



UBABALO

Whole Life Coaching Manual

Session 1 - 15

From Volleyball Coach to Whole Life Coach



INDEX

Session No.	Topic	Volleyball Skill	Value	Page No.
Session 1	Being watchful	Forearm passing	Watchfulness	3
Session 2	Responsibility	Service	Service	5
Session 3	Interdependence	Overhead passes	Connectedness	7
Session 4	Encouragement	Setting	Connectedness	9
Session 5	Finishing well	Attacking	Responsibility	11
Session 6	Focus	Blocking	Courage	13
Session 7	Self-control	Digging	Control	15
Session 8	Initiative: Use it or lose it!	Receiving	Creativity	18
Session 9	The strength of love	Diving	Service	21
Session 10	T.E.A.M.	Combined skills	Connectedness	24
Session 11	Taking a stand	Playing your position – offense	Perseverance	27
Session 12	Getting centered	Passing	Stability	29
Session 13	Playing defense	Playing your position – defense	Protection	31
Session 14	Courage in blocking	Blocking	Courage	33
Session 15	Building strength	Strength and conditioning	Perseverance	35

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 Being Watchful

Volleyball Coaching Forearm Passing

Cross-over to Life Skill Coaching

- Today we're going to learn more about being watchful
- Forearm passing is one of the key skills in volleyball in which you need to be watchful
- We will learn more about why it is important to be watchful against sin in times of temptation

Purpose: The players will learn about forearm passing which is one of the key skills in volleyball

Life Skill: To develop an attitude of being watchful in a game and in life

Outcomes:

1. Players will understand forearm passing which is a basic and fundamental skill
2. Players will learn the value of being watchful against sin in life

Life Skill Activity Preparation

1. Volleyballs, net and volleyball court
2. Every player has a ball and bounces it on the ground and when it is in the air the player tries to use the forearm to place it again in the air.
3. The player must be watchful of the ball and the timing as well.
4. The coach instructs the players to do some self-practice before going into the game.

Life Skill Activity Instructions

1. The players engage in a normal general practice session in a volleyball court.
2. The players will be taught to use forearm passing during the game and will practice in two's.
3. The coach makes sure that everyone in the team understands and does forearm passes correctly. The coach reminds them to be watchful of the ball.
4. The players must listen to the coach carefully to all his / her instructions.
5. The coach will serve the ball to anyone on the other side of the court. The idea is to train the players to be watchful for the ball.

Life Skill Insights & Application

Ask and Discuss:

1. What did you learn from today's exercises?
2. What were your thoughts when you were asked to play by forearm passing?
3. Have you ever thought about being watchful when playing a forearm pass? Why is it important in the game?
4. Is there anything we should be watchful about in everyday life and why?
5. Can you share an experience when you have needed to be watchful in real life? What happened?

Going Deeper

Outcomes:

1. The players will learn about the importance of being watchful
2. Through the parable of the 10 virgins they will learn the importance of being watchful in life

Bible Text: Matthew 25:1-13

Remarks:

Jesus explains about the Kingdom of God through the parable of the 10 virgins who went out to meet the bridegroom, five of whom were wise and took extra oil with them and 5 of them were foolish and did not take sufficient oil with them. Eventually the wise ones got to go into the wedding banquet and the foolish ones missed out as they had gone to get oil and returned after the bridegroom had arrived. By being watchful against sin we can also avoid yielding to temptation and hurting ourselves and others as well.

Ask and Discuss:

- What do you think is the purpose of this story that Jesus told?
We need to be watchful at all times
- Have you been in a situation where you were not watchful and failed?
Yes or No
- Can you briefly share an example of a time when you have been in a situation where you missed out on something because you were not watchful?
- From that example you shared, what could you have done differently?
- How does this story of the wise and foolish virgins apply to your life today and your relationship with Jesus?
We need to grow into an intimate relationship with Jesus – no sin
- How do you suppose you will live out your relationship with Jesus and with those around you?

Memory Verse:

Matthew 26:41 - "Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!"



UBABALO WHOLE LIFE COACHING

SESSION 2 Responsibility

Volleyball Coaching Service

Cross-over to Life Skill Coaching

- Today we are going to learn about Responsibility
- We are going to learn Service skill today
- We are going to interrelate service skill and how to be responsible in a team and in life

Purpose: To teach the players to Serve the ball more effectively

Life Skill: The ability to take responsibility in a game and in life, which will build one's credibility

Outcomes:

1. Players will develop their skill to serve and learn why it's so important in a game
2. Players will learn to understand the importance of being responsible in life

Life Skill Activity Preparation

1. Volleyballs, net and volleyball court
2. A player hits the ball with his or her hand over the net to land inside the lines of the court
3. Players may serve under-arm or over-arm to the opposite court

Life Skill Activity Instructions

1. The coach explains and demonstrates the service skill (Beginners: under-arm serve. More advanced players: over-arm serve. Most advanced players: jump serve)
2. Players practise serving
3. The coach explains that each player needs to be responsible when serving in a game: they need to concentrate well before serving, they need to choose the way to serve that fits their skill level; they also need to understand that in tight situations in the game it is more important to serve a safe serve than to take risk.

Life Skill Insights & Application

Ask and Discuss:

1. What did you learn from this exercise?
2. What were your thoughts when you were asked to serve?
3. Have you ever thought about being Responsible when Serving?
4. How can you show responsibility when serving?
5. Is it so important to be responsible in a game & in life? Why?
6. Have you ever been Responsible in real life? When and what was that experience like?
7. Coach can share his/her personal story of being responsible.

Going Deeper

- Outcomes:**
1. The players will learn of the need to be responsible both in life and sport
 2. The players will learn a Biblical example of responsibility
 3. The parable from the Bible will give more clarity about being responsible

Bible Text: Jn. 10:1-18

Remarks:

Jesus both taught and demonstrated responsibility and this passage reveals a tremendous responsibility that Jesus took upon Himself for the sake of the whole world. He mentions the risk factor involved in taking responsibility as well as His willingness to take the risk at the expense of His life itself, thereby modeling ultimate responsibility as a leader. Emphasize the importance of being responsible both on the field as well as in everyday life when temptations to be careless and reckless present themselves.

Ask and Discuss:

- What did Jesus say the good shepherd does for the sheep? (v.11)
- Why would the good shepherd do that? (v.11)
- How would a hired hand respond to danger to the sheep? (v.12)
- Why would He respond that way? (v.12)
- What would happen to the sheep if the shepherd were to abandon them? (v.12)
- What's the reason Jesus gives for the hired hand abandoning the sheep? (v.12 & 13)
- What does Jesus say about the relationship between the shepherd and the sheep? (v.14)
- What does Jesus say about the 'other sheep?' (v.16)
- How does He say the 'other sheep' will respond to his voice? (v.16)
- How does Jesus liken Himself to the good shepherd in verses 17 & 18?
- What do you learn about the character of the good shepherd from this passage?
- How does being a responsible person help you in everyday life?

Memory Verse

Colossians 3:23 - "Work willingly at whatever you do, as though you were working for the Lord rather than for people."



UBABALO WHOLE LIFE COACHING

SESSION 3 Interdependence

Volleyball Coaching Overhead passes

Cross-over to Life Skill Coaching

- We are going to learn about interdependence today
- Overhead passes are an important skill that every player must be familiar with
- We are going to learn how to play an overhead pass and what it means to be interdependent in a team and in real life

Purpose: To teach the players how to play an overhead pass

Life Skill: Learning to be interdependent and enjoy each others' uniqueness

Outcomes:

1. The players will learn to play an overhead pass more effectively
2. The players will learn why it is so important to be interdependent

Life Skill Activity Preparation

1. Volleyballs and volleyball court
2. Adopt the ready position: square to the target in a slight stride, feet shoulder-width apart, knees bent, and your hands about 6 to 8 inches in front of your forehead with your thumbs pointing toward your eyes.
3. The coach watches the players closely to instruct them until they learn the skill more effectively

Life Skill Activity Instructions

1. Two players facing each other with a ball practice the overhead pass
2. This is the basic and the most accurate pass in volleyball. It can only be used when the ball is moving slowly and is high enough for you to play the ball when it is above your head.
3. The coach reminds players to give each other high enough passes.
4. The coach asks the players to practise until they are familiar with this pass. (Please allow the players to ask questions regarding the skill and help the players to learn the skill.)

Life Skill Insights & Application

Ask and Discuss:

1. What did you observe from this activity? Were you able to learn the overhead pass well?
You could only do it if someone has hit the ball high enough

2. Have you ever thought interdependence is important in an overhead pass?
3. What does it mean to be interdependent in the team?
We all need to work well with each other
4. Are there other times in life when you need to be interdependent? Please share some examples.
5. Do you think it is important to develop the skills of working well with others?
6. What could you do this week to improve the way you live your life?
Think of others
Help others

Going Deeper

- Outcomes:**
1. The players will learn to be interdependent
 2. The players will start seeing the best in others as God created everyone unique

Bible Text: 1 Cor. 12:12-27

Remarks:

Paul goes into great detail to explain the beauty of the way God put our body together with each of the parts being unique and yet meant to work together. Though this passage is used with reference to spiritual gifts it can also be used to discuss the beauty of interdependence. The players will need to see the connection between the bodies as they have been put together by God and the way we need to work together in relationships.

Ask and Discuss

- In verses 15 & 16, why do you think the foot would say to the hand, “I am not a part of the body because I am not a hand?”
Perhaps he feels inferior
- Imagine having not more than one member in a body. How would we look and how well could we function? (v.17)
- Who made the body with many parts? (v. 18,19)
- Can you re-phrase verse 20 using the words unity and diversity
Though there is diversity there is unity as well?
- Why would the eye say to the hand, “I don’t need you?”
He feels super-important
He feels that the eye is not important
- What do you learn from verses 22-24?
- Why has God put the body together the way He has put it? (vs. 24-26)
- From the verses we looked at what can we learn about interdependence?

Memory Verse

1 Corinthians 12:27 – “Now you are the body of Christ, and each one of you is part of it.”



UBABALO WHOLE LIFE COACHING

SESSION 4 Encouragement

Volleyball Coaching Setting

Cross-over to Life Skill Coaching

- Today we are going to learn about Encouragement
- We are going to learn the skill called Setting
- We will learn about why encouragement is so important in a game as well as in life

Purpose: To develop the players' skill of Setting

Life Skill: To equip them to encourage others and be encouraged in game and life

Outcomes:

1. The players will learn about the skill of Setting
2. They will learn the importance of encouraging others even in the midst of pressure
3. The players will be encouraged to encourage fellow players

Life Skill Activity Preparation

1. Volleyballs, net and volleyball court
2. Two players face each other and set a ball to each other. After setting the ball, the player moves forward three steps, then stays there until partner passes ball. Player moves to ball and sets again. Then take three steps backward after setting, and move to get under the ball.

Life Skill Activity Instructions

1. One player stands on a chair in the area the set is supposed to be set to. The player on the chair holds their hands up to the height that an attacker would be attacking (setting a target height).
2. Toss 10 balls at a time to the setter so they get into a rhythm of setting.
3. Then setters set from other players' passes, if passing is consistent enough.
4. The players should encourage each other during these drills
5. The coach must constantly teach the players to encourage each other during practice sessions and matches

Life Skill Insights & Application

Ask and Discuss:

1. What did you learn from these exercises?
2. What was it that helped you to keep trying your best?
3. Have you ever thought about encouragement when practicing sport?
4. What were your thoughts when you were asked to encourage each other during setting?

5. Have you ever encouraged others in a game and in life? Please share about that experience.
6. Coach could share his/her experience about encouraging others and how that can help.
7. Who do you think you could encourage this week?

Going Deeper

- Outcomes:**
1. The players will see how Jesus encouraged his disciples.
 2. The players will learn about the value of encouragement.
 3. The players will learn to encourage each other during a game and in life.

Bible Text: John 21:1-17

Remarks:

Encouragement plays such an important role in relationships and Jesus knew all about how easy it is for us to get discouraged. So he made it a point to encourage people especially when they needed it most. This incident where Jesus prepares breakfast and eats with the disciples on the beach is one such incident where Jesus encourages Peter, reminding him of his call on his life and his love for him as well.

Ask and Discuss

- Why do you think Peter might have gone back to fishing after he had left his nets over 3 years ago to follow Jesus?
Maybe he had lost hope because Jesus had been crucified
- How do you think the disciples felt after spending a whole night on the sea fishing and catching nothing?
Tired
Unhappy
Discouraged
- What did Jesus do to encourage them?
He gave them a new idea
Cooked breakfast
- When the disciples knew it was Jesus why do you think Peter was the first one to jump into the water?
He was excited, impatient
- What do you think Jesus might have meant by the question to Peter, "Simon son of John, do you love me more than these?"
- Why do you think Jesus might have asked him that question?
- How do you think Peter felt when Jesus gave him the responsibility to take care of the sheep and lambs? (meaning people)
- How do you think Peter felt when Jesus reminded him of his call to follow him?
Encouraged
Motivated
Purposeful.
- What role does encouragement play in the lives of your friends and teammates and in people's lives everyday?

Memory Verse

Hebrews 10:25 – "And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near."



UBABALO WHOLE LIFE COACHING

SESSION 5 Finishing Well

Volleyball Coaching Attacking

Cross-over to Life Skill Coaching

- Attacking is one of the key skills in Volleyball
- Attacking well can help score points in the game
- Attacking in the game will help the team finish well
- In life too it is vital to not only start well but also to finish well

Purpose: To develop the players' skill of attacking so they could thereby score points.

Life Skill: To teach a player to finish well in life

Outcomes:

1. Players will learn the skill of attacking well
2. Players will learn to finish well in life

Life Skill Activity Preparation

1. Volleyballs, net, volleyball court
2. A normal volleyball session at the court
3. We will practice two kinds of attacking – with ball attacking and without ball attacking

Life Skill Activity Instructions

1. The coach explains to the players the 4 stages of attacking (Approach, Take off, Hitting the ball and Landing) and the players will practise these 4 stages. The players must be familiar with these stages before practicing with the ball.
2. **Without ball attacking** – Steps: left, right, left is the exercise for approach (right, left, right for left handed players). The coach throws an imaginary ball like a set near the net and the players pretend there is a ball and hit it.
3. **With ball attacking** – the coach holds the ball standing on a chair near the net and the player jumps and strikes the ball.

Life Skill Insights & Application

Ask and Discuss:

1. What have you learnt from these exercises?
2. From the drills you practiced were you able to learn how to attack well?
3. How do you think this skill will affect your game? Could this help you to finish well in a game?
4. Have you ever thought about the idea of finishing well in other parts of life?
5. Would anyone like to give an example of a time when you finished something well?
6. What is something you could do this week that would be finishing well?

Going Deeper

- Outcomes:**
1. To help the players understand how Jesus finished the course of His life in order to save mankind
 2. To help players understand that they too need to be able to finish well in life

Bible Text: Luke 23:26-49

Remarks:

Jesus came to the earth with a mission set by His Father in Heaven and He accomplished that mission on earth. The crucifixion of Jesus is an excellent example of Jesus finishing well. At the end of his life on the cross He cried out with a loud voice, "Father, into your hands I commit my Spirit," and then He breathed His last.

Ask and Discuss:

- Our topic is Finishing Well. We talk about finishing your game well – how would you do that?
- What do you think of Jesus and His crucifixion? Did he finish well?
- When your life is over, what would you like people to say about you?
- How does Jesus' crucifixion impact your life?
- What sorts of things could you do that would be honoring to Jesus' example and teaching?

Memory Verse

2 Timothy 4:7-8 – ⁷"I have fought the good fight, I have finished the race, and I have remained faithful. ⁸And now the prize awaits me—the crown of righteousness, which the Lord, the righteous Judge, will give me on the day of his return. And the prize is not just for me but for all who eagerly look forward to his appearing."



UBABALO WHOLE LIFE COACHING

SESSION 6 Focus

Volleyball Coaching Blocking

Cross-over to Life Skill Coaching

- In this lesson we will learn about Blocking and its importance in creating scoring opportunities in volleyball
- We will learn to remain Focused in the game and in life
- We will also learn the importance of remaining focused

Purpose: To develop the players' blocking skill

Life Skill: To teach players how to be focused in the Game and in Life

Outcomes:

1. The players will learn how to block in volleyball
2. The players will learn how to remain focused
3. The players will identify distractions that can take their focus off the game

Life Skill Activity Preparation

1. Volleyballs, net, volleyball court & Wall
2. The purpose of this exercise is to train players to block without touching the net with their arms on the way down after a block.
3. Players start by standing in front of a wall in a blocking position to perform their block jumps.
4. The players then jump up and touch as high as they can on the wall using good blocking technique. The players land in correct blocking position.
5. If correct technique is followed the players should be able to perform the block jump without scraping their arms against the wall.
6. Wall Blocks is a beginner volleyball drill that can be done alone. It's important for beginning players to realize that they must remain focused on correct technique in order to make themselves a better player.

Life Skill Activity Instructions

1. The coach must give clear instructions on the correct blocking technique and its importance
2. The coach teaches the players how to read the game so that they know when to put in a block
3. Remaining focused and being able to read the game will help them to win a point

Life Skill Insights & Application

Ask and Discuss:

1. What did you learn from these exercises?
2. What were some of the things you did to make these blocking exercises successful?
3. How can being focused on the game help you in performing a block successfully?
4. What can take your focus away during the game?
5. What successes have you had in your life when you have remained focused? Can you share some of these?
6. Have there been times that you have lost focus and not been successful? What kind of things took your focus away?
7. What could happen, if we are not focused in a game or in life?

Going Deeper

- Outcomes:**
1. Through the story of Peter, the players can understand how remaining focused and not being distracted by fear led to his success
 2. The players will learn the importance of remaining focused by overcoming their fears

Bible Text: Matthew 14:22-33

Remarks:

This story shows the importance of remaining focused on Jesus especially in times of difficulty. The coach will need to help draw the parallel between the story of Peter walking on the water and their everyday lives, by asking them to think of things that they themselves have found difficult or even impossible. Peter was successful because he remained focused on his relationship with Jesus.

Ask and Discuss

- Why were the disciples afraid when they saw Jesus walking on the water? (v.26)
- Why do you think Peter asked Jesus to call him over to him on the water?
- Why did he begin to sink? (v.30...he became afraid of the wind)
- What did Jesus do when Peter began sinking? (reached out his hand)
- What happened when Jesus got into the boat?
- What are some things that can happen to us in life that can make us afraid?
- How can these "fears" take our focus off what we are trying to do?
- How do you think the Lord can help us in these situations so that we can remain focused?
- How could remaining focused on Jesus help us in our everyday lives?
- What are some of the things we can do to remain focused on Jesus every day?
- What happens when we stop focusing on our relationship with Jesus?

Memory Verse

Hebrews 12:1, 2 - "Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. 2 We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith."

Quote

"The whole team showed up. Everybody was focused, they all played 100 percent." (Brit Munsterteiger)



UBABALO WHOLE LIFE COACHING

SESSION 7 Self-Control

Volleyball Coaching Digging

Cross-over to Life Skill Coaching

- In this session, we are going to learn about digging
- Digging is a key activity during the game to avoid opponents' scoring
- In this lesson, we will also learn about self control

Purpose: To develop the players' skill of digging

Life Skill: To develop self control

Outcomes:

1. The players will learn the skill of digging in volleyball
2. The players will experience the importance of acting with self-control
3. The players will learn the need to exercise self-control in their lives

Life Skill Activity Preparation

1. Volleyballs, net, volleyball court
2. A dig is a pass of a hard-driven ball from the other team. It is important to be in a low ready position, heels up, ready to move.

Life Skill Activity Instructions

1. Have players practice in pairs: one player hits the ball to the partner 10 times, and then switch.
2. Players receive hits that are made from the other side of the net.
3. Coach reminds players of the importance of controlling their body and mind for the best result.

Life Skill Insights & Application

Ask and Discuss:

1. What did you learn from these exercises?
2. The volleyball dig takes a lot of control and is a key skill to develop in order to keep your team in the game. A key skill to develop in winning your "Game of Life" is self control.
3. Have you ever been in a situation where you have had to show a lot of Self Control both on the court and in life?
4. You can show self control in what you say and what you do...can you think of times when you have struggled to show self control. What could you say or do next time you are in that situation?
5. It is helpful for you the coach to share examples from your own life when you have needed to show better self-control. In this way your players may feel more open to share examples from

their own lives. Discussion will help them to know what to do when facing similar situations in the future in their lives.

Going Deeper

- Outcomes:**
1. The players will see how Jesus exercised self-control even in difficult times
 2. They will learn the importance of self-control in everyday life
 3. They will be encouraged to exercise self-control in everyday life

Bible Text: **Matthew 4:1-11**

Remarks:

Most young people struggle with the issue of self-control and Jesus offers us a way to become self-controlled. The passage depicts a situation when Jesus was tempted in 3 very great temptations. He loved His Father too much to want anything but what his Father wanted for Him. Because He spent time reading and understanding the Word of God He knew what His Father expected of Him. The players are encouraged to read the Word of God so that they can show self-control when tempted.

Ask and Discuss

1. How was Jesus feeling when He was tempted to turn stones into bread (v.2)
2. What was Jesus' response to this first temptation (v4)
His response appears strong and determined
3. How did Jesus show self-control in responding to the 2nd temptation?
4. Even though Jesus knew that God could send His angels to catch Him if he jumped from the mountain top...why do you think He didn't jump?
Jesus didn't want to jump just to prove it to the devil
5. In the third temptation Jesus was promised everything He could see if He bowed down and worshiped the devil yet he managed to display self control in resisting. What are some of the things where you need to resist and show more self-control?
6. Do you think it was difficult for Jesus to overcome the temptations? Why or Why not?
Jesus was both hungry (v2) and tired...v11 The Angels came and took care of Him
7. Where do you think Jesus got the strength from to resist the temptations?
From the Bible ... Deuteronomy 8:3, Psalm 91: 11 & 12 and Deuteronomy 6:13. Read these verses to highlight that His strength came from what the Bible says
8. What are some of the things you find hard to resist?
9. Do you sometimes have friends that promise you things in order to tempt you to do something you know is wrong? What kind of things do they promise you?
10. How can Jesus' example in this story help us when we face temptations?
He reminds us of the Word of God - it reminds us what to do and what not to do
11. What are some things we can do to strengthen our self control so that we too can stand up against temptations?
Read the Bible, pray, associate with friends who will encourage us to do the right thing

Memory Verse

2 Timothy 1:7 – “For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”

Quote:

“By constant **self-discipline** and **self-control** you can develop greatness of character.” (Grenville Kleiser)



UBABALO WHOLE LIFE COACHING

SESSION 8 Initiative: Use it or lose it!

Volleyball Coaching Receiving

Cross-over to Life Skill Coaching

- In this session the players are looking at how to receive and return the ball
- The players will be encouraged to show their initiative when returning the ball
- Receiving is a skill in volleyball in which you must be a player who takes initiative
- They will learn about taking the initiative both in the game and in life

Purpose: To develop the players' skill of receiving the ball (calling the ball, moving towards the ball, working as a team)

Life Skill: To help players learn about the importance of taking initiative in everyday life in the way we respond to different situations

Outcomes:

1. Players will learn how to receive and return the ball to advantage their team
2. The players will gain an understanding on how taking initiative can make a positive difference both in a game and in life

Life Skill Activity Preparation

1. Volleyballs (a ball between 2 players), net and volleyball court
2. Warm-up for receiving: Players serve in pairs. The receiving player receives and returns the ball. After 10 serves switch.
3. The coach rotates around the pairs and makes technique corrections.

Life Skill Activity Instructions

1. The coach serves the ball to anyone on the other side of the court. The players are encouraged to be initiators when they receive: they need to decide early who is going to receive the ball. The receiving player should call "mine!" when the ball is crossing the net.
2. Players continue to play a game where the coach continues to ensure correct technique is maintained and that players take the initiative and call the ball when receiving.

Life Skill Insights & Application

Ask and Discuss:

1. What did you learn from this exercise?

Need to be decisive of who receives the ball and call the ball early

2. What difference did taking initiative and calling the ball when receiving make to your game?
3. Are there some things you have been involved with where you have been an initiator? Get players to explain e.g. some activities at school, some activities with your friends where you have assisted others less fortunate than yourselves.
4. It is helpful for you the coach to share examples from your own life when you have been an initiator
5. How can you show initiative with your friends when they are trying to get you to do something you know isn't right.
Stand up against it
Walk away
Try and influence others in the group to do the same
6. What ideas can the team come up with to initiate (Make a positive difference) while
 - a. Playing volleyball with your team mates and towards the opposition
 - b. Playing with their friends
 - c. In class at school
 - d. At home with your family

Going Deeper

Outcomes:

1. From this lesson players will learn the importance of taking initiative
2. Players will learn to use the opportunities that come their way in life to show initiative

Bible Text: **Luke 19:11-27**

Remarks:

Initiative is often seen in connection with someone making a difference to a situation. In this story the King gave his servants some money and encouraged them to go and do something with the money. When the servants reported back with what they had done, the King found that 2 of them had increased their amounts but the 3rd one was too afraid of losing his money so he did nothing with it.

We can overcome our fears and make a difference by showing initiative with our friends, by either standing up to them when we need to or by initiating things that could make a positive difference in people's lives.

God wants us to use our initiative to make a positive difference in the lives of people we are associated with. He promises us that we will be given more if we show initiative and make the most of the talents and abilities that we have been given.

(Note this passage isn't just referring to monetary investments...but also to using our talents and ability to show love and live a lifestyle that reflects the nature of Christ.)

We have all been given special talents that we can only use properly when we accept Him. We can all be the person God has created us to be by using our talents and abilities to do His will and to be a blessing to others. In that way we will be blessed.

Ask and Discuss

1. Was there a difference in the amount of money each of the 10 servants received?
2. Why do you think the first two people invested the money and earned more than they received?

3. Why do you think the last person did not invest his money?
Fear v21
4. What was the reward the first two people received for taking initiative and making use of what they had received from the master?
The were given more...v17, v19
5. What happened to the third man because he did nothing?
6. All of the servants were given the opportunity to use their talents and abilities to make a positive difference in their communities. What talents and abilities can we use as a team to make a difference in our communities?
Encourage the players to think about what they could initiate as a group to make a positive difference both on and off the court
7. What talents and abilities do you have that you could use to make a difference? Get all of the players to think about something they are good at outside of volleyball, then come up with ideas on how they could use them to make a positive difference with
 - a. Their friends
 - b. At school
 - c. At home with their families
 - d. In the community in which they live
8. What are some of the rewards we will receive when we take initiative? Endeavour to move them on from just focusing on material advantages...but look at the kind of Character (or reputation) they will be building for themselves e.g. compassionate, thoughtful, honest, caring, respectful etc.
9. What are some of the things that might make us fearful of showing the initiative to make a positive difference?
Loss of friendships
People might laugh at us
10. When we refuse to show initiative who is likely to miss out on opportunities?
Themselves

Memory Verse

Ephesians 4:3 – “Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.”

Quote: Jesse Jackson: With courage and initiative, leaders change things.



UBABALO WHOLE LIFE COACHING

SESSION 9 The Strength of Love

Volleyball Coaching Diving

Cross-over to Life Skill Coaching

- In this session the players are learning the “extraordinary skill” of diving in the game of volleyball
- The players will learn about the “extraordinary skill” of love in the “Game of Life”

Purpose: To develop the players’ skill of diving

Life Skill: To develop an attitude of loving others through God’s example of love

Outcomes:

1. Players will learn how to dive safely when playing volleyball
2. Players will understand why they should love others including their teammates, through God’s example of love to mankind

Life Skill Activity Preparation

1. Volleyballs, net and volleyball court (or Beach as an alternative)
2. 1 ball between players (work in groups of 3 or 4 if enough balls are not available for 1 between 2))
3. The players throw the ball to each other so that they can dive and hit the ball
4. The coach rotates around the pairs/groups and makes technique corrections

Life Skill Activity Instructions

1. In a game, diving is used in a situation when either the opposition or your own teammate has directed the ball into a clear space on the court.
2. Players can practice diving in a game situation by having less people on the court e.g. 2 v 2 or 3 v 3 where more space is available.

Life Skill Insights & Application

Ask and Discuss:

1. What were some of the techniques you have learned while learning how to dive?
2. How is diving in a game a way of showing love towards your teammates?
Being prepared to do anything for your team mates in order to save a point even though you risk hurting yourself

3. Have you ever done anything else to show love towards your teammates either on or off the court? If so what? If not...what could you do?
4. How can we show love to others e.g. our friends, at school with our classmates, at home with our brothers and sisters and parents?
5. In the Bible we read of a love from a God who is prepared to do anything...including sending His son Jesus to the cross because He loves us so much.
6. What do you think about a God that shows us that much love for us?
7. The coach can share his/her personal story on what God's love has meant to them in their lives

Going Deeper

Outcomes:

1. From this lesson the players will learn what love is, as God demonstrates it
2. The players will understand care and love through this lesson

Bible Text: **Luke 6:27-36**

Remarks:

In this passage God tells us we should love our "enemies". He encourages us to love others by doing good to everyone, even if they aren't nice to us. We can do this by turning our backs on those who hit us and by sharing our possessions. We shouldn't do this and expect something back because of it; we should just do it because we are instructed to love our enemies. In this way we will receive more blessing because we will be a son or daughter of God.

God's ultimate love was shown when Jesus His son died on the cross so that we may one day join him in Heaven for eternity.

Ask and Discuss

- What did He ask us to do with those who hate us?
Love our enemies (v27)
- How did He ask us to respond to those who curse us?
Bless them (v28)
- How did He ask us to respond to those who hit us?
Turn your back v29
- How did Jesus ask us to respond to those who ask us for something or who take from us?
Give to everyone and don't ask for it back (v30)
- How did He ask us to treat others?
Treat others as we want to be treated (v31)
- How do you like to be treated?
- What kind of things do you not like in the way you are treated by your
 - Friends?
 - Class mates at school
 - By your team mates
 - By your brothers and sisters?
- How can we use these dislikes to change the way we treat others?

- If we show “love” the way God wants us to in this passage...should we expect any thanks or reward for it? Why/Why not?
- Why do you think we find it so hard to treat people nicely when they aren't nice to us?
- What's the reward Jesus is promising us if we “love our enemies”
- How did Jesus demonstrate this kind of love when He lived on earth?

Memory Verse:

John.3:16 – “For God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.”

Quote

“Love is the only force capable of transforming an enemy into friend” (Martin Luther King, Jr.)



UBABALO WHOLE LIFE COACHING

SESSION 10 T.E.A.M. Together Everyone Achieves More

Volleyball Coaching Combined Skills

Cross-over to Life Skill Coaching

- In this session the players are learning how to combine different skills in volleyball
- The players will learn the value and power of working together as a team

Purpose: To learn more about how to combine different skills

Life Skill: Being a good teammate is critical to most athletes' performance. Each must learn how to co-operate, work together and share in our wins and losses

Outcomes:

1. Players will understand the strength gained from combining a number of basic fundamental skills in the game of volleyball
2. Players will learn the value of being in a team and the need to work together

Life Skill Activity Preparation

1. Volleyballs, net and volleyball court
2. The players need to be able to perform basic volleyball skills individually before they can practice drills where they combine different skills

Life Skill Activity Instruction

1. Coach either tosses or serves the ball from other side of the net to two players in the back court. One of the players calls 'mine' and passes the ball to a setter who is near the net. Setter sets to either one of the players. The other player moves close to cover (there are two players on the other side of the net blocking). This can be done in half court, so that another group can practice in the other half.
2. During a normal game situation the coach reminds the teams of good team work, communicating and encouraging each other.

Life Skill Insights & Application

Ask and Discuss:

1. What did you learn about teamwork today?
2. What have you learnt about your teammates today?

3. What are some of the things we can do while playing to encourage teamwork amongst us? Communication, i.e. calling 'mine' when you have the ball covered, encouragement, high-5's, backing up a team mate, understanding the strengths and weaknesses of the players around you so that you can help them out
4. **T**ogether **E**veryone **A**chieves **M**ore is an acronym for the word TEAM. What other teams are you in outside of your sports teams?
Family
Class
School
Cultural groups
5. How can working together as a team help you be a great team member?
6. What do you find is the hardest thing to do in a team? What ideas can you come up with to help out in these situations?

Going Deeper

- Outcomes:**
1. The players will learn about giving their best in playing as a team
 2. From Jesus ministry the players will learn more about the advantage of team work

Bible Text: Luke 5:1-11; 27-32

Remarks:

When Jesus commenced His ministry He put together a team to help Him with His ministry here on earth. This team was called His disciples. Through this we learn the importance of working together. Before choosing His team of 12 disciples Jesus spent an entire night in prayer because He wanted to select the men His Father had in mind. He chose people that came from different walks of life. The need to work in teams is as important today as it was years ago.

Ask and Discuss:

- In this story why do you think Jesus asked Simon (Peter) to let down his nets into the water even though He knew they had caught no fish all night?
- Why did Simon Peter call to his friends in the other boat to help? (V6, 7)
- Why did Peter ask Jesus to leave Him? (V8)
- What did Jesus ask Simon Peter catch? (V10)
- Why do you think the other disciples also followed Jesus though only Simon Peter was called?
- In verses 27 & 28 Jesus chooses a Tax Collector named Levi (later to be called Matthew) to be on His team. Tax Collectors were not liked because they were wealthy and powerful. Why do you think Jesus chose him?
Following Jesus is better than lots of money and a cool car!
- Why do you think Jesus chose various kinds of people to be a part of His team? (V27-32)
- Why was Jesus forming a team?
- Jesus told Simon Peter how to do his job...how do you react when others in the team tell you how to play?
- How do you react when your friends tell you what to do?

- Sometimes your friends might ask you to do something you know you shouldn't. What can you say and do to encourage them to follow your example?
- What advantages can you see in working as a team over working alone?
- What can you do at home to help your family work together as a team?
- Why do you think Jesus chose various kinds of people to be a part of His team?
- What advantages are there in our team to have players with a variety of skills?

Memory Verse:

John 14: 34, 35 – “So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. 35 Your love for one another will prove to the world that you are my disciples.”

Quote:

“Coming together is a beginning. Keeping together is progress. Working together is success.” (Henry Ford)

Using the quote above, what will “Working together for success look like in our team?”



UBABALO WHOLE LIFE COACHING

SESSION 11 Taking a Stand

Volleyball Coaching *Playing your Position - Offense*

Cross-over to Life Skill Coaching

- Learning skills to attack from different positions
- Learning to know when to hit or tip
- Knowing when to take a stand for something you believe in

Purpose: *Players will understand the role of offensive position in volleyball*

Life Skill: *Perseverance*

Outcomes:

1. *Players will gain an understanding of offensive play*
2. *They will gain knowledge of when to hit or tip*
3. *Players will discover what is important to take a stand for in life*

Life Skill Activity Preparation

1. Create a team of six, hitters up front and defense in the back
2. Put two blockers opposing the hitter
3. Teach hitters to see the block
4. Teach defense to cover the hitters

Life Skill Activity Instructions

1. The six players must receive and set a ball from the defensive position
2. They must then return the ball with a hit
3. Defence needs to cover, giving the hitters confidence

Life Skill Insights & Application

Ask and Discuss:

1. Hitters: knowing your players have you covered, what does that give you?
2. What goes into an attack?
3. What comes out of it if it does not result in a point?
4. Now when you apply what you've learned in daily life, what is important to take a stand for?

5. When is the moment to take a stand for something you believe in?
6. How do you feel when taking a stand for something you believe in?
Confident; I feel free; I feel afraid for reactions of others.

Going Deeper

Outcomes: 1. *Players will understand that making a stand for what is right takes a different “touch” on the ball.*
2. *Players will learn when to be resolute and when to be merciful*

Bible Text: **Jude 1:22-23 (Holy Bible, NIV)**

Be merciful to those who doubt; snatch others from the fire and save them; to others show mercy, mixed with fear-hating even the clothing stained by corrupted flesh.

Remarks:

Those who doubt need a merciful light touch. But there are those who are in such a destructive sin that they need a resolute, offensive attack. They need to be snatched out of the fire. Others need a mix of both mercy and determination.

Ask and Discuss:

- There are three different reactions to sin in these verses: what are they?
- Describe someone who might need a light touch.
- Describe someone who might need a resolute stand against their sin. They need to be snatched from the fire.
- Describe this using volleyball terms?
- How is a resolute attack or a light touch in Volleyball similar to making a stand in life?

Memory Verse:

I am secure in Christ: I am free from any condemnation brought against me and I cannot be separated from the love of God.
Romans 8:31-39



UBABALO WHOLE LIFE COACHING

SESSION 12 Getting Centered

Volleyball Coaching *Passing*

Cross-over to Life Skill Coaching

- Being centered or set is an important skill in Volleyball
- Players will learn to get centered (or set) to receive the ball
- Getting centered in your center of gravity gives you momentum when the ball comes
- Players will learn how to get centered in life to respond from a position of strength

Purpose: *To learn how to get centered or set to react to play*

Life Skill: *To develop a habit of getting centered (Stability) or set to react to life*

Outcomes:

1. *Players will learn how to get set to receive a ball*
2. *Players will learn the value of getting centered while “the ball is in the air” of life*
3. *Players will learn to center their lives in Christ before the world slams them*

Life Skill Activity Preparation

1. One line waits off the court
2. Three passers position themselves on the court
3. One target

Life Skill Activity Instructions

1. The coach will toss the ball to the passers (free balls)
2. The passer must pass a settable ball to the target
3. Player then switches with the target; the target returns to the line
4. After the players make (x) settable passes, the coach progresses to down balls and finally to serves

Life Skill Insights & Application

Ask and Discuss:

1. Were you always centered when the ball came?
2. How did it feel when you were totally centered?
3. How did it feel when you were not totally set?
4. What does it mean to be centered in life?

5. Why is it important to be centered in life?

Going Deeper

Outcomes:

1. *The players will learn that to be centered in Christ helps them play from a point of strength.*
2. *Players will learn how to be centered*
3. *Players will be encouraged to get set as a habit.*

Bible Text: **Matthew 14:22-25**

As soon as the meal was finished, he insisted that the disciples get in the boat and go on ahead to the other side while he dismissed the people. With the crowd dispersed, he climbed the mountain so he could be by himself and pray. He stayed there alone, late into the night. Meanwhile, the boat was far out to sea when the wind came up against them and they were battered by the waves. At about four o'clock in the morning, Jesus came toward them walking on the water.

Remarks:

Jesus left the crowd to be alone with His Father. He intentionally found a place alone to pray, to think through His ministry and to hear from His Father. When the storm broke later, Jesus was in a position of strength to respond. He walked on the water.

Ask and Discuss:

- Why do you think, after a long day with many people, Jesus went off to be alone?
- What did Jesus do when He was alone?
- Couldn't he pray with the crowd? Why do you think praying alone was important?
- How do you think prayer centered Him?
- How do you get centered in life?
- Have you set for what life may throw at you?

Memory Verse:

**I am accepted in Christ: I am united with the Lord, and I am one with Him in spirit.
1 Corinthians 6:17**



UBABALO WHOLE LIFE COACHING

SESSION 13 Playing Defense

Volleyball Coaching *Playing your Position - Defense*

Cross-over to Life Skill Coaching

- Importance of being in position
- When you play your position, you protect what you are assigned to protect
- Players understand we all have positions in life we need to protect

Purpose: *Players will learn the importance of playing their position to protect their territory*

Life Skill: *To gain an understanding of the importance of position and protection*

Outcomes:

1. *Players will understand all the positions*
2. *Understanding the results of not playing your position*
3. *Understanding what you need to protect in your life*

Life Skill Activity Preparation

1. Players need to learn their base defense positions
2. Players need to learn their positions for defending different kinds of attacks

Life Skill Activity Instructions

1. Players will form three lines, each behind their own personal positions
2. Players wait in their base defensive position
3. Coach will then move to an attacking position (either outside or opposite)
4. When the coach slaps the ball, players must move to their defensive positions according to the attacking position
5. Coach hits the ball at one of the lines and then repeats the full process.

Life Skill Insights & Application

Ask and Discuss:

1. What was the importance of the base position?
2. What was the importance of different positions, depending on whether the attack came from the outside or the opposite side?
3. What happens if you are not in position?

4. What is your “base position” in daily life?
5. Why do you think you need to protect your base position?

Going Deeper

Outcomes:

1. *Players will see that God has given us each a unique position.*
2. *Players will understand the importance of taking and holding their position.*
3. *Players will learn to appreciate when their whole team plays their positions.*

Bible Text: I Corinthians 12:12-20

You can easily enough see how this kind of thing works by looking no further than your own body. Your body has many parts—limbs, organs, cells—but no matter how many parts you can name, you're still one body. It's exactly the same with Christ. By means of his one Spirit, we all said good-bye to our partial and piecemeal lives. We each used to independently call our own shots, but then we entered into a large and integrated life in which he has the final say in everything. (This is what we proclaimed in word and action when we were baptized.) Each of us is now a part of his resurrection body, refreshed and sustained at one fountain—his Spirit—where we all come to drink. The old labels we once used to identify ourselves—labels like Jew or Greek, slave or free—are no longer useful. We need something larger, more comprehensive.

I want you to think about how all this makes you more significant, not less. A body isn't just a single part blown up into something huge. It's all the different-but-similar parts arranged and functioning together. If Foot said, "I'm not elegant like Hand, embellished with rings; I guess I don't belong to this body," would that make it so? If Ear said, "I'm not beautiful like Eye, limpid and expressive; I don't deserve a place on the head," would you want to remove it from the body? If the body was all eye, how could it hear? If all ear, how could it smell? As it is, we see that God has carefully placed each part of the body right where he wanted it.

But I also want you to think about how this keeps your significance from getting blown up into self-importance. For no matter how significant you are, it is only because of what you are a part of. An enormous eye or a gigantic hand wouldn't be a body, but a monster. What we have is one body with many parts, each its proper size and in its proper place. No part is important on its own.

Remarks:

The body is one unit. Just the same way, God has made us all one team. We all have our positions to play in life. If we don't, the whole team suffers. If we do, then the whole team is moved toward its goal.

Ask and Discuss:

- What does it mean that the body is one unit?
- What does it mean to be one, but have many parts?
- How is your team (/family/peer groups/community) like this?
- What is your position in the team (/family/peer groups/community)?
- How does it adversely affect the team if you don't play?
- How does it benefit the team (/family/peer groups/community) if you play your position well?
- What does a team (/family/peer groups/community) look like when everyone is playing their position?

Memory Verse:

I am accepted in Christ: I am a member of Christ's body! (1 Corinthians 12:27)



UBABALO WHOLE LIFE COACHING

SESSION 14 Courage in Blocking

Volleyball Coaching *Blocking*

Cross-over to Life Skill Coaching

- Players will understand the technique for proper blocking
- They will demonstrate the importance of courage for effective blocking
- They will understand the need for courage in all areas of life

Purpose: *Players will develop skill in blocking*

Life Skill: *Courage*

Outcomes:

- 1. Players will develop better blocking technique*
- 2. Players will learn how to have courage in blocking*
- 3. They will understand why having courage in life is important*

Life Skill Activity Preparation

1. The blocker at the net.
2. A tosser stands behind the blocker.
3. A hitter stands in front of the blocker.

Life Skill Activity Instructions

1. The tosser will throw a ball to a hittable position unknown to the blocker.
2. The blocker must block the ball without knowing where the ball will be beforehand.

Life Skill Insights & Application

Ask and Discuss:

1. What is important for the blocker to do?
2. What makes blocking the ball difficult?
3. How did you feel not knowing where to expect the ball?
4. How did you feel when the hitter smashed the ball?
5. Do you recognize these feelings also in your daily life? In what areas?

6. Why do you think courage is important in daily life?

Going Deeper

Outcomes:

1. *Players will learn to immediately jump to the block.*
2. *Players will learn to react with courage.*
3. *Players will learn that responding with courage, as opposed to flinching in fear, wins the play.*

Bible Text: 2 Samuel 10:11-12

Then he said, "If the Arameans are too much for me, you help me. And if the Ammonites prove too much for you, I'll come and help you. Courage! We'll fight with might and main for our people and for the cities of our God. And God will do whatever he sees needs doing!"

Remarks:

Joab was the leader of the Israeli army when they found themselves surrounded in battle. He wanted his men to respond to the attack with courage from whatever side the attack came. Joab also wanted his men to support each other in battle. He wanted courage to be their first response.

Ask and Discuss:

- How is this battle Joab faced similar to what we face on the volleyball court? (Albeit on a smaller scale). And in daily life?
- What would happen in battle if we sat down and calculated our fears before we reacted?
- What happens on the court if we flinch in fear that a block is going to hurt?
- Why is it important that courage is our first response?
- How can we work courage into our volleyball drills and into our lives as our first response?

Memory Verse:

I am secure in Christ: I have not been given a spirit of fear but of power, love and a sound mind! (2 Timothy 1:7)



UBABALO WHOLE LIFE COACHING

SESSION 15 Building Strength

Volleyball Coaching Strength Conditioning

Cross-over to Life Skill Coaching

- As it is important to increase your strength in volleyball for higher performance, it is important to commit time in the Word to become a stronger believer.

Purpose: *To learn strength conditioning skills for higher performance*

Life Skill: *Perseverance*

Outcomes:

- 1. Learning strength skills for better performance*
- 2. Learning to commit to regular exercise*
- 3. Understanding the perseverance required to build strength*

Life Skill Activity Preparation

1. Running Stairs

Life Skill Activity Instructions

1. Focus on running stairs at maximum speed
2. One player lays down face up. The other player has to jump with two feet over their torso for a given amount of time.

Life Skill Insights & Application

Ask and Discuss:

1. Why is this exercise so hard?
2. Why is it important that it is hard?
3. What are other things in life that are hard?
4. Why is it sometimes hard to get into God's Word?
5. Why is it important to push through that difficulty?

Going Deeper

Outcomes:

1. *Players will realize that hard exercises are good for building strength.*
2. *Players will explore other things in life that are difficult.*
3. *Players will appreciate that, while it is hard at times to get into God's Word, it is well worth the commitment to build strength.*

Bible Text: 1 Timothy: 4:8-9

Exercise daily in God—no spiritual flabbiness, please! Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever. You can count on this. Take it to heart.

Remarks:

Just as physical exercise makes us physically stronger, spiritual exercise increases our spiritual capacity. As we are in the Word “laboring and striving,” we see who God is and we grow stronger in our likeness to Him. This strength makes us fit, not just as athletes, but in all areas of life.

Ask and Discuss:

- What is the value of physical exercise?
- What muscles do we need to build up to become better volleyball players?
- Why is spiritual exercise something to be valued?
- What “muscles” do we need to build up spiritually?
- How will those spiritually strengthened abilities help us on the volleyball court?
- How will they help us off court?

Memory Verse:

I am significant in Christ: I can do all things through Christ, who strengthens me!
Philippians 4:13