gratification*

Life Skill: *Ability to apply self-control*

Outcomes:

- 1. To help players discover the value of self control.*
- 2. To teach players to exercise self restraint towards delayed gratification.*
- 3. To teach the value of saying 'no' to wrong things, or to right things at the wrong time.*

Life Skill Activity Preparation

1. Bring three sweets for each player, plus water and drinks for each player.
2. Ask one player to privately encourage others before the training session to eat their sweets and drink their water whenever they want it.

Life Skill Activity Instructions

1. Put a sweet and a glass of water out for each player.
2. Instruct them not to eat nor drink until the end of practice.
3. During the practice the player asked privately should encourage others to eat their sweets and drink their water.
4. At the end of the practice check who didn't eat their sweets and drank water as instructed.
5. Give extra sweets to those who did not eat their sweets nor drank their water.
6. Then sit down to discuss.

Life Skill Insights & Application

Ask and Discuss:

1. State the following important principles in life: **“If you are not willing to pay the immediate price, you will pay the ultimate price”** (Immediate prize was to say ‘no’ to the sweet and water. But in saying no, that brought some players the real ultimate prize).
2. Why did you eat the sweets and/or drink the water?
3. Why is it difficult to delay gratification / wait to be satisfied?
Afraid that others will take my share and leave nothing for me
Peers ridicule me if I don’t follow their social rules
Mass media tells me to do what I want, whenever I want, wherever I want – Just Do It (Nike)
4. Say: **“To reach the best in life we need to say no to the second best in life!”**
To gain respect you have to say no to drunkenness
To gain trust you have to say no to slander
To have the ultimate sex with your wife you have to say no to sex before marriage

Going Deeper

Bible Text: 1 Corinthians 9:24-27

²⁴⁻²⁵ You've all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally.

²⁶⁻²⁷ I don't know about you, but I'm running hard for the finish line. I'm giving it everything I've got. No sloppy living for me! I'm staying alert and in top condition. I'm not going to get caught napping, telling everyone else all about it and then missing out myself.

Ask and Discuss:

- Any player in training needs to restrict himself from certain activities to enable him to perform well. What are the things players should restrict themselves from?
Drinking alcohol
Smoking
Taking drugs
Over-eating
Lack of sleep
Eating poorly
- What are the things that make it difficult for you to apply self control in your life?
Own desires
Peer pressure
Media
- How could we train ourselves to apply self control?
Get friends to support your choices, to hold you accountable by checking on you.
Set reminders around you e.g. Cell phone, posters
- Towards general wholeness, what should we restrict ourselves from?
Things that break us down; physically, socially, emotionally
 - Physically, e.g. overeating
 - Socially, e.g. abusive relationships
 - Mentally, e.g. absenteeism from school
 - Emotionally, e.g. suicidal feeling and thoughts
- Towards spiritual wellness what should we restrict ourselves from?
Slander
Self-interest
Fleshly patterns



UBABALO WHOLE LIFE COACHING

SESSION 7 Serving Others Into Greatness

Basketball Coaching *Bounce / Overhead Pass*

Cross-over to Life Skill Coaching

- Passing is the act of serving the other with the treasure (the ball) in a way the team mate would benefit with a chance to make an easy basket and take our team to a better position.
- The better the pass is served, the better the teammate can serve the team as a whole.
- Good service should be our 'motto'. When you see a team mate give someone else a good service shout "**Good Service**".
- In life, we could also set up each other with good service!

Purpose: *To create a desire to take pride in serving others well*

Life Skill: *To develop a positive attitude towards Service*

Outcomes: *1. To help players see the value of good service through first break passing.
2. To create a keen desire to serve others to perform well.*

Life Skill Activity Preparation

1. No preparation required.

Life Skill Activity Instructions

1. Ensure you do passing drills before this session.
2. During the drills ask your players to acknowledge a good pass by shouting "**Good serve**".
3. Each player is to keep count of how many "**Good serves**" he received.
4. Discuss the first passing drill.

Life Skill Insights & Application

Ask and Discuss:

1. Who did not get many "**Good serves**" remarks? How did you feel about not serving others well?
I felt I was a bad servant or a bad team player
2. Ask the winner to share advice with others on how to serve well.

Look at the speed and angle of the running player
Put the correct weight on the pass

3. Summarize the things that should be considered in good passing.
Weight of the pass
Timing of pass
Speed of player
Angle of running
Find open space
4. Ask them which of the principles should be considered in life as well.
We have to know that people behave as they do because of many reasons. Instead of thinking what their behaviour does to us, we should think how we can help them change their behaviour for the good.
5. Say: **“We have to know that people behave as they do because of many reasons. Instead of thinking what their behaviour does to us, we should think how we can help them change their behaviour for the good.”**
6. Encourage them to go and serve others well in the week. What are 3 action steps that you can take (today / this week) that will serve someone else?

Going Deeper

Bible Text: Philippians 2:3-4

Remarks:

- It is clear that our focus should move from ourselves to others.
- There is one key that can turn this to good for us. This is humility!
- And there is one attitude that can mess this up, which is selfish ambition.

Ask and Discuss:

- How could we show unselfishness on the basketball court?
Focus on team play
- How could you serve others better off the court?
Listen to each other
Give good passes
Be open for a pass
Help on defence
Encourage from the bench (as substitute players)
- How could you serve others better off the field?
Compliment them
Affirm good behaviour
Show interest by asking questions
Remind ourselves that Jesus Christ came to serve us
- How could you serve your family better?
Show interest by asking questions
Help in house hold chores
Encourage family members
- How could you serve you community better?
- How could you serve your church better?



UBABALO WHOLE LIFE COACHING

SESSION 8 It's Mine

Basketball Coaching *Shooting (regular, 3-point, free throw, jump)*

Cross-over to Life Skill Coaching

- When shooting for the basket all attention / expectation / responsibility are on your shoulders.
- There are many players who shirk this responsibility, whether consciously or unconsciously.
- Besides practicing the technique of shooting, a successful player requires a strong mental and emotional disposition.
- You begin by developing conviction, confidence, and composure.

Purpose: *To instil that "killer" instinct in players*

Life Skill: *To carry responsibility with dignity*

Outcomes: *1. Players should be prepared to step up to responsibility.
2. When taking up responsibility they should do it with confidence.*

Life Skill Activity Preparation

1. This activity should be done at the court.

Life Skill Activity Instructions

1. Using the B.E.E.F. proper mechanics of shooting, players should line up one behind another so that the first one stands at the free throw line.
2. They should then be entrusted with the ball each to shoot two free throws.
3. Remind them that games are usually won or lost at the free throw line.

Life Skill Insights & Application

Ask and Discuss:

1. You have been given a responsibility that some are not used to. How did you feel when you carried this weight on your shoulders?
It took me outside of my comfort zone
It needed more focus
2. Do you have any big responsibility back at home / at school / at church?
3. How do you feel about it? Why do you feel that way?
4. What can help / has helped you increase your confidence?
By receiving encouragement instead of hurtful criticism
By gaining experience
By having someone show me how to do it
By asking questions or doing research
By staying positive and learning from mistakes
5. What responsibility can you take up now (which has not been given to you)?
6. The Coach should encourage the players to take responsibility because by so doing they will step up their maturity and increase their confidence level to the point where they can say, **"I Can"**.

Going Deeper

Bible Text: Colossian 3:23

²³ Work from the heart for your real Master, for God, confident that you'll get paid in full when you come into your inheritance.

Ask and Discuss:

- Are we allowed to do some things very well and some things poorly?
The bible says "Whatever you do" That includes everything.
- Are we allowed to do things half heartedly?
The bible says "with all your heart"
- Who do we work for in all our works?
We work for God not People
- What things in your life do you think you should do better? Let them share the things they do half heartedly
- What things do you think you should do better? (Let them share the things that they do half-heartedly)
- What are the 2-3 main things you want to take responsibility for? (Some possible areas are home, relationships, school, church, basketball team, others)
Household chores
Telling a friend not to swear, or smoke, or disrespect the opposite sex
Completing homework
Becoming the spiritual leader at home
Not littering on the streets



UBABALO WHOLE LIFE COACHING

SESSION 9 Reach For Your Goal

Basketball Coaching

Jumping (jump ball, rebound, lay-up, block shot, jump shot)

Cross-over to Life Skill Coaching

- We have practiced to reach high, stay focused on the ball and stay focused in your mind on where the ball needs to go.
- Likewise in life we have to reach towards our goals. Goals are seldom attained by chance.
- We must make it happen! We must reach for our goals!

Purpose: *To help players to set targets and work towards it*

Life Skill: *To live intentionally towards set goals*

Outcomes: *1. Players are motivated towards their set targets.
2. Players that have traded the attitude of "Hope for the Best" for an attitude of "Reach for the Best".*

Life Skill Activity Preparation

1. The activity should be done on the court.

Life Skill Activity Instructions

1. Let all players line up at the free throw shoulder point.
2. They should one after another tap the board jumping the highest that they can.
3. Each player should reach their maximum height.

Life Skill Insights & Application

Ask and Discuss:

1. Who feels he has reached his maximum height?
2. Who feel that it is good enough? And, who feels that it was not good enough?
3. Why was it not good enough? Was it because we compared it with others? Or was it because you did not try your best?

4. Say: **“If you have tried your best, it may be good enough for a basket.”**
5. A basketball player does not only need height, what else does he need?
I need speed, timing, accuracy, agility, commitment
I need intentionality, commitment, watchfulness, accuracy, agility and speed
6. Can you therefore see how intensely you should reach for a goal? In life, it works the same. “If you do not reach for your goals, you will never reach your goals!”

Going Deeper

Bible Text: Philippians 3:12-14

¹²⁻¹⁴ I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward—to Jesus. I'm off and running, and I'm not turning back.

Remarks:

- What is the prize God has called us to reach?
Jesus-likeness is our ultimate Goal
- Say: **“In the court the prize is the basket, but in life the prize is eternal life with Jesus Christ. You cannot reach eternal life with your own strength but the prize is given to you in Christ Jesus. Still you have to stretch out to receive this gift.”**
- You can demonstrate this by lifting someone high enough to touch the ceiling, but it still requires him to stretch to touch it.

Ask and Discuss:

- What are some goals that you have set? (Let them talk about goals or ambitions)
- To reach and collect a rebound takes effort, how willing are you to reach your goals in life? Let them discuss and share results. (Make sure that they say how much they will commit to reach it)
- How willing are you to give all your effort to reach eternal life with Jesus? (As they share, let them be very honest about their lack of commitment.)
- What should we do in reaching for Christ? (Be practical)
More study of the word
Prayer
Fasting
Listening to His voice
Reaching out to the needs of people
Sharing Christ with others



UBABALO WHOLE LIFE COACHING

SESSION 10 Live With Courage – Yes, Go!

Basketball Coaching *Block Shot & Rebound*

Cross-over to Life Skill Coaching

- When you try to block the opponent from making a basket you must do it with conviction and courage.
- See how these two – conviction and courage, are two of the main ingredients to make a difference in life. Let's say it out loud: "Conviction and Courage! YES-GO!"

Purpose: *To encourage players to be much more intentional in life*

Life Skill: *To live courageously with your convictions*

Outcomes: *1. To help players to choose 2-3 sound basic principle for life
2. To help players to be bold with the principles they have chosen.*

Life Skill Activity Preparation

1. Take a chair along to the practice field.
2. Take a worksheet that lists a number of possible convictions.

Life Skill Activity Instructions

1. Let them sit down in a circle and put a chair in the centre of the circle.
2. Each player should be at least 3 meters from the chair.
3. Give each a number (they can stick the number at the back of their jersey).
4. Call out two numbers ... Wait for two seconds ... Clap your hands once.
5. On the clap the two numbers called out should jump up and run to the chair and sit on it. The first one to sit wins.
6. Give everyone at least one chance to compete. Do it on an elimination basis to determine a winner.

Life Skill Insights & Application

Ask and Discuss:

1. Will you win the 'grab the chair' competition if you are uncertain about your number?
No
2. Do you think one can be successful in life if he/she has no conviction?
No
3. What are two or three of the convictions that you live by?
Possible responses:
What you sow, you will reap
Sex belongs to marriage
We should be honest
It is better to give than to receive
God answers the prayers of a righteous person
4. Choose one from the list if you don't have any.
5. Decide to share at least one of your convictions to two people this week.

Going Deeper

Bible Text: 1 Samuel 17:24-26

²⁴⁻²⁵ The Israelites, to a man, fell back the moment they saw the giant—totally frightened. The talk among the troops was, “Have you ever seen anything like this, this man openly and defiantly challenging Israel? The man who kills the giant will have it made. The king will give him a huge reward, offer his daughter as a bride, and give his entire family a free ride.”

²⁶ David, who was talking to the men standing around him, asked, “What’s in it for the man who kills that Philistine and gets rid of this ugly blot on Israel’s honor? Who does he think he is, anyway, this uncircumcised Philistine, taunting the armies of God-Alive?”

Remarks:

David had three convictions:

1. He wanted to change the mind of the Israelites from a negative to a positive mindset.
2. He wanted to defend the honour of God.
3. He was prepared to attack the giant that wanted to kill the nation emotionally, physically and & spiritually.

Ask and Discuss:

- What are some of the negative things that people say that you can change into positive things? If they say he is “horrible”, then you can say only if you do not want to see his good points.
- What are the giants that want to destroy our nation emotionally, physically and spiritually?
Emotionally: Inferiority, false guilt, demanding spirit, apathy and indifference, pessimism
Physically: HIV/AIDS, eating disorders, drugs, sex outside marriage, violence, poverty
Spiritually: Moral decisions made by feelings, spiritual pride, church disunity, negative peer pressure
- How would you attack these giants? (Ask them what could create opposite results)
 - In your mind?
Think of what could create the opposite
 - Practically?
Do practically the ideas that are mentioned above
- How can you bring glory to God this week by defending his honour?
By sharing my testimony or by sharing what I discovered in my bible study

Closing:

Say: **“Let us live with the YES –GO!” principle.**

(Yes = We must do the right thing

(Go! = We must have courage to do it)



UBABALO WHOLE LIFE COACHING

SESSION11 Grab The Moment

Basketball Coaching *Dribbling*

Cross-over to Life Skill Coaching

- Dribbling is a skill to create opportunities for your team or for yourself.
- Good control of the ball plus good consciousness of the opportunities is necessary.
- As we have to be aware of the opportunities on the court, we also have to be wide awake to the opportunities in life without losing the treasure that you carry.

Purpose: *To encourage players to apply good discernment*

Life Skill: *To constantly apply good discernment*

Outcomes: *1. To help players not to barge blindly into situations.
2. To teach players to quickly evaluate options for maximum impact.*

Life Skill Activity Preparation

1. No preparation required

Life Skill Activity Instructions

1. Play "slap by hand" game (in pairs) where one player holds his ear lobes and slaps with one or both hands of his opponent which are held out in front of him
2. The idea is that the opponent should pull away his hand/hands before they are slapped . If the opponent misses, you get your chance of slapping his hand
3. Play 6 rounds

Life Skill Insights & Application

Ask and Discuss:

1. Where do you look in order to prepare you to pull away your hand quickly enough?
Look at the origin of the movement, where he holds his ear
2. What are the clues to help you win this game?
You have to be very alert/ sharp
3. How could one apply these clues to everyday life?
Don't be simple-minded. We should not only look at the symptoms of things or perspective on things. There is more than one reason to anything happening.
4. What are some wrong thoughts that can trick your friends into missing out on opportunities in life?
No one will know / catch me if I cheat
Education is worthless
God does not care about me
There's nothing wrong with sexual intercourse if we love each other
5. What are some good thoughts that can help us grasp good opportunities in life?
Education gives me useful skills and prepares me for future opportunities
God has a plan and purpose for me
Preserving my body for my legal spouse will protect us from distrust and disease
I can be a leader by influencing the people around me

Going Deeper

Bible Text: Ephesians 5:15-21

¹⁵⁻¹⁶ So watch your step. Use your head. Make the most of every chance you get. These are desperate times!

¹⁷ Don't live carelessly, unthinkingly. Make sure you understand what the Master wants.

¹⁸⁻²⁰ Don't drink too much wine. That cheapens your life. Drink the Spirit of God, huge draughts of him. Sing hymns instead of drinking songs! Sing songs from your heart to Christ. Sing praises over everything, any excuse for a song to God the Father in the name of our Master, Jesus Christ.

Relationships

²¹ Out of respect for Christ, be courteously reverent to one another.

Remarks:

- Before you can make the most of every opportunity you should be wide awake and watchful.
- Things that help us to be watchful;
 - To know the will (word) of God
 - To be given over to the Holy Spirit
 - To be encouraged by the fellowship of the fellow believers.

Ask and Discuss:

- Could bad things happen to us without noticing?
Yes, that is why v.15 says, "So watch your step. Use your head!"
- What are the evil influences that could come into our mindset without us noticing?
The influence of mass media & internet
Culture, e.g. pop culture, new age spirituality, pagan traditions
Mega- trends, e.g. materialism, capitalism
Syncretism
Protectionism
- Would one lose his alertness if he does not apply any of the above?
Yes
- What are three things that could help you?
The Word functions like binoculars or a microscope
The Holy Spirit interprets like eyes do
Fellow believers help to broaden your scope to look in the right direction
- How are you going to encourage someone this week to stay alert?
By reading and quoting the word, and asking: "Is this what Jesus (or Holy Spirit) wants?"



UBABALO WHOLE LIFE COACHING

SESSION 12 Timing Is Everything

Basketball Coaching *Speed & Control Dribble*

Cross-over to Life Skill Coaching

- Moves are an important element in the techniques of dribbling. They are designed to take on and beat opponents in the attacking third of the court.
- Depending on the speed of approach, you have just a split second to prepare for the right move at the right time. If you perform the move too soon, the opponent will have time to adjust to your change in direction. If you do the move too late, the opponent will be able to steal the ball from you.
- In life we also will constantly have to decide: "Is this the right way to do it?"
- This needs good discernment.

Purpose: *To encourage players to apply good discernment*

Life Skill: *To constantly apply better discernment*

Outcomes: *1. To help players not barge blindly into situations
2. To teach players to quickly evaluate options for maximum impact*

Life Skill Activity Preparation

1. No preparation required.

Life Skill Activity Instructions

1. Ask them to play "follow-the-leader / Simon says" game with you.
2. Hold your hands 5cm from each other and move them up and down for 30cm distance.
3. Every time that your hands cross each other, they should clap once but only when your hands cross each other.
4. After having done this three times, start an elimination process where the ones who falter is disqualified (5 times).

Life Skill Insights & Application

Ask and Discuss:

1. Ask them to try and tell you exactly what they had to do to be good in this exercise.
They will mention; alertness, quickness, focus, visual contacts etc.
Add to that the ability to “check your reaction”
2. In basketball ball we have to be alert, quick, focused ... to keep your finger touch on the ball ... and check (throughout the game) our reaction.
3. What are some negative things that can happen if you do not ‘check our reaction’ during a game?
React against a teammate, opponent, match officials
Get substituted to prevent further conflict
Get ‘fouled out’ of the game
4. In life, we have to be alert, quick, focused... and check our reaction with the following question; “Is this the right thing to do? (not the nice thing, not the easy thing... but the right thing)”
5. What is one right thing that you want to do for the rest of this week?

Going Deeper

Bible Text: Proverbs 15:24, Proverbs 15:28

²⁴ Life ascends to the heights for the thoughtful – it’s a clean about-face from descent into hell.

²⁸ Prayerful answers come from God-loyal people; the wicked are sewers of abuse.

Remarks:

The two verses emphasises the importance of weighing your reactions (v.28) and timing your words (v.24)

Ask and Discuss:

- Are you prone to “speak before you think”? What is normally the result of that?
Results could be misunderstanding, conflict and shame
- If we weigh our words/deeds, what would you say are the most important principles?
Have them say ...
Ask a question to clarify if you heard correctly
Consider the other person’s thoughts, feelings
Ask yourself: Is this the right time to say/do it?
Ask yourself: Will we both benefit if I say/do this?
- If you are in difficult situations this week, do the above and remember: **“Timing Is Everything!”**



UBABALO WHOLE LIFE COACHING

SESSION 13
Preparedness

Basketball Coaching *Zone Defence*

Cross-over to Life Skill Coaching

- One of the tasks of zone defence is to build a “Protective Shield/ Wall”. This is not only to stop drives but also to secure all rebounds from missed shorts.
- We too need a “Protective Shield” that will not only protect our lives, but also become part of our lives like “Code of Arms” of ancient warriors.

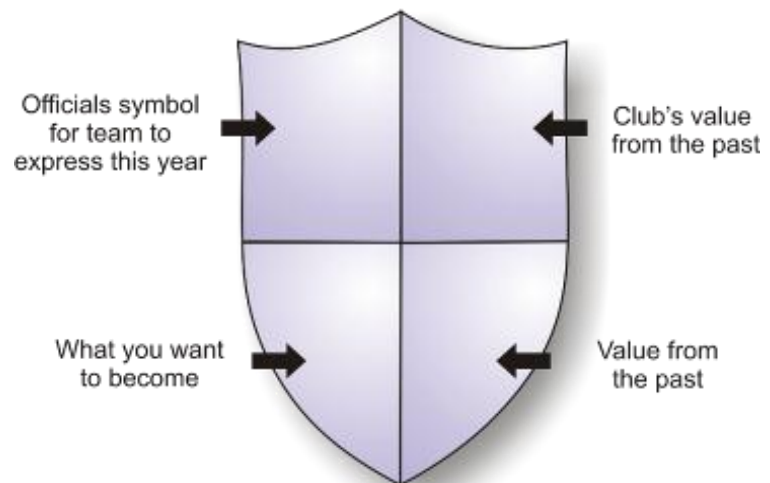
Purpose: *To decide on the main values that will represent you and protect you in life*

Outcomes:

1. *To choose the key values that will represent you and the club.*
2. *To find Symbols that represent the values.*
3. *To establish a meaningful positive identity for the individual and the club.*

Life Skill Activity Preparation

1. Have papers ready with a shield drawn on them for each player.
2. Pen/pencil for each player to draw/ write inside the shield.
3. Hand out the “Code of Arms” symbols (with related values) so that they can choose from that. The players can also creatively choose their own.
4. Afterwards these paper shields could be permanently made on badge material and sewn on the jerseys.



Life Skill Activity Instructions

1. Say: **“We need to stand for something. If you stand for nothing, you fall for everything that amounts to nothing.”**
2. Today we are going to choose the symbols that will represent what we stand for.

3. In the bottom right quadrant (from players' view) we are going to put what you chose as a value from the past. Maybe a value from your heroes or your parents.
4. In the bottom left quadrant (from players' view) we are going to put the symbol that will express what you want to be or become, e.g. if you want to soar in life, you will draw an eagle; if you want to grow, a tree; to be tough, a fist or a sword.
5. Next the coach will put the symbol in the top right corner (from players' view) of what the club historically stands for.
6. Next the officials of the club in discussion with the players come up with a symbol that will express what this year's players would want to express. This is put in the top left corner (from players view).

Life Skill Insights & Application

Ask and Discuss:

1. **“The symbols and values that we stand for will tell people who we are (our identity), and will also protect us from not becoming what we do not want to become.”**
2. Let us now state clearly what we want to hold on to from the past as a club, and what we want to express this year as our identity for 2009.
3. Give each player an opportunity to state what he wants to hold on to - borrowed from heroes or parents - and what he wants to express in his conduct.
4. You can also create a club “cheer for the year”.

Going Deeper

Bible Text: Ephesians 6:10-18

¹⁰ Finally, be strong in the Lord and in his mighty power.

¹¹ Put on the full armour of God so that you can take your stand against the devil's schemes.

¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

¹³ Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,

¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace.

¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. (NIV)

Remarks:

- Paul states 3 times: "Take your stand" (V11), "able to stand" (V13) and "stand firm" (V14)
- We also do want to wave when the attacks come physically on the field, but also spiritually when Satan wants to attack us.

Ask and Discuss:

- What symbol / armour that Paul refers to and what do they stand for? (V14-18)

Belt	→ Truth
Breastplate	→ Righteousness
Sandals	→ Ready to share the gospel
Shield	→ Faith
Helmet	→ Salvation
Sword	→ Word of God
Communication	→ Prayer

- Which parts of this armour do you lack and what should you do to make sure you always have the full armour on? Discuss.



UBABALO WHOLE LIFE COACHING

SESSION 14 Appreciating Each Other

Basketball Coaching *Zone Defence*

Cross-over to Life Skill Coaching

- This life skill exercise does not directly relate to the basketball drill.

Life Skill: *To develop loyalty to the team through their appreciation of you and your appreciation of them*

- Outcomes:**
1. *To discover how people really value your contribution to the team*
 2. *To discover how people really value who you are, not only what you do*
 3. *To develop positive thinking about other people*
 4. *To develop deeper loyalty to the team / the club*

Life Skill Activity Preparation

1. The coach must prepare white stickers (the postal printing type or Post-Its). If the team consists of 18 players, it means 36 (18 x 2) stickers for each player. The total required is 648 (18 x 2 x 18).
2. Each player must have a pen.

Life Skill Activity Instructions

1. In the first round every player must write one “valuable-to-the-team” sticker on what he appreciates of the other player’s contribution to the basketball quality of the team.
2. In the second round each player writes one “good-characteristic-of-the-player” which he appreciates. This has nothing to do with the basketball specifically, but to appreciate the person for who he/she is!
3. Now everyone sticks one by one his appreciation stickers on the other players (maximum one per player). The basketball appreciation sticker is stuck on the front of his shirt and the character sticker on his back.

Life Skill Insights & Application

Ask and Discuss:

1. After every-one received his two stickers from everyone else, then he collects them from his jersey and reads them carefully.
2. When done, the coach asks:
 - a. What is your first impression?
 - b. Describe your emotion right now?
Most will be positive. If negative, then ask them "Why?" to discover the reason.
 - c. What surprised you most?
 - d. Did you get some of which you want to say: "I actually have to improve on this one?"
 - e. What happened to you whilst you were writing the stickers for the other players?
I was forced to think positively of others
 - f. How will our club benefit if we have a positive attitude towards each other?
It will be encouraging, affirming, strengthening
Players will like to be part of this club and keep returning

Going Deeper

Bible Text: Hebrews 10:24-25

²⁴ And let us consider how we may spur one another on toward love and good deeds.

²⁵ Let us not give up meeting together, as some are in the habit of doing but let us encourage one another – and all the more as you see the Day approaching. (NIV)

Remarks:

- Hebrew 10:24-25 says twice: "Spur each other on" and "Encourage one another".
- It also says we should do it for the "being good" of some-one (v24; towards love) and for the "doing good" of someone (v24; good deeds)
- Today, you have spurred each other on with the stickers on "Good Character".

Ask and Discuss:

- What are the 3 characteristics mentioned that you appreciate most?
- What are the 1 or 2 things that they have not mentioned that you hoped people would notice? (Here you can ask: "Why do you think they did not notice it?")
- Why do you think they did not notice?
- What are the good deeds (not basketball related, just general good deeds) that you want to do more?
This could be anything, e.g. serving the poor, helping the sick or family member, etc.
- Hebrews 10:25 also talks about loyalty when it says that we should not neglect the meetings. In which way can you express your loyalty to this group better?
In always attending training sessions, team meetings
In asking: "What can I pray for?"
In sharing positive things about the group



UBABALO WHOLE LIFE COACHING

SESSION 15 Cohesion

Basketball Coaching *Zone Defence*

Cross-over to Life Skill Coaching

- When a team is defending it is important to not work as individuals, but as a synchronized unit. This means that each one must be conscious of the movements of the other.
- In life it's also important to know: **“Life is lived because of others.”** We have to stand together and specifically to defend certain values together.
- This means that we should ‘get a feel’ for each other.

Purpose: *To practice to move together with others*

Life Skill: *To learn to “sense others” by finding harmony in cohesive movements*

Outcomes:

1. *To discover that moving together takes effort*
2. *To learn to focus away from yourself to those in your team / group*
3. *To discover that harmony takes the effort of adapting all the time*

Life Skill Activity Preparation

1. All basketball players need to have their basketball boots on for this exercise. If the players do not have boots, the coach can use string / rope to tie their ankles together.

Life Skill Activity Instructions

1. Form groups of 3 and ask them to stand shoulder to shoulder with each other.
2. Ask each to tie their shoe-laces with half a knot and then tie the shoe laces to each other in such a way that their feet would be 6 inches or less apart from each other.
3. Have teams race with each other over 50 meters and pick the winner.
4. Ask teams to race against each other for one full round around the basketball field and pick a winner.

Life Skill Insights & Application

Ask and Discuss:

1. When both races are finished, ask the following questions and give time for reflection
 - a. Did you have fun? Why or why not?
 - b. What did you struggle with?
 - c. How did you have to adapt your running?
 - d. What was the difference between the middle person running and those at the ends?
 - e. What did you do as a team to get the running to go smooth?

See if you can get them to express clearly what was needed to get the rhythm in the running of the team.

2. Ask the following life coaching questions:
 - a. Where in life do you also function in teams?
Family, church, community, school, sports team, music band, etc.
 - b. What do you struggle with in those teams?
 - c. What can you do there to “run smoothly in rhythm”? (Let them think creatively and practically)
3. Say: **“Some of you even have to play the key role of the “middle-man / peacemaker” in other teams. This takes more focus on the team process. We hope you do it well.”**

Going Deeper

Bible Text: Mark 3:16-19

¹³⁻¹⁹ He climbed a mountain and invited those he wanted with him. They climbed together. He settled on twelve, and designated them apostles. The plan was that they would be with him, and he would send them out to proclaim the Word and give them authority to banish demons. These are the Twelve:

Simon (Jesus later named him Peter, meaning "Rock"),
James, son of Zebedee,
John, brother of James (Jesus nicknamed the Zebedee brothers Boanerges, meaning "Sons of Thunder"),
Andrew,
Philip,
Bartholomew,
Matthew,
Thomas,
James, son of Alphaeus,
Thaddaeus,
Simon the Canaanite (Zealot),
Judas Iscariot (who betrayed him).

Remarks:

Look at Jesus' team:

- One got the name Rock (Peter)
- Two brothers got the nickname: "Sons of Thunder" (James and John)
- One was called "fanatic" or Zealot (Simon)
- One was a betrayer of the leader (Judas)
- And the others were pretty diverse as well

Ask and Discuss:

- Do you think it was easy to fit in with this team?
No
- What do you normally do if you land in a team like this? (Let them honestly say how they treat fanatics and traitors)
- What are you supposed to do in a team like this to help it to "run smoothly"?
Appreciate diversity
Cushion weakness
Encourage strengths
- Think of a specific person with whom you are 'out of rhythm' now. What should you do to get the rhythm back?
Try to find out why he does things differently
Try to see his benefit for the team
Appreciate his contribution
Only after that you can try to correct him in order to help him



UBABALO WHOLE LIFE COACHING

SESSION 16 Creating Space For Each Other

Basketball Coaching *Screening*

Cross-over to Life Skill Coaching

- This experiential game will prepare you for your basketball drill

Life Skill: *To open up opportunities for others*

- Outcomes:**
1. *To learn to be intentional in creating opportunities for others*
 2. *To appreciate when opportunities are created for you*
 3. *To learn to work together for the benefit of all*

Life Skill Activity Preparation

1. Normal coaching equipment

Life Skill Activity Instructions

1. Instruct the team to perform various Screen and Roll drills.

Life Skill Insights & Application

Ask and Discuss:

1. Say: **“Creating space / opportunities for each other is vital if you want your team to win in the game and in life.”**
2. How can we create more opportunities for each other in the team?
We can run into space better. Use the ‘triangle positioning’.
Pass to players who are in better positions, not only to players that you like
Use your strength to hold off bigger opponents so your teammate can try to score a basket
3. How can you create an opportunity for someone in your family? Discuss.
We can look at their gifts, affirm this and look for opportunities to move them forward to express these gifts

Going Deeper

Bible Text: Romans 15:1-7

¹ We who are strong ought to bear with the failings of the weak and not to please ourselves.

² Each of us should please his neighbour for his good, to build him up.

³ For even Christ did not please himself but, as it is written: "The insults of those who insult you have fallen on me."

⁴ For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope.

⁵ May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus,

⁶ so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ.

⁷ Accept one another, then, just as Christ accepted you, in order to bring praise to God. (NIV)

Ask and Discuss:

- The goal of this passage is to encourage us to live life with a "spirit of unity", "with one heart and mouth"
- In order to do that, there is a:
 - Source of inspiration. What is this?
The example of Jesus (v3, 5, 7, 8)
 - 3 preconditions / attitudes without which it is impossible
 1. Not to think of ourselves too much (v1)
 2. To accept others (v7)
 3. To build others up (v2)(Let them talk about practical applications of this, for example)
 - To always try to think of others first in the morning and to pray for others more than yourself
 - To look for the good things in strange people and see how it can benefit you
 - To choose someone to encourage today
 - Through real selfless living we can 'create space' for others. Share how you can now benefit particular people by creating space for them!
Encourage them to share a practical example on how they can help a younger brother or sister



UBABALO WHOLE LIFE COACHING

SESSION 17 Strategizing For Success

Basketball Coaching *Attacking As A Team*

Cross-over to Life Skill Coaching

- Before you do planning on how to strategize tactical moves, do the experiential exercise which will help you to have the right attitude when strategizing.

Life Skill: *The belief that good strategy, including everyone, will lead to better performance*

- Outcomes**
1. *To discover that good strategy will bring good results*
 2. *To discover that everyone needs to work together if you want good results*
 3. *To discover that you have to get out of your comfort zone if you want to add to good results*

Life Skill Activity Preparation

1. You can use any small object for this exercise.
2. Our suggestion is that you use a pen or pencil.

Life Skill Activity Instructions

1. Give the following instructions when the pen/pencil moves from hand to hand
 - Make sure it touches each player's hand in the team
 - See how fast you can do it
2. Time them as they complete the exercise. If done in 15 or more seconds tell them this exercise can be done in half the time.
3. When they bring it down (after a few efforts) to 5 seconds, tell them it can be done in less than 2 seconds.
4. They must find the solution themselves, but if they put all their hands together... its easy for the leader to touch each ones hands in less than 2 seconds.

Life Skill Insights & Application

Ask and Discuss:

1. Why did you take so long when you first did the exercise?
2. What did you have to do to quicken the exercise?
They have to come closer to each other
3. What effort did it take from each individual to help towards success?
To step outside his own 'space'

Remarks:

1. This exercise needed the team to co-create a strategy. Everyone was needed. Then it was easy.
2. What are the few lessons you have learnt from this exercise that will help you in future to co-create with your team?
You have to keep the goal in mind
You have to make personal sacrifices to the goal
You have to consider others
You have to step closer to others
Believe that if others are better, you are better
3. How can you apply these lessons on the basketball field?
4. How can you apply these lessons wherever you are in a team, like back at home?

Going Deeper

Bible Text: Philippians 2:1-4

¹⁻⁴ If you've gotten anything at all out of following Christ, if his love has made any difference in your life, if being in a community of the Spirit means anything to you, if you have a heart, if you care— then do me a favor: Agree with each other, love each other, be deep-spirited friends. Don't push your way to the front; don't sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.

Ask and Discuss:

- Paul says we should be: like-minded, having the same love, being one in spirit and purpose if we really want to make a strategic impact. What should be the things inspiring us towards that (v1)?
Jesus united us in one family
Jesus fitted us with His love
We all live by His Spirit
We all have compassion as fruit of the Spirit
- What are the three things we should do to bring about this “one in spirit and purpose” (v3 & 4)?
Do nothing selfishly
Consider others better than yourself
Look after the interests of others
- What is the root of these three things (v3)?
Humility
- Name two friends who are better than you in something that you are also good at?
- Name 2 needs / concerns / interests of friends of yours that you want to address and help with.



UBABALO WHOLE LIFE COACHING

SESSION 18 Be Sensitive To Others

Basketball Coaching *Chest Pass*

Cross-over to Life Skill Coaching

- Throughout practice, mention many times: **“The first thing in (chest) passing is to focus on a player who is in a good position.”**
- To contribute to the team’s interests, you need to focus on others’ interests.

Purpose: *To move from selfish interest and ambition towards a team / others focus*

Life Skill: *To focus on others*

Outcomes: *1. For players to consider others’ interests
2. To recognize their selfish ambition and to replace it with a team ambition*

Life Skill Activity Preparation

1. Have papers and pencils ready.

Life Skill Activity Instructions

1. Have the players write the name of a team member and a crazy action for them to do, e.g. quack like a duck, crawl like a snake, trumpet like an elephant.
2. Ask them to also write their own name at the bottom of the paper.
3. Gather the papers and choose a few.
4. Have the person who wrote the paper / action to do it (instead of whom he wrote it for).

Life Skill Insights & Application

Ask and Discuss:

1. Say: **“You have to treat others as you would like to be treated. Be sensitive to others!”**
2. How did you feel when you discovered that you needed to do the action that you wrote?
Upset
Bad
Embarrassed
Cheated
3. Is it funny to make others feel embarrassed?
4. What is important in passing?
To focus on a player who is far away and in a good position
5. Say: **“Just like in passing, in life, you need to focus on others, to consider others.”**
6. Will the team benefit if you execute a good pass? Why?
7. Will others and the team benefit when you consider them? How?

Going Deeper

Bible Text: Romans 15:2

¹⁻² Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not status. Each one of us needs to look after the good of the people around us, asking ourselves, "How can I help?"

Ask and Discuss:

- Write down the 5 most important ways in which you want others to treat you.
- Now write down 5 practical ways in which you can do the above to others.
- What can you change in your attitude to help you focus on others?
- What are 3 action steps that you can take (today / this week) that will help or benefit or build up someone else?



UBABALO WHOLE LIFE COACHING

SESSION 19
Looking Outwards

Basketball Coaching *Out-Ball*

Cross-over to Life Skill Coaching

- A out-ball is an opportunity to regroup for attack or defence. If your team has possession, you need to have a broad vision to see your teammates who are open to receive the ball.
- In life, one also needs to have a broad vision; from thinking only of self, team, family, friends, towards thinking of others in the community

Purpose: *To help players reach out of their comfort area towards other people in society*

Life Skill: *To focus on others outside of your comfort group (family and friends)*

- Outcomes:**
1. *To consider others, not only the people close to you, but also strangers and the community*
 2. *To broaden one's perspective from looking inward to looking outward*

Life Skill Activity Preparation

1. Bring a bag of candy / sweets / chocolates

Life Skill Activity Instructions

1. Give one third of the players a candy. They then need to give it away to another team mate.
2. Give all players a candy. Tell them to give it away to someone outside of the field that they don't know.

Life Skill Insights & Application

Ask and Discuss:

1. What did you feel when the coach gave you candy?
2. What did you feel when you were instructed to give it away?
3. What did you feel when someone gave you a sweet?

4. How did it feel when you gave it away to someone you did not know?
5. What attitude did you have when you gave it away? Is there any change of attitude needed?

Going Deeper

Bible Text: Matthew 5:46-47

⁴³⁻⁴⁷ "You're familiar with the old written law, 'Love your friend,' and its unwritten companion, 'Hate your enemy.' I'm challenging that. I'm telling you to love your enemies. Let them bring out the best in you, not the worst. When someone gives you a hard time, respond with the energies of prayer, for then you are working out of your true selves, your God-created selves. This is what God does. He gives his best—the sun to warm and the rain to nourish—to everyone, regardless: the good and bad, the nice and nasty. If all you do is love the lovable, do you expect a bonus? Anybody can do that. If you simply say hello to those who greet you, do you expect a medal? Any run-of-the-mill sinner does that.

Ask and Discuss:

- How can you start to demonstrate love outside your comfort area?
Smile
Help people
- Why is it important to “love more than the ordinary”?
Real love is when you love someone without them showing love to you first, or without loving back
- How much do you love your community?
- How much do you help your community?
- Do you just focus on the people close to you, or do you have a broader focus? How do you demonstrate this?
- Only if we do more than others, society will turn to be better than before. What should you now do more than others and more than you’ve done before to make a significant impact?



UBABALO WHOLE LIFE COACHING

SESSION 20 Grasp The Opportunity

Basketball Coaching *Stealing*

Cross-over to Life Skill Coaching

- Each player should grasp the opportunity to force a turnover from the opposing team. You can do this by applying pressure and being focused on stealing the ball.
- You must be alert to that opportunity.

Purpose: *To help players be focused on opportunities and to take them*

Life Skill: *To be alert for opportunities and be bold to take them*

Outcomes: 1. *To change the players attitude towards school / work – to view it as an opportunity to provide / create a better future*

Life Skill Activity Preparation

1. A few sheets of newspapers to make a club, and a dustbin / cooking pot cover to make a shield.
p.s. You can also replace the newspaper with a water gun.

Life Skill Activity Instructions

1. Roll the newspaper and tie it.
2. Divide the team into 2 groups and number each person. Have both groups form a circle by sitting.
3. Place the club and shield in the middle of the circle.
4. Tell them that you will call out a number. If they hear their number being called, the player (from each group) bearing that number must stand up and run to the middle to pick up either the club or shield.
5. The person who picks up the club must try and hit the opposing player below the knee. The other player can use the shield to protect himself.
6. Repeat the game a few times and keep score.

Life Skill Insights & Application

Ask and Discuss:

1. What did you have to do to achieve the highest team score?
Listen for your number to be called
Be brave
Be alert
Be focused
Be watchful
2. Was every number called an opportunity to win?
Yes
3. In life, what are the opportunities that can lead to future success?
Going to school
Studying hard and studying smart
Doing your homework
Being obedient to those in authority
4. What can taking these opportunities lead to?
5. What causes us to stop from grasping these opportunities?
Fear of failure
Lack of confidence / courage
Lack of focus
6. What can help us grasp the opportunities?
Courage
Being focused and watchful / alert
7. What opportunities in your life can you grasp this week?

Going Deeper

Bible Text: Ephesians 5:14-21

¹⁴ for it is light that makes everything visible. This is why it is said:

"Wake up, O sleeper,
rise from the dead,
and Christ will shine on you."

¹⁵ Be very careful, then, how you live—not as unwise but as wise,

¹⁶ making the most of every opportunity, because the days are evil.

¹⁷ Therefore do not be foolish, but understand what the Lord's will is.

¹⁸ Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.

¹⁹ Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord,

²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

²¹ Submit to one another out of reverence for Christ.

Remarks:

To make the most of every opportunity, you have to:

1. Wake up (v4)
2. Be watchful (v15) because the days are evil (v16)
3. Make sure you do what the Father wants (v17)
4. Be filled by the Holy Spirit (v18)
5. Find yourself amongst those that encourage you spiritually (v19)
6. Live appreciatively (v20)
7. Submit in service to others (v21)
8. Live in reverence of God (v21)

Ask and Discuss:

- Based on the list above, if you give yourself a mark out of 10, which ones get less than 4?
- How would the improvement of each of those with low scores add more opportunities for Kingdom building?
- What are the Kingdom opportunities that we should grab every day; once a month; once a lifetime?

UBABALO TECHNICAL COACHING GUIDELINES

Introduction

Sport is normally associated with being physical, requiring skill, involving competition with clearly identifiable winners and losers, and that sport is played or performed according to set rules.

However, we should be viewing sport as any form of physical activity that is undertaken for any reason (including competition but expanded to include a myriad of other purposes such as enjoyment, social activity, weight management, friendships and developing self-esteem). Activities included in a broader physical definition of sport include: exercise, health related activities, exer-gaming, dance and activities of daily living.

What is coaching?

In layman's language, coaching can be understood as a facilitation process of helping and guiding somebody/team from a position of not knowing or understanding or not being confident or competent in doing some task or activity or technique, to a position where he/she/they know, understand, is confident and competent in doing a specific task or activity or technique. It is important to note that in a team environment people are normally at different levels of confidence and competence (which means demonstrating the ability, knowledge, skill and willingness to do something towards an expected outcome).

The multiple roles of a coach

A coach has many roles to perform and academic and professional literature documents the roles of a coach as the functions carried out in relation to completing the coaching tasks in the coaching environment. Typically the roles of a coach are presented as the following:

- ✓ Facilitator
- ✓ Motivator
- ✓ Friend
- ✓ Demonstrator
- ✓ Instructor / Trainer
- ✓ Assessor
- ✓ Mentor
- ✓ Disciplinarian
- ✓ Role model
- ✓ Organizer
- ✓ Leader
- ✓ Teacher
- ✓ Adviser

However, within the context of Ubabalo we want to make the coach aware of his/her role as a FATHER/MOTHER or ROLE MODEL in the lives of the players that he/she is coaching.

Qualities of a good coach

- ✓ Be a God-loving person and love people
- ✓ Demonstrate and live by good biblical moral values and principles
- ✓ Be enthusiastic and show enjoyment of coaching
- ✓ Be self-confident, consistent, friendly and fair
- ✓ Have a sense of humour and make things fun!
- ✓ Dress appropriately
- ✓ Be a good role model for the participants
- ✓ Maintain discipline throughout the session
- ✓ Be well organised
- ✓ Include all participants, regardless of ability, disability, age, gender and ethnic background

The coaching process generally consist of three basic phases, i.e. A. Planning and Preparation, B. Delivery & Implementation and C. Evaluation & Improvement

Planning – Planning is the key to success for any endeavour in life. Planning increases the chance that the session will run smoothly and effectively. It also increases the chance that sessions will be sequential throughout the season. Therefore, coaches should at all times plan for the following:

- ✓ What they want to do (e.g. drills, techniques, life-skills, etc.)
- ✓ When they want to do it
- ✓ Why they want to do it
- ✓ How they want to do it
- ✓ Who will need to do it
- ✓ Where they want to do it
- ✓ What equipment will be required
- ✓ How will it be used, etc.

Hence, this is why it becomes important for a coach to plan ahead at least for a season, for each month, week and daily session.

Season planning – When planning for the season, it's a good idea to ensure you include the following on your calendar:

- ✓ Training dates
- ✓ Competition dates
- ✓ Camps
- ✓ Club meetings or events
- ✓ Parent / Coach meeting (to present Parent Guidelines)
- ✓ Social events
- ✓ Fundraising events
- ✓ Dates for coach education courses, seminars or workshops (for your own training and development)
- ✓ If you have a mentor, include regular meeting dates with them

It's a good idea to also provide a copy of this to the team.

Coaching plan – Prepare a coaching plan for each session including the drills you will use with applicable 'coaching points', games, the equipment you will need, etc. Consider what you want to present and how you want to present it. Have a plan A, plan B and plan C. Some things you will need to consider:

- ✓ How many children are in the group?
- ✓ What skill level are the children at?
- ✓ What equipment will be needed?

Maximize involvement – Involve as many kids in each drill or activity as you can. Limit the amount of time a child will be standing and watching.

Maximize space – When setting up drills or games, maximize the space for the children to use so that they are not all bunched together. For example, the bigger the space, the more success the players should have, Make the space smaller to challenge them

Maximize equipment – Evaluate what you will need in terms of equipment and plan accordingly.

- ✓ Balls - have plenty available for each activity. Ideally, every player should have a ball to maximize the session but depending on your context, this may not always be possible
- ✓ Bibs - use bibs for identification purposes
- ✓ Cones - use coloured markers/cones to structure training space

Eliminate distractions – Eliminate as many distractions as possible. Keep your group together and away from other groups. Keep unruly players under control. If possible, face the sun or wind while instructing so the players have their backs to the elements. During training, parents (those not assisting with coaching) must remain OFF the field. During games, if at all possible, parents should remain on the opposite side of the field from the team.

Make the session fun – The children will stay more interested, be better behaved and learn more readily. Use plenty of games. Did you know that during a 1990 Athletic Footwear Association Survey of over 20,000 kids nationwide, they asked them “Why they participate in sports?”, and here are their top 10 reasons.

1. To have fun
2. To improve their skills
3. To stay in shape
4. To do something they are good at
5. The excitement of the competition
6. To get exercise
7. To play as part of a team
8. To challenge of the competition
9. To learn new skills
10. To win

In the same survey, 65% said they participate in sport to be with friends. This should explain why it’s absolutely critical to make and keep practice sessions fun and enjoyable for young players.

Preparing for a coaching session – When designing training sessions it is important to consider the age, gender, ability, etc., of the children/ individuals/team to be coached. The coach must establish a good learning environment and give positive feedback to players and be enthusiastic and excited about coaching. The players will feel the passion and feed off the coach’s enthusiasm.

Therefore, the following elements become important in preparing a session:

1. Content:
 - ✓ Over plan rather than under plan. It is easier to omit planned drills than to add unplanned drills.
 - ✓ The session must have a variety of activities to ensure the participants stay active and enthusiastic.
 - ✓ Look for new ideas and adapt old favourites or games from other sports.
2. Appropriate activities:
 - ✓ Avoid activities that require inactivity or drills that eliminate participants. It is likely that the first eliminated participants will be those who are less skilled — those who need the most practice. If the coach plays a game with players eliminated, adjust the game so the player eliminated has to perform a ball skill before re-entering the game.
 - ✓ Use more groups with a small number of participants, rather than a few groups containing large numbers.
 - ✓ The activities must be appropriate for the participants’ ability and age.
 - ✓ Develop activity station cards that explain the drill to be practised. Over time, this will become valuable reference material for your coaching team and yourself.
3. Progression:
 - ✓ Plan so that activities flow smoothly from one to the next. Have equipment close at hand and develop routines so that participants know what to do next.
4. Practice:
 - ✓ Ensure enough time for participants to practice and experiment with activities. Practising in small sided games is beneficial as it allows skills as well as techniques to develop.
 - ✓ Plan some training sessions with very limited coaching. Let players lead games or 3 v 3 games. Let players have “freedom” without “fear” of failure.

As a coach you may be confronted with unexpected situations. For example, before the training you sense among your players that they are impacted by something that happened the past week (e.g. in school). You may already have planned your session beforehand. However, it may be better to be flexible and adapt your training, based on what your players share with you.

Thus, be aware of what impacts them in their daily lives, pay attention to that, and if necessary adapt your planned session. Do utilize these “teachable moments” for your players’ on-going learning. Be flexible, without losing your main focus/vision.

Communication Tips

Basic communication skills – Remember that over 60 per cent of any message comes from body language. Ensure your actions match your words and where possible show things rather than explaining them. When you are ready to explain a drill, skill or tactic, try to demonstrate it rather than just talk it through. It will usually be faster to do and you will have a much better chance that your players will understand what is required.

- ✓ Face your audience as much as possible (difficult at times in demonstrations)
- ✓ Use positive body language
- ✓ Speak clearly and project your voice for all to hear use key words or phrases

Goals and objectives – Briefly explain your goals and objectives in each session so that the players will know what they are learning.

Asking questions – Questions help to clarify things. It also stimulates and encourages players, athletes or people to think, which leads to self-discovery as well as the discovery of creative solutions to challenges. There are mainly two categories of questions, i.e. open-ended questions and close-ended questions. Open-ended questions (e.g. questions starting why, who, when, where, which, what, how, etc.) helps with clarification and with ascertaining more information and close-ended questions that always leads to either a Yes or a No answer (e.g. questions starting with Is, Are, Did, Were, etc.) helps with confirming certain facts or assumptions.

Giving feedback – It has been said that feedback is the breakfast of champions and breakfast is the most important meal of the day. When providing feedback to your players use the ‘sandwich’ approach. Layer the corrective feedback with a positive comment on either side. For example, “That is great body position, make sure you extend your arm after you have shot, keep up the effort.” The player now has useful information and they feel good about their efforts.

Attentive listening – Remember to listen. Players can provide a huge amount of information on how effective your coaching is.

Coaching Tips

Coaching points – Don’t try to explain too many coaching points at one time. Highlight each ‘Coaching Point’ one at a time as you instruct and let the children practice. Stop them to point out what they are doing right and what needs improvement. Reiterate key coaching points, demonstrate what is needed and let the children continue.

1. **HIGHLIGHT** a key coaching point
2. **DEMONSTRATE** the coaching point
3. Let the players **PRACTICE**

Relate every drill and practice session to a game situation. Use examples that players can relate to. (Example: “Did you see Kaka on Saturday when he ...” This is an excellent motivator).

Observe and demonstrate more – Coaches love to talk. However, there is usually a lot of time when they need to stand back, let their players practice and just observe what is going on. What should you be observing?

- ✓ Look for ways to increase participation within the group.
- ✓ Are there any faults with the activity or technique as indicated by the struggle of players?
- ✓ Is one particular player struggling that needs your help?
- ✓ Are players following instructions that you gave them or do you need to repeat the explanation?
- ✓ Do I need to adjust for success? For example, field size, numbers of players, numbers up on one team, etc.

There are also times when players need to focus on their practice in peace and quiet.

Review and reinforce – Review coaching points from earlier sessions to keep the kids thinking. At the end of each session, reinforce what the kids have just learnt in the session. For example coaches must ask themselves “What have the players learnt from today’s session and how can I improve upon it?”

It is important for a coach to know the difference between ‘skill’ and ‘technique’.

- ✓ **TECHNIQUE** – the execution of a single performance - a pass, a control, a turn, a shot, a move a dribble. Techniques are the tools of the trade.
- ✓ **SKILL** – Is the ability to be in the right place at the right time and to select the correct technique on demand. Skills are using the tools of the trade in the right way. A skilful player then, is one who can select and perform the proper technique at the right moment

To develop the skills of a player, he/she need to work on and practice the various techniques involved. Let’s use football as an example: For the skill of passing, we have the various techniques such as the push pass, the low driven pass, the long lofted pass, the flick pass, the swerve pass and finally the chip. These are all elements of passing used within the game of football yet which require a very different technique to perform.

The role of the coach is that of instructor - to offer correct instruction that will help a player improve his technique and thus his ability to be better skilled. For good instruction to take place a good coach will know the points he needs to focus on and which he wants his players to be able to perform.

We often hear this saying, “*Practice makes perfect*”. This statement sounds nice, but it is wrong. A player may practice all year long, but if he is practicing incorrectly, he will never become perfect. A better expression to use is, “*Perfect practice makes permanent*”. As a coach our goal is to set up practice so that the players are working on the correct methods and techniques so that in the end that action becomes permanent, second nature.

When learning a technique, normally every action will follow a logical order. A successful coach is one who can pick out the important coaching points and coach them in order so that they build on one another. For example, if we have the technique of picking up a pen, what important information would we want to pass on?

1. Extend your arm in the direction of the pen.
2. As your hand nears the pen, open your thumb and forefinger and place them on either side of the pen.
3. With a pinching motion, bring the fingers together around the pen and lift off the table.
4. Bring your index finger below the pen to add support.

There. That’s the motion for picking up a pen in a four-step motion. If step 1 is not done properly, then one’s hand will be nowhere near the pen. If step 2 is not done, the hand may be right near the pen, but will never be able to pick it up. Therefore, a good coach will know his coaching points and coach them/ teach them in a logical order.

The coaching session should be set up in low-pressure situations so that the players can be mostly successful in the techniques they are performing. i.e. - they have no opposition to worry about and can simply perform the technique without any pressure. However, team sport is typically played with

opposition. Therefore, each drill should also be varied to bring in a little pressure. This starts the process of taking the technique into a skill.

General Tips

The following strategies can be used to engage participants:

Voice and expression — by varying voice quality and volume to suit the situation coaches can gain the participants' attention, and add qualities such as excitement, concern and annoyance.

Eye contact — by maintaining eye contact, the coach can personalise things, give the impression of confidence, and add expression to the message.

Signal for attention — some coaches use a whistle and others use a variety of commands. Whatever the method, it should be loud and different and gain attention.

Ask questions — questioning and discussion techniques shift the focus from the coach to the participant. The participant takes on some responsibility and becomes more involved in the learning process.

Praise and compliment — sincere and equitable praise and compliments to the group and individuals provides incentive and motivation to participants.

Quality instructions — combining clear brief instructions with demonstrations help the coach to maintain the interest of participants. One of the most difficult things for many coaches is limiting instructions to one or two key points and then returning to the activity.

Be enthusiastic (which means ..."God within") – Let the players see you love what you're doing and love being with them. Laugh with them, encourage them, praise them!

Be patient – Understand that each person learns differently and will be at different stages of physical development.

Be firm and fair – Don't let the players rule. You are the leader. At the same time, be fair in your treatment of them.

Be open – Let the players get to know you.

Be prayerful – Each person will have a different family situation, home life, background, etc. Ask God to help you sense what each individual is in need of.

Be inclusive – Find ways to 'bring in' the quiet one, the shy ones, the less talented ones. Encourage others to value each other for WHO they are.

Individual attention – Spend 'personal time' with each individual. Be careful of the few who will want to 'hog' your attention

Expectations and ground-rules – Clarify Team Rules/Expectations by:

- ✓ Involving players in formulating behavioural guidelines; use to help build team cohesion
- ✓ Explaining "why" team rules are necessary
- ✓ Discussing and agreeing the consequences of team rules are being violated.

Research on Coaching Effective Training (CET) by Smith and Smoll (2002) found positive results when coaches:

- ✓ Set a good example of behaviour
- ✓ Encourage effort, don't demand results
- ✓ In giving encouragement, be selective so it is meaningful

- ✓ Never give encouragement or instruction in a sarcastic or degrading manner
- ✓ Encourage players to be supportive of each other, and reinforce them when they do so

In terms of measuring your success as a coach, a well experienced coach called Norbert Altenstad recommends that a coach should consider the following four areas:

1. How much are your players enjoying the game and having fun?
(Ask them, are they coming back, are they smiling)
2. How much are the skills of your players developing?
(Use player evaluation forms with stats to keep track of their progress)
3. How is their character and personality evolving as young men or women?
(Use your own observation skills, get to know your players better and talk to their parents)
4. How much enthusiasm and excitement are they showing toward the game?
(Use your own observation skills and be alert)

Furthermore, he also says that one of the things that can dramatically improve a coach's results is to allow the players to make mistakes without overreacting and criticizing in a negative way. The negative critique can kill the player's creativity, imagination and enthusiasm. When a player makes a mistake, don't emphasize the mistake. Instead, begin with a positive statement, followed by a constructive criticism, and end with another positive statement – the 'sandwich' approach.

“One coach will impact more young people in a year than the average person does in a lifetime. So who is coaching the coaches?”

Rev. Billy Graham (American evangelist)