



UBABALO

Whole Life Coaching Manual

Session 1 - 11

From Softball Coach to Whole Life Coach



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UBABALO International

The Whole Life Coaching Manual

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UBABALO WHOLE LIFE COACHING

SESSION 1: 'Switch on!'

Softball Coaching 'Basic Hitting'

Cross-over to Life Skill Coaching

- Today we are going to learn about the basic hitting techniques in softball
- Be ready'
- Eye on the ball throughout
- Position of body and grip – sideways stance, standard end grip
- Swing – 'Ear to ear.' Shift body weight to front foot, twist body starting with feet, open up hips then shoulders, which pull bat through to meet ball and on into follow through.
- In life, we should stay focused. Staying focused will help us to improve our concentration. Staying focused will help us to achieve our target and be successful.

Purpose: *To understand that by keeping a clear focus, we can move towards our goals*

Life Skill: *Focus*

Outcomes: *1. Players will identify some life goals and exercise ways to show their commitment towards these goals*
2. Players would understand what is most important in life to focus on.

Life Skill Activity Preparation

1. Create even teams for a relay game
2. Set up a starting line
3. Place an object 10-15 meters away for players to run around

Life Skill Activity Instructions

1. Team members stand in line behind each other at the start line
2. The first team runner is rotated around by a team mate 3-4 times and then runs up and around the marker then returns to tag the next team member
3. 2nd runner is rotated and completes the same task
4. Continue until all team members have finished

Life Skill Insights & Application

Ask and Discuss:

1. How did you like that game?
2. Was the game difficult at all? What were the challenges?
It was hard to stay focused and complete the task.
I kept falling down making it hard to do.

3. Did anyone find it hard to see clearly? What happened when you couldn't see well?
The theme you want to raise is: Could not achieve the goal easily – no clear focus
4. Did anybody find a good way to keep focused? What was the strategy?
5. What are some things in life where we need to have good focus?
6. Guiding statement: **“To be able to achieve things in life we need to know our goals and be focused. Don't be distracted by outside influences.”**
7. What are your personal goals? (share them with each other)
8. What ways do you think you can keep your focus?
Idea suggestions: Write down your goals, speak out your goals each day, share your goals with family & friends.

Going Deeper

- Outcomes:**
1. *Recognizing challenges we may face in life*
 2. *Learning how to fix our eyes on Jesus*

Introductory questions:

1. When we finished last time we wanted to focus on our goals, has that been helpful for you?
(encourage players to share)
2. Did anything stop you from being focused? *(receive any feedback but give encouragement)*

Bible Text: Hebrews 12:1-2

Do you see what this means—all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it. Strip down, start running—and never quit! No extra spiritual fat, no parasitic sins. Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever. And now he's there, in the place of honor, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. That will shoot adrenaline into your souls!

Remarks:

The writer is talking about the prophets and great people of faith from past generations who have remained focused on being the people that God wanted them to be and to do their tasks. This uses the example of running a race and having a clear focus on the purpose.

Ask and Discuss:

- What must we do about the challenges we face in life?
Get rid of sin and things that get in the way and fix our eyes on Jesus
- Where are you “fixing your eyes”?
- Why should we fix our eyes on Jesus?
He is the beginning and the end.
He is our source for strength and power.
- How can we do this?
Read the Bible, learn from Christian leaders, etc.
- What do you think you may do this week to help you to stay focused on Jesus?



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SESSION 2: 'Just Do It!'

Softball Coaching *Fielding Fly Balls*

Cross-over to Life Skill Coaching

- As well as learning the technique for catching a high fly ball, fielders also need to know the chain of authority for priority when fielding. Today we are going to learn the order of authority for field coverage when fielding fly balls.
- Players aiming to catch a fly ball must call loudly, 'I've got it!' The Rover and the Centre-fielder have priority over all the other fielders.
- All outfielders have priority over the infielders.
- Infielders have priority over the catcher.
- First and Third basemen should make all catches near the pitcher's mound, in front of home-plate, down the sidelines and near the dug-outs.
- Short-stop and second baseman should catch all balls down the left and right field lines respectively, behind the bases.
- Catchers should catch pop-ups behind the plate that other infielders cannot handle.
- Unless absolutely necessary, the pitcher should not catch pop flies.
- In the same way you have discovered that authority is important in the exercise, you should be aware that in life, it is important to listen to correct instructions of authority figures.

Purpose: *To teach the players the importance of obeying authority and respecting order.*

Life Skill: *Obedience (Control/Security)*

Outcomes:

1. *Players would understand the importance of authority in their lives*
2. *Players would understand the importance of listening to authority figures*
3. *Players would determine to instantly obey correct instruction as a character habit.*
4. *Players would understand the need for order in the way they live.*

Life Skill Activity Preparation

1. Prepare running race pitch/space. Approx. 75 m long
2. Cones/makers – to mark pitch/designate each player's lane to run.
3. (Option of use of balls specific to sport)

Life Skill Activity Instructions

1. Each player is allocated a starting place on the start line (in a lane if possible)
2. This is a race, the winner being the first player to get to the finishing line.
3. Players begin on the coach's command 'GO' or on whistle blow at the same time.
4. Players have to listen to coach's instruction constantly as he/she will change the movement command (walk, jog, hop on one leg, crawl, stop, lie down, jump with 2 feet, eyes closed, roll etc.)
5. The coach watches closely and disqualifies any player who doesn't follow the given instruction immediately.
6. The winner is the first one to the finishing line.

Life Skill Insights & Application

Ask and Discuss:

1. Why do you think (player's name) won the race? Was it because he/she was fastest or is there another reason?
He/she must have been quite fast, but it was really because they were quickest to follow the instruction given and then did it well.
2. How did the race make you feel?
Restricted – bit frustrating to be set back by having to change actions with all the different commands
Annoying!
3. In this game you had to immediately obey the coach's instruction; in life who are the different types of people that give you instruction?
Parents, teachers, coaches, team captains, police, the government
4. Do you enjoy being told what to do by such people? How good are you at immediately doing what they ask or tell you to do and why?
Depends on the instruction or command – it's easier with some, not with others
I like having my own freedom so choose to do what I want to do
5. What have been the outcomes to your disobedience in the past?
Grounded at home
Benched by the coach
In trouble at school
6. Let's consider IF you WANT to become more obedient and HOW you can improve in this area.

Going Deeper

- Outcomes:**
1. *Understand the importance of obeying the commands of leaders and God in their lives.*
 2. *Players choose to become obedient to instruction from authority figures.*
 3. *Players to understand that God orders everything for a reason.*

Bible Texts: Luke 11:28 (NIV)

Blessed are those who hear the word of God and obey it.

1 Corinthians 14:40 (NIV)

But everything should be done in a fitting and orderly way.

Remarks:

In his response to a woman's surprise at his teaching Jesus says that blessed are those who hear the word of God and obey it. Just hearing the word is not enough a right response is required. God also orders things to fit his plans and purposes for our good.

Ask and Discuss:

- Why do you think so many people listened to Jesus teachings on life?
He was gaining in fame. He was different. People had said He was God's Son.
- Have you ever deliberately chosen to act contrary to what you know is right?
Yes, some decisions I have made have got me in trouble.
- Could those outcomes have been different if you had followed the instruction of an authority figure? Why would it have been different?
Probably yes, but I didn't like being told what to do and wanted to make my own decision.
 - Do you think these leaders in your life are advising you to harm you or for your own benefit?

- Can you give an example?
e.g. For my own benefit. My teacher told me to do additional study to catch up with my school work.
- The Bible says that God resists the proud but gives grace to the humble. If your pride prevents you from following instruction, are you willing to humble yourself and follow instruction so that you make progress in life and in your relationships? How does the passage suggest we can do this?
By trusting in Jesus
By building my life and decision making on Him and His ways
- If you were in a house where other rooms were on fire and you were told to leave immediately, how many of you would wait in that room until the flames reached you?
None of us as it would be too late to act
- The Bible tells us to respect authorities in our lives (Romans 13:1-7) and obey our parents (Ephesians 6:1-3). The consequences of disobedience can be drastic. The ultimate act of obedience is as Jesus explained in the passage: 'To hear the word of God and obey it' without questioning him.
- The Bible also says that God does everything in a fitting and orderly way. What are the benefits of aligning our lives with God's order of doing things?



UBABALO WHOLE LIFE COACHING

SESSION 3: Hitting the Target!

Softball Coaching *'Throwing – Hitting the target'*

Cross-over to Life Skill Coaching

- Today we are going to learn how to consistently hit our target when throwing in softball.
- Stand sideways to the target, look at the target and point at it with your non-throwing arm. Cock your arm at the elbow (with the elbow higher than the shoulder and wrist flexed backward).
- Step directly toward the target and twist your body starting with your legs and bringing your arm through last, release the ball when your arm is above your head.
- Continue by following through by bending forwards and bringing the arm across the body.
- To consistently hit the target will require the right technique, but also practice and self-discipline.
- In daily life practice and self-discipline are important to live a healthier physical, social and spiritual life.

Purpose: *To understand that practice and self-discipline will help us to achieve consistency in our sports skills and life*

Life Skill: *Self-Discipline*

Outcomes: *1. Players will have a greater understanding of why self-discipline is important.
2. Players would identify areas in their lives where they need to improve self-discipline and commit to doing so.*

Life Skill Activity Preparation

1. Create two even teams
2. Set up a rectangular grid 20 X 30m and add an end zone 20 X 5m each end

Life Skill Activity Instructions

1. Two teams start on opposite ends of the grid.
2. The aim of the game is to catch the softball in the end zone to score. Players cannot move when they have the softball in their hands except to pivot and take one step when throwing the ball.
3. If the ball is dropped in is turned over to the other team. The defensive team can mark and intercept, but not make contact with the opposition.
4. The game is self-refereed by the players.

Life Skill Insights & Application

Ask and Discuss:

1. Did you enjoy that game?
2. Did the game present you with any challenges? If so, what were they?

3. How did you find it refereeing the game yourselves?
4. Was it easy to agree when there were close or contentious decisions that had to be made?
5. How did you decide what call to make?
6. The game required all players to exercise some self-discipline and honesty in deciding what the correct decision should be. If you're honest with yourself; do you find self-discipline easy?
7. Are there any areas you struggle to do the right thing in especially when there's no-one checking up on you?
8. How could you improve in this area?

Going Deeper

Outcomes:

1. Recognize that self-discipline is required in order for us to live the way God wants us to.
2. Learn how to improve our self-discipline

Bible Text: 1 Corinthians 9:24-27

²⁴⁻²⁵You'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.

²⁶⁻²⁷I 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 is reminding the Church at Corinth of the importance of self-discipline and how he trains himself so that he makes sure that after preaching to others he is not disqualified from the prize by exercising poor self-discipline.

Ask and Discuss:

- What is the prize that Paul is talking about?
Paul is talking about heaven
- Even though our salvation is based on faith not works, we are supposed to grow in our faith and become more like Jesus; what has self-discipline got to do with this?
Without self-discipline we will be like the boxer who aimlessly beats the air, we won't grow
- Living our lives for God requires self-discipline; can you think of any examples of this?
- What areas do you struggle to exercise self-discipline in your walk with God?
- How can you improve your self-discipline in these areas?
- Consider pairing up the players for accountability purposes; to help improve self-discipline.



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SESSION 4: Use your knowledge!

Softball Coaching 'Slow-pitch Softball Pitching'

Cross-over to Life Skill Coaching

- Today we are going to learn about the different techniques we can use in slow-pitch softball pitching to make the delivery as awkward as possible for the batter.
- In slow-pitch softball the ball must be delivered in an underarm arc which is 6-12 feet off the ground at the top of its trajectory and must be thrown at a 'moderate speed'.
- Given that we cannot rely on pure speed to beat the batter like we can in baseball or fast-pitch softball we must employ a combination of different spins, flights and subtle changes in speed.
- Start with one or both feet in contact with the pitching plate. You can take one step in any direction but one foot must remain in contact with the plate until the ball is released.
- Use knowledge of batter's strengths and game situation to select ball grip, release point and action and flight arc.
- In the same way it is important to use your knowledge in everything you do in daily life. Moreover, learn to be wise. This will help you making good decisions in different areas/contexts of your life.

Purpose: *To teach players how to use their knowledge to make good decisions in sport and life*

Life Skill: *Wisdom*

Outcomes: *1. Players will grasp the difference between knowledge and wisdom
2. Players will identify areas in their lives where they need to apply wisdom.*

Life Skill Activity Preparation

1. Create 3 or 4 even teams for a relay game depending on player numbers
2. Set up a starting and finishing line
3. A selection of different sports balls and equipment

Life Skill Activity Instructions

1. Team members stand in line behind each other at the start line
2. Coach gives an instruction but doesn't give specifics of how to complete the task (e.g. you must transport this football from the start to the finish line and back 10 times)
3. Team has one minute to discuss how they will complete the task
4. After task evaluate how the different teams completed the task
5. Repeat with different tasks

Life Skill Insights & Application

Ask and Discuss:

1. What was the purpose of the game?
To work out the best way for your team to complete the task

2. How did your team do in the game? Why did you / didn't you do well?
3. How did your team use its planning time? Did you discuss your strengths / weaknesses as players and use that to decide your strategy in each task?
4. When you use your knowledge and experiences to inform what you are going to do this is wisdom. What areas in your life do you need to apply wisdom to?
5. How can you make the most of your knowledge and experiences to apply to these situations and help you decide what to do?

Going Deeper

Outcomes: 1. *Recognize that true wisdom comes from God*
 2. *Learn how to apply Jesus teachings to our lives and culture*

Bible Text: Matthew 7:24-27

²⁴⁻²⁵"These words I speak to you are not incidental additions to your life, homeowner improvements to your standard of living. They are foundational words, words to build a life on. If you work these words into your life, you are like a smart carpenter who built his house on solid rock. Rain poured down, the river flooded, a tornado hit—but nothing moved that house. It was fixed to the rock.

²⁶⁻²⁷"But if you just use my words in Bible studies and don't work them into your life, you are like a stupid carpenter who built his house on the sandy beach. When a storm rolled in and the waves came up, it collapsed like a house of cards."

Remarks:

At the end of the sermon on the mount (Jesus sets out his values and rules for living by) Jesus gives the illustration of the man who hears Jesus' words and puts them into practice as being like a wise man who builds his house upon the rock.

Ask and Discuss:

- Where does wisdom come from?
 From God (listening to his words and putting them into practice)
- The fear of the Lord is the beginning of wisdom (Proverbs 1:7). What do you think this means? How do we fear the Lord?
- What relevance do the teachings of Jesus have to do with our lives?
- How can we make sure we are living the way Jesus would want?



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SESSION 5: Best not fast

Softball Coaching

Hitting – Choosing your pitch (placement hitting)

Cross-over to Life Skill Coaching

- Today we are going to learn how to choose the right pitch to swing at and hit to get the best possible result for our team.
- In softball if we swing and miss a pitch, it always results in a strike, whether it was a good pitch or not, a patient approach is imperative in order to leave the bad pitches.
- The game situation may require a ball hit to a certain area to advance the runners on base, this can be done by adjusting your grip and stance and selecting the right pitch for your purposes (e.g. a ball low and away will be easier to hit to opposite field than one high and inside).
- Select the right ball (know your strengths and the game situation)
- Adjust your stance and / or grip as necessary at the right time (too early and the defensive team will know what you're doing, too late and you won't hit the ball)
- Generally: swing early to pull the ball, swing later to hit the ball 'inside out'
- In life, it is important to do the right things on the right time. Learn to discover the best opportunities and then act on the right time. Patience is key. Be aware that every action, on the right time or not, has consequences.

Purpose: *To teach the players how to wait for the best.*

Life Skill: *Patience*

Outcomes:

1. *Teach the players to see importance and difference between best and fast results.*
2. *To make them realize that best comes after hard work and at the right time.*
3. *Understanding that waiting for the best opportunities is part of the sport.*

Life Skill Activity Preparation

1. Cones or chalk
2. Chair or empty big trash can
3. Ball

Life Skill Activity Instructions

1. Divide team into 3 teams.
2. Ask who wants to play first and quickly pick first teams who will play.
3. You draw with the chalk or make with the markers, 2 circles one inside the other. Place the chair or trash can inside the centre circle.
4. The offence team will spread around the outside circle with a ball. Defence will stay inside between first and second mark circle.
5. The goal is for the offence team to score as many points as they can in 2 min by throwing the ball and touching the chair or trash can. Each touch is 1 point.
6. You cannot kick the ball intentionally and cannot step on any of the lines. For any of these mistakes the opposite team gets a point.

7. After 2 minutes you let the offence team go to defence, defence team go out and 3rd team go to offence.
8. Game is finished after all teams will play offence and winner is a team with most points.

Life Skill Insights & Application

Ask and Discuss:

1. How did the waiting team feel?
Left behind
2. Why was it helpful to wait and play as second team?
We could see and understand the game better by watching how others are playing
Have time to plan
3. What's the difference between doing things quick and waiting for the best?
4. Where in real life is hard to wait? Give example.

Going Deeper

Outcomes: 1. *To trust that God has the best timing for everything.*
2. *How to wait.*

Bible Text: Ecclesiastes. 3:1 (NIV)

There is an occasion for everything,
And a time for every activity under heaven.

Psalm 25:3 (NIV)

Not one person who waits for you will be disgraced
Those who act treacherously without cause will be disgraced

Ask and Discuss:

- What do we learn about waiting from this verse?
There is time for everything,
Right time will come
- What does this mean with regard to the things I'm waiting for?
I'm waiting for the opportunity,
It gives me time to get ready, to prepare better.
- Say: "**Patience means awaiting God's timing.**"



UBABALO WHOLE LIFE COACHING

SESSION 6: Focus On Others

Softball Coaching *Long throwing*

Cross-over to Life Skill Coaching

- Today, we practiced how to execute long throws. We learned how it is important to aim at the other player when making a long throw.
- The first thing you need to believe is that your team can advance much quicker when everybody is focused on others

Purpose: *To demonstrate the benefit of being more focused on others rather than on ourselves*

Life Skill: *The skill of being focus on others, and consequently advancing the team*

- Outcomes:**
- 1) *To help players to discover the value of advancing together.*
 - 2) *To convince players to take risks together.*
 - 3) *To help players to be focused on others.*

Life Skill Activity Preparation

1. For this activity, it is necessary that the coach has a gift or prize to give away.
2. Prepare 5 questions. Possible questions are:
 - a. How many brothers and sisters does he or she have?
 - b. What is his favourite colour?
 - c. What is the name of his favourite soccer star?
 - d. What kind of car does he or she like?
 - e. What is his favourite book?

Life Skill Activity Instructions

1. Divide the team into 2 groups.
2. Introduce the game as "Knowing your teammate".
3. The first pair that answers the first five questions correctly will win.

Life Skill Insights & Application

Ask and Discuss:

1. What can we learn from this exercise?
I need to become more personal / transparent with my friends
Asking questions gives me the ability to think and put others first
It gave me an opportunity to understand that when I focus on others I help advance the team
It gave me courage to take risks
I feel that I need to spend more time getting to know the needs of my teammates, family members and community

2. What did you feel about the activity?
At first I felt lost; Not knowing how to get started
I felt nervous because I had to see and listen to people if I want to get to know them
3. In your personal life, how does focusing on others help you?
I would get to know a lot more people!
I will become more sensitive and attentive to everything that is occurring around my community
4. How could you apply this lesson into your home life?
I could intentionally get to know my neighbour more, and be a positive part in his or her life
Just as practice is needed for an accurate long pass, it is also needed if one intends to know the ones who live around him
5. Say: **“Let’s commit to being focused on others.”**

Going Deeper

- Outcomes:**
- 1) *To help players to discover the value of advancing together, as God’s team*
 - 2) *To convince players to take risks, knowing that God will always be there for us*
 - 3) *To help players to be focus on what is really important, and not on trivia questions*

Bible Text: Nehemiah 1:1-2

¹⁻² The memoirs of Nehemiah son of Hachaliah.

It was the month of Kislev in the twentieth year. At the time I was in the palace complex at Susa. Hanani, one of my brothers, had just arrived from Judah with some fellow Jews. I asked them about the conditions among the Jews there who had survived the exile, and about Jerusalem.

Remarks:

After his brother Hanani arrived back from his journey, Nehemiah could have asked a lot of questions related to his brother’s trip.

For example:

“How was the weather?” “How was the food?”

“Did you do anything interesting?”

“How were the people?”

“Did you bring me any souvenirs?” and so on

Instead, Nehemiah asked about the welfare of his people and his town as well.

Ask and Discuss:

- Think of 2 ways in which you can be focused on others.
You can ask your family, loved ones and also your community how you can be of help
You can also pray for your family, loved ones and your community as well.
- What are the 2 things that you are concerned about related to the Spiritual health of your family?
We do not pray together
We do not discuss spiritual issues
We do not strategize on Kingdom goals
We do not serve in church
- What can one do to strengthen the Spiritual health of your family?
We can inspire our family towards Spiritual commitment

We can pray for them daily

We can get involved with spiritual issues

We can serve in ministry together as a family

- Think of 2 ways in which you can contribute to help your family Spiritually.
Trusting in my parents even though I might not understand why they guide in a certain way
I can share a verse of the Bible in the morning
I can pray for them
I can encourage them in Spiritual goals
- Challenge the group to plan and implement a project to be focused on others, e.g. community service project, compassion project, clearing the soccer field of stones and rubbish



UBABALO WHOLE LIFE COACHING

SESSION 7: Don't Let Them In

Softball Coaching Catching

Cross-over to Life Skill Coaching

- During the game, the opponent will do everything to distract us, which means we must raise a “shield” to protect the ball at all times
- In life, opposition will come from any side, in different ways, and we must be prepared to protect our integrity

Purpose: *To help players to protect themselves from gossiping and to not be affected by what others says about them*

Life Skill: *To live a gossip-free life*

Outcomes: *1. Players with the ability to not be affected with gossiping
2. Players with a clear discernment on what they should say about others*

Life Skill Activity Preparation

1. Nothing required.

Life Skill Activity Instructions

1. Arrange the players in a circle, and ask Player 1 to whisper this sentence to the Player 2 beside him: “John (use the name of last player in the circle) is very _____”.
2. Player 2 should repeat the process, saying what he heard from Player 1, and so on, like this: “Peter said that John is very _____”. No repetitions are allowed.
3. The last player in the circle must mention aloud what he has been told, followed by the Player 1 giving the correct sentence.

Life Skill Insights & Application

Ask and Discuss:

1. What happened with the first sentence that was said by Player 1?
It was totally changed
It ended up with some errors
2. For Player 1: How did you feel when your teammates changed what you said?
I felt angry because they are getting me into trouble
I felt disappointed because they let me down
I felt embarrassed, because I didn't said that
I felt that it was funny

3. For the last player: How do you feel when you hear something (negative) said about you?
I feel very bad
I feel angry
I feel insulted
4. Have you experience this before, in your life – someone saying something about you, or someone saying that you said something about someone?
5. How did you react?
I was very angry and stopped talking with that person
I tried to discover who said that and fight with that person
I started to plan my revenge
I started to spread stories about that person in retaliation
6. There are always two ways to respond – good and bad. What are bad ways to respond? What are good ways to respond?
7. Do you think that reacting badly is a good thing to do? Why?
No, because it may be someone else fault
No, because it may have been miscommunicated
No, because it is hearsay and we first need to clarify it with the person involved
8. What will you do the next time you heard something negative that is said about you?
I will not immediately react in bad way to what other say about me
I will first clarify the situation
I will ignore it because there are more important things to worry about

Going Deeper

Bible Text: Nehemiah 2:19-21; 4:1-5

^{2:19} When Sanballat the Horonite, Tobiah the Ammonite official, and Geshem the Arab heard about it, they laughed at us, mocking, "Ha! What do you think you're doing? Do you think you can cross the king?"

²⁰ I shot back, "The God-of-Heaven will make sure we succeed. We're his servants and we're going to work, rebuilding. You can keep your nose out of it. You get no say in this—Jerusalem's none of your business!"

^{4:1-2} When Sanballat heard that we were rebuilding the wall he exploded in anger, vilifying the Jews. In the company of his Samaritan cronies and military he let loose: "What are these miserable Jews doing? Do they think they can get everything back to normal overnight? Make building stones out of make-believe?"

³ At his side, Tobiah the Ammonite jumped in and said, "That's right! What do they think they're building? Why, if a fox climbed that wall, it would fall to pieces under his weight."

⁴⁻⁵ Nehemiah prayed, "Oh listen to us, dear God. We're so despised: Boomerang their ridicule on their heads; have their enemies cart them off as war trophies to a land of no return; don't forgive their iniquity, don't wipe away their sin—they've insulted the builders!"

Remarks:

As Nehemiah started to rebuild the wall of Jerusalem by engaging others in a patriotic and collective effort, there were some people who were not happy with that. For several times they tried their best to make them quit but without success.

Their first approach was through insinuation. Sanballat and his team insinuated that Nehemiah was "crossing" the king, doing something illegal, and as a rebellious attitude to take his power.

The second approach was through devaluation (diminishing others' work). They referred to the workers as miserable Jews doing a so weak job that a simple fox would make the wall fall to pieces.

In both situations Nehemiah referred to God, as the One who was able to give success to the workers and the right payback to the gossipers.

Ask and Discuss:

- Can you see yourself in this story? Who do you see yourself as – Nehemiah or Sanballat, or both?
Nehemiah – Sometimes other people say things to make me feel upset.
Sanballat – Sometimes I say something to others that I should not have said
- Why would someone say bad/untrue things about someone that is doing a great job?
They could be jealous
They are not part of the winning team
They feel insecure of themselves, and by saying bad things of others, they feel a false sense of importance
- How did Nehemiah respond to the insinuations and devaluations?
He brought it up to God and asked for his help
He asked God to punish them in the right way
- Do you think we should do the same as Nehemiah did? Why?
Because God can help us to overcome our discouragement, disappointments and challenges – sometimes it comes in the form of friends, family, a Bible passage, a dream, a vision, a still small voice
- What are you going to do next time someone says something bad about you?
I will not react in a way that will disglorify God
I will pray to God as He can help me understand and not react negatively
I will trust God that He will bring justice and retribution in His time
- Say: **“God wants us to show love our neighbours and show love to our enemies. During times when we find it difficult to do so, we can share our struggles with Him and withhold from gossiping. God is loving and sovereign, and there is no problem too big for Him.”**



UBABALO WHOLE LIFE COACHING

SESSION 8: Take One For The Team

Softball Coaching Base running

Cross-over to Life Skill Coaching

- Today we will learn how to work together as a team and overcome barriers.
- The final results will depend on each player, therefore everyone should have an altruistic (unselfish) attitude
- Each player is important to the team. You must not think only of your personal glory but of the team's benefit, even if it means that you must make personal sacrifice

Purpose: *To demonstrate that by acting as a team, we can achieve more*

Life Skill: *To become a team player*

- Outcomes:**
1. *For each player to understand the importance of loyalty in a team*
 2. *To encourage players to play as a team in different situations*
 3. *For each player to recognize the important role he plays in the team*

Life Skill Activity Preparation

1. No special equipment needed

Life Skill Activity Instructions

1. Form 2 even teams. If there is an odd number, a coach may step in to even out the teams.
2. Without speaking, each group must place themselves in order of their birth month with January at the first of the line and December at the end. The first group to correctly line up wins. The losing team must run around the bases non-stop two times.
3. Play the same game again, this time the group must place themselves in alphabetical order, without speaking.
4. The losing team must run around the bases non-stop two times.

Life Skill Insights & Application

Ask and Discuss:

1. What did you learn from this activity?
Even if it is difficult to go on, I will be loyal and do my best for my team
It is important to trust each other
I need to persevere irrespective of my teammates mistakes
It is important to overcome personal feelings of discouragement, frustration
2. Is loyalty important? Why?
3. How did you feel when one player made a mistake and the team was punished with running?
Angry, upset, discouraged

Ready to give up

I resolved to double my efforts to help my team improve

Forget my disappointment and turn my focus on the goal

4. How do you treat your teammates who cannot do the activity?

Firstly, be patient

Secondly, recognize that we are different, we have different personalities, we come from different backgrounds ... so we may be good at certain things whereas, our teammate is good at other things

(Coach to share a personal experience/example here)

5. Are you loyal to your team, even when your team is not performing?

6. What makes it easy or difficult to trust someone?

It is easier if we have strong relationship with each other It is easier if we are honest and want to serve each other It is difficult if there is dishonesty & selfishness

7. Conduct the 'trust fall' activity.

- In groups of 7-9 persons, the players make a tight circle by standing shoulder to shoulder
- From each group, one player is asked to volunteer to stand in the middle of the circle with eyes closed (or blindfolded) and arms crossed on his chest. The remaining players take a step forward so that they form a tight circle around the volunteer.
- With eyes closed and body relaxed, the volunteer is asked to fall in any direction. Tell the volunteer that his team members will catch them and prevent him from falling.
- The players in the circle put both their hands up to support the falling volunteer and gently push him back up into an upright position.
- The coach talks softly about the importance of the team working together to gently support the volunteer.
- After a few minutes, another player can be asked to volunteer to stand in the middle.

Going Deeper

Bible Text: Nehemiah 4: 7-18

⁷⁻⁹ When Sanballat, Tobiah, the Arabs, the Ammonites, and the Ashdodites heard that the repairs of the walls of Jerusalem were going so well—that the breaks in the wall were being fixed—they were absolutely furious. They put their heads together and decided to fight against Jerusalem and create as much trouble as they could. We countered with prayer to our God and set a round-the-clock guard against them.

¹⁰ But soon word was going around in Judah, The builders are pooped, the rubbish piles up; We're in over our heads, we can't build this wall.

¹¹⁻¹² And all this time our enemies were saying, "They won't know what hit them. Before they know it we'll be at their throats, killing them right and left. That will put a stop to the work!" The Jews who were their neighbors kept reporting, "They have us surrounded; they're going to attack!" If we heard it once, we heard it ten times.

¹³⁻¹⁴ So I stationed armed guards at the most vulnerable places of the wall and assigned people by families with their swords, lances, and bows. After looking things over I stood up and spoke to the nobles, officials, and everyone else: "Don't be afraid of them. Put your minds on the Master, great and awesome, and then fight for your brothers, your sons, your daughters, your wives, and your homes."

¹⁵⁻¹⁸ Our enemies learned that we knew all about their plan and that God had frustrated it. And we went back to the wall and went to work. From then on half of my young men worked while the other half stood guard with lances, shields, bows, and mail armor. Military officers served as backup for everyone in Judah who was at work rebuilding the wall. The common laborers held a tool in one hand and a spear in the other. Each of the builders had a sword strapped to his side as he worked. I kept the trumpeter at my side to sound the alert.

Ask and Discuss:

- In difficult situations who is your support. Why?
Friends
Parents
God
- What can we learn from Nehemiah?
Do not give up when under pressure
Take proactive steps to counter potential problems
- Nehemiah had a plan to overcome hard situations. Do you have a plan to overcome difficulties?
Yes / No
- What should do when your team is faced with difficult circumstances?
Don't gossip
Don't lose focus
- What is the role of God in your life?
I never think that God can have some role in my life
God is my friend and supporter
- Is God part of your team?
Yes he is
Not yet, but I want him to be my team leader
- Write 3 things as to how you will improve your relations with your teammates (family, friend coach, God)
I will apologize to my parents
I will start to read the Bible
I will be thankful to my parents, my coach, and to God, for caring



UBABALO WHOLE LIFE COACHING

SESSION 9: Humility

Softball Coaching *Base running*

Cross-over to Life Skill Coaching

- Without watching your base coach, the ultimate purpose of softball will not be achieved, i.e. to score a run. There is no softball game without good base running.
- When we serve another, it brings them to a level where they too can serve others

Purpose: *To help players understand the benefit of serving in humility*

Life Skill: *To learn humility in service*

Outcomes: *To have an attitude of humility and service*

Life Skill Activity Preparation

1. 2 prizes (e.g. cookies/sweets) and some cones

Life Skill Activity Instructions

1. Form two groups. Have them compete in (any) relay race with cones serving as finishing point, e.g. sprinting, dribbling, running with the ball, etc.
2. The winning group get 1 pack of cookies or sweets as the prize
3. However, at the instruction of the coach, the winners are to give away their prize to the losers

Life Skill Insights & Application

Ask and Discuss:

1. To the winning group: How did you feel when you won?
Excited
Accomplished
Satisfied
2. To the losing group: How did you feel when you lost?
Disappointed
Angry with teammates or myself
3. To the winning group: How did you feel when you were asked to give away your prize to the losing group?
It was unfair
Angry with coach
Reluctant to obey / share
4. To everyone: Are there times in life when you have felt the same way – you “won”, but you felt bad as if you actually “lost”? Can you share briefly about it?
I stole from my parents

My friends called me a hero (win) but I felt very shameful (lose)
I copied during exams. I obtained good results (win) but I felt disgusted with myself (lose)

5. To the losing team: How did you feel when you were served the prize from the winning team?
Surprised
Happy
6. To everyone: Are there times in life when you have received a prize which you did not merit / deserve?
7. If yes, how did you handle it?
I expressed my gratefulness to the giver of the prize
8. Say: **“The fruit of humility is service. To serve is to assist in a helpful way without expecting any compensation.”**

Going Deeper

Bible Text: John 13:3-6

³⁻⁶ Jesus knew that the Father had put him in complete charge of everything, that he came from God and was on his way back to God. So he got up from the supper table, set aside his robe, and put on an apron. Then he poured water into a basin and began to wash the feet of the disciples, drying them with his apron. When he got to Simon Peter, Peter said, "Master, you wash my feet?"

Remarks:

The reason why Jesus did this was to remove pride from their lives. Whatever your age, gender, rank, social position, family history, financial situation, we have all been called to serve each other.

Ask and Discuss:

- Think of one way that you can serve someone within the next 1 hour?
- Are there other ways that you can serve your friends in the soccer team?
- How can you serve in your home or church?
- Are there people that need your service?



UBABALO WHOLE LIFE COACHING

SESSION 10: Linked Together

Softball Coaching *Fielding*

Cross-over to Life Skill Coaching

- Today we will work on how to field the ball whilst we are moving / mobile. I have continually stressed the importance of perfecting this important skill
- In order to succeed as a team, every player needs to support each other
- Likewise in the game of life, we should also think about supporting people even when it means giving up yourself for others

Purpose: *To help players understand the importance of being supportive of each other*

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

Outcomes:

1. *Understanding the importance of being supportive*
2. *Understanding the benefits of doing good*

Life Skill Activity Preparation

1. None

Life Skill Activity Instructions

1. Form groups of 5 persons. All groups are to sit on the ground back-to-back. Ask them to link arms.
2. At the whistle, the first group that stands up (with arms still linked) wins.
3. Optional: Next, you can increase the group size to 10 persons, 15 persons and then the whole team.

Life Skill Insights & Application

Ask and Discuss:

1. What can we learn from this activity?
Alone, I can't win
Alone, I can't reach my goals
Trust in each other
Support your team
2. How can we apply what we learn from the activity for our next game?
Being supportive of teammates
I need to trust my teammates
Everyone makes mistakes, I need to support them when they make mistakes
3. How can we apply all of this in the game of life

Support my family to be in a better position
Support my friends
Support my teachers in school
I need to be ready to make sacrifices so others may get ahead

4. In what practical ways can we demonstrate good support?
Go with my mother to the market and help her carry the groceries
Save my pocket money and contribute it back to the family's needs
Be an attentive student in class / during soccer training

Going Deeper

Bible Text: Galatians 6:1-3

¹⁻³ Live creatively, friends. If someone falls into sin, forgivingly restore him, saving your critical comments for yourself. You might be needing forgiveness before the day's out. Stoop down and reach out to those who are oppressed. Share their burdens, and so complete Christ's law. If you think you are too good for that, you are badly deceived.

Ask and Discuss:

- Why do we have to support each other?
One day we too may need support
To fulfill the law of Christ
- What is the benefit of supporting each other in life?
A man reaps what he sows
To develop deep friendships
- In what way can you better support others?
Forgive him
Be gracious in speech instead of saying critical things
By being aware of each other's needs and making by making myself available to provide support
Help those who are oppressed
- Who are the oppressed in your community?
Widows
Orphans
Senior citizens
- How can you share their burdens?



UBABALO WHOLE LIFE COACHING

SESSION 11: Looking outwards

Softball Coaching *Long throwing*

Cross-over to Life Skill Coaching

- One needs 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?
- Say: **“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?