



The 5 Minute Game Plan

A Catechesis Supplement for Youth Sports

6th Grade - Winter Edition

Created by Peter Piscitello, Executive Director, CYO of Johnson and Wyandotte Counties.

5 Minute Game Plan - 6th Grade Year

August 1, 2013

Dear CYO Coaches,

Greetings and welcome to a new year of CYO Sports! We're thrilled you have taken the time out of your busy schedule to be involved in such a fantastic ministry; by coaching our youth and helping them to develop as persons and athletes, you are making an impact that is larger than you probably even imagine. We sincerely appreciate your efforts to this end and look forward to working with you in the coming season.

The most important part of developing any child is helping that child to grow in his or her relationship with God. With that in mind, we have created the enclosed materials. Titled *The 5 Minute Game Plan*, the goal is for this to be exactly that: a 5-10 minute supplement to CYO practices that creates a curriculum for faith formation in our CYO. We have worked our Archdiocesan schools and School of Religion programs to create a program that supplements the specific themes and curriculum addressed in your child's primary faith formation. Of course, we have also taken into account that their primary formation begins at home. On this page and the one that follows, I will provide an overview of your role as a coach, and instructions on how to implement this new requirement within your team.

First, a quick word of encouragement. We understand that the majority of our parents weren't theology majors or may not even be comfortable praying in front of a group of children. I can assure you that this program has been developed so that it can be implemented by anyone. Simply follow these instructions and you will be on your way to a truly fulfilling addition to practice each week. It's as simple as following each week's lesson in this packet.

As you may have already noticed, this packet is split into a couple of parts. First you will find an overview of the entire year that includes the theme, scripture and saint for each week. Then you will find the individual "lessons." The requirement is simple: at your team's first practice of each week, you will need to begin practice with the lesson for that week. Lessons begin with the second week of preseason and go until the end of the season for each sport. Within each lesson, you will find the following:

- Theme: based on age-appropriate themes from school and religious education curriculum
- Scripture: a weekly scripture passage based on the theme
- Saint or Topic: a relevant Saint or topic that helps convey the scripture and theme
- Discussion Question: 1-2 Questions that help connect the theme to individual and team
- Practice Plan: A tip for coaches on how to make this theme come alive during practice
- Prayer: A prayer that will close the lesson and lead into practice
- Post-Practice Prayer: A simple reminder of the week's theme and closing prayer

That's it, a full lesson that should take 5-10 minutes depending on discussion and is fully scripted. We also encourage you to involve the children by having them take turns reading the scripture each week and say the prayers. Either the head coach or assistant should usually lead the saint/topic and discussion, but you can simply read the material on the page. You can certainly take some time to prepare prior to practice if you desire, but the program is designed so that you can simply take the lesson to practice and use it without preparation. We have also

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encouraged parishes to adjust practice times so that this time is “added” to the allotted time and not a part of your hour or so of practice time. Remember that this only takes place at the first practice of each week, though following up during other practices that week is a great idea.

Again, we appreciate your time as a volunteer coach and your implementation of this new requirement. Our goal is not to add to anything to your already busy schedule, but rather to create a program that can be easily implemented each week to greatly enrich the spiritual element of practice and supplement a child’s primary faith formation curriculum. As you probably already understand, the impact that sports has on children is dramatic and can be very positive; by connecting sports to concrete topics from scripture and theology, we hope to draw parallels that can help transform lives and deepen the relationship each child has with God. We hope that you’ll find this process to be fruitful and rewarding for your children and you as a coach.

Of course, if you have any questions do not hesitate to contact your Athletic Director or our CYO Office. Our office can be reached at (913) 384-7377 or by email at admin@cyojwa.org. More information about this initiative, including lessons for all ages and seasons, is available online at www.cyojwa.org. Best wishes this season and know I will be praying for you and your team!

In Christ,

A handwritten signature in black ink, appearing to read "Peter J. Piscitello". The signature is fluid and cursive, with a large initial "P" and "J".

Peter J Piscitello
Executive Director, CYO Year Outline

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Season and Practice Week Number



SAMPLE PLAN WITH INSTRUCTIONS

Fall Sports Preseason Week 1

Theme: The Trinity
Scripture: 1 John 5:7-9

Read aloud by coach or child

Scripture length may differ based on curriculum in schools (if a specific verse is required in school, entire verse was generally placed here)

"And the Spirit is the witness, because the Spirit is the truth. There are three witnesses, the Spirit, the water and the blood; and these three agree. If we receive the testimony of men, the testimony of God is greater; for this is the testimony of God that he has borne witness to his Son."

Saintly Example: Saint Patrick ← Coach reads written script aloud to team.

Saint Patrick is most well known for his work teaching the people of Ireland about Jesus, but he also gave us important teachings about the Holy Trinity. When he was teaching people in Ireland, he used a local plant called a Shamrock to teach about the trinity. He showed that the Shamrock has three leaves, but is still one plant; just like the Holy Trinity has three persons (God, Jesus, and the Holy Spirit) but is still one. The people of Ireland were so inspired by St. Patrick's teachings, they asked to be baptized and have carried their love of Jesus and Mary all over the world! St. Patrick was known as a courageous man who worked his entire life to help people grow closer to God and to know about the Holy Trinity.

Discussion: ← Read each bullet point aloud to generate discussion. Try to get 2-3 answers each or more if time and participation allows.

- Explain that the sign of the cross is a constant reminder of the Holy Trinity. As we say "In the name of the Father, and the Son, and the Holy Spirit, we remember that God is three persons and are praying that He will guide us in our prayer!
- St. Patrick used the shamrock to teach people about God, what are some ways that you can show that you believe and God and teach others about God at school and during our sports season?

Coaches are encouraged to try to get different kids involved with discussion each week so that all are being included in discussions through year.

Practice Plan

- Ask the kids to remember the Holy Trinity every time they make the sign of the cross and to think about ways they can help spread the gospel like St. Patrick did.

A tip or theme for the coach to consider in order to connect theme through practice. Don't read aloud.

Prayer

- Jesus, we thank you for bringing us together as a team in this new season. We pray that during all our practices and games this year that we can put you first and remember you in all that we do. Help us to be safe and to have fun this year. We ask this as we pray together the Glory Be prayer: Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen.

Prayer can be read by coach or by child and ends "before practice" portion.

End of Practice: Remind kids about the example of St. Patrick and ask them to think about the Holy Trinity every time they make the sign of the cross. Say the following prayer to close practice: ← Reminder of theme by coach.

Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. St. Patrick, Pray for us!

← Closing prayer read by coach or child.

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Year Outline

Fall Seasons

- Preseason Week 1 - **Theme:** Covenants **Scripture:** Genesis 7:1-24 **Saint:** Noah
- Preseason Week 2 - **Theme:** The Sin of Pride **Scripture:** Genesis 11:1-9 **Saint:** Tower of Babel
- Regular Season Week 1 - **Theme:** Abraham **Scripture:** Genesis 12:1-9 **Saint:** Abraham
- Regular Season Week 2 - **Theme:** The Exodus **Scripture:** Exodus 3:2-12 **Saint:** Moses
- Regular Season Week 3 - **Theme:** Women in Scripture **Scripture:** Ruth 4: 10-17 **Saint:** Ruth
- Regular Season Week 4 - **Theme:** David vs. Goliath **Scripture:** Samuel 17:3-9, 11, 31-36, 42-43, 45-50 **Saint:** None
- Regular Season Week 5 - **Theme:** Prophets **Scripture:** Kings 19:9-18 **Saint:** Elijah
- Regular Season Week 6 - **Theme:** The Temple **Scripture:** Ezra 3:1-7, 10-13 **Saint:** None
- Regular Season Week 7 - **Theme:** Hearing God's Call **Scripture:** Isaiah 6:1-13 **Saint:** Isaiah
- Regular Season Week 8 - **Theme:** Called and Gifted **Scripture:** Jeremiah 1:4-19 **Saint:** Jeremiah

Winter Seasons

- Preseason Week 1 - **Theme:** False Gods **Scripture:** Exodus 20:1-6 **Saint:** St. Boniface
- Preseason Week 2 - **Theme:** Prayer **Scripture:** Matthew 7:7-8 **Saint:** St. Therese of Lisieux
- Preseason Week 3 - **Theme:** Methods of Prayer **Scripture:** Philippians 4:6-7 **Saint:** St. Theresa of Avila
- Preseason Week 4 - **Theme:** Praying with the Psalms & the Liturgy of the Hours **Scripture:** Psalm 95:2 **Saint:** St. Benedict
- Preseason Week 5 - **Theme:** Made in the Image of God **Scripture:** Ephesians 4:22-24 **Saint:** St. Rose of Lima
- Preseason Week 6 - **Theme:** Morality **Scripture:** Matthew 7:12 **Saint:** St. Thomas Aquinas
- Regular Season Week 1 - **Theme:** Following the Commandments **Scripture:** John 14:15 **Saint:** St. Paul
- Regular Season Week 2 - **Theme:** Living the Beatitudes **Scripture:** Matthew 5:3-12 **Saint:** St. John Bosco
- Regular Season Week 3 - **Theme:** Jesus and the Poor **Scripture:** Luke 6:20 **Saint:** St. Vincent de Paul
- Regular Season Week 4 - **Theme:** Catholic Social Teaching **Scripture:** Quote Benedict XVI Quote **Saint:** St. Louise de Marillac
- Regular Season Week 5 - **Theme:** Life and the Dignity of the Human Person **Scripture:** 1 Corinthians 3:16 **Saint:** St. Maria Soledad
- Regular Season Week 6 - **Theme:** Call to Family and Community **Scripture:** 1 John 4:19-21 **Saint:** St. Juan Diego
- Regular Season Week 7 - **Theme:** Rights and Responsibilities **Scripture:** Matthew 25:40 **Saint:** St. Katherine Drexel
- Regular Season Week 8 - **Theme:** The Dignity of Work **Scripture:** Deuteronomy 14:29 **Saint:** St. Isaac Jogues
- Regular Season Week 9 - **Theme:** Solidarity **Scripture:** 1 Corinthians 12:12, 22-26 **Saint:** St. Kateri Tekakwitha

Spring Seasons

- Preseason Week 1 - **Theme:** The Apostles Creed **Scripture:** Isaiah 45:5 **Saint:** St. Basil
- Preseason Week 2 - **Theme:** The Holy Trinity **Scripture:** John 15:26 **Saint:** St. Athanasius
- Regular Season Week 1 - **Theme:** The Catholic Church **Scripture:** Galatians 3:26-28 **Saint:** St. Peter
- Regular Season Week 2 - **Theme:** The Communion of Saints **Scripture:** 1 Thessalonians 4:14-16 **Saint:** St. Martin de Porres

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- Regular Season Week 3 - **Theme:** The Forgiveness of Sins **Scripture:** John 20:22-23 **Saint:** St. Paul Miki
- Regular Season Week 4 - **Theme:** Life Everlasting **Scripture:** John 5:24 **Saint:** None

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Winter Sports Preseason Week 1

Theme: False Gods

Scripture: Exodus 20:1-6

And God spoke all these words, saying, "I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage. "You shall have no other gods before me. You shall not make for yourself a graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; ⁵ you shall not bow down to them or serve them; for I the Lord your God am a jealous God, visiting the iniquity of the fathers upon the children to the third and the fourth generation of those who hate me, ⁶ but showing mercy to thousands of those who love me and keep my commandments.

Saintly Example: St. Boniface

St. Boniface was a Benedictine priest born in the 7th century. He was a great defender of the faith during a time when many in Europe were worshipping false pagan gods. He was such a great teacher that he was eventually named a Bishop and was sent to teach all over Europe, to convert souls and teach them the truth. Perhaps the most popular legend involves his chopping down the tree that pagans considered the sacred oak tree of their god Thor. Arriving at the place where people were worshipping the tree, he reportedly struck down the tree with an axe. The people watching thought Boniface would immediately be struck down by their gods for such an act, yet when nothing happened many realized their false ways and converted, worshipping the one true God. Boniface reportedly built a chapel on the spot.

Discussion:

- Today's world contains many "false gods": things that we devote our time and focus to instead of our God. What kinds of things do you see that too easily take the place of God in our lives? What things do people focus on instead of God? (Could be work, technology/television/media, sports, famous people, etc)
- How can we work to put our focus on the real God and avoid the trap of "worshipping" or focusing on material things of the world? How can we commit to God as a team?

Practice Plan: Make God a priority at practice and at games. This is a good time to set the tone for the season and create an environment that places God first above all things. Emphasize prayer and developing a relationship with God even above the skills kids will develop in practice.

Prayer

- Dear God, we thank you for the gift of this season and our teammates. You teach us that you are the one true God, help us to follow you and grow in our relationship with you through our team this year. May we learn from the example of St. Boniface and be always willing to defend our God and place Him first in all things. Bless our teammates and help us to grow also in skill during practices, giving our absolute best effort and using the talents God has given us. Bless our coaches and our families as well. We ask this through Christ our Lord, Amen.

End of Practice: Remind the kids about the importance of putting God first at home, in school and within sports. Make it clear that God is the center of what you will do this year as a CYO team. Close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. St. Boniface, Pray for Us! Amen.

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Winter Sports Preseason Week 2

Theme: Prayer

Scripture: Matthew 7:7-8

"Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. ⁸ For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened.

Saintly Example: St. Therese of Lisieux

St. Therese of Lisieux is known by many names, as she was also called "The Little Flower" and "St. Theresa of the Child Jesus." Though she died when she was only 24, she was a remarkable saint who lived in the late 1800's. A difficult childhood that included the loss of her mother at just four years old sent Therese into years of sadness. She was prone to tantrums and outbursts of tears at the slightest issue. Yet as she became a teenager, she experienced a great joy as the result of her habits of prayer. She felt God calling her to the religious life and convinced church authorities to let her enter the Carmelite convent at the age of 15, before most women were permitted to enter convents. There she developed what she called "The Little Way", a life of deep prayer and willingness to do the little things each day to provide for her sisters and glorify God. She did much cleaning and hard work in the convent, realizing that all these things were the way God had called her to serve Him. She prayed through all these "little" things and developed a close relationship with God so that she could find joy even in sacrifice. Even when she became gravely ill, she wrote down many of her thoughts and prayers, with her autobiography *The Story of a Soul* still available today as a look into her saintly life and a lesson for all of us.

Discussion:

- "The Little Way" is a way of prayer, working hard and sacrificing, doing all the small things in life with great joy to serve God and those around us. Therese did much of the chores and hard work in the convent. What kind of sacrifices can we make at home or school to glorify God and serve those around us?
- What kind of sacrifices can we make on this team to glorify God and serve our teammates? How are we called to use our talents for the benefit of the team, rather than just ourselves?

Practice Plan: Much like St. Therese focused on "The Little Way", emphasize the many small things in practice today that can help each player benefit the entire team. Focus on praising the simple tasks, roles and fundamentals that team members do in order to make each play possible.

Prayer

- Lord, you gave us St. Therese as an example of living a holy life and making many sacrifices in order to glorify and serve you. Bless our team and give us all the graces to perform the little tasks, the small sacrifices each day at home, school and in sports that serve you and those around us. May we be willing to do small things with great prayer in order to serve you. We ask that you bless our team and draw us all near to you during this practice. Keep us safe and help us to have fun. Amen.

End of Practice: Chose a handful of the "little" things that individuals did at practice today and praise them for those things, pointing out how they help the team and serve what the team is trying to accomplish. Remind the kids that prayer is important all throughout the day. Close with the following prayer, asking for Mary's intercession as we seek to follow the example of the saints:

- Hail Mary, full of Grace. The Lord is with Thee. Blessed art Thou among women and Blessed is the Fruit of Thy Womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. St. Therese of Lisieux, Pray for Us! Amen.

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Winter Sports Preseason Week 3

Theme: Methods of Prayer

Scripture: Philippians 4: 6-7

Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus.

Saintly Example: St. Teresa of Avila

Theresa of Avila is considered a Doctor of the Church, which is a title given to those saints whose writings and teachings are so profound that they teach us a great deal about our faith and how to follow God. In particular, St. Theresa of Avila gave us great teachings about prayer. As someone who struggled with prayer, believing she was unworthy of speaking to God until a priest convinced her to return to prayer at age 41, Theresa provides a great example of prayer for us when we struggle to pray. One of her great teachings was on mental prayer, which she described as an "intimate sharing between friends" and provided many lessons on how to have this conversation with God. She also provided lessons on mediation and other methods of praying that bring the faithful closer to God. The following prayer is famously attributed to St. Teresa of Avila:

Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God alone suffices.

Discussion:

- St. Teresa of Avila is called a Doctor of the Church for her teachings on prayer. What different kinds of prayer are you aware of? (Ex. mental prayer, liturgy of the hours, meditation, wrote and spontaneous prayers, novenas, intercessory, Mass, singing, etc)
- How can our prayer on this team draw us closer to God? How can our example of prayer in sports help teach others the importance of prayer and putting God at the center of our lives?

Practice Plan: Emphasize prayer. Remind kids the importance of developing their relationship with God by praying often. Emphasize the prayer at the beginning and end of practice and games this week.

Prayer

- Father, you give us St. Teresa of Avila as a beautiful example of prayer and holiness. Help us to follow her example by praying always and developing an intimate relationship with you. Let nothing disturb or frighten us, knowing that while all things in the world pass away, you never change. Help us to be patient and put you at the center of our lives. Bless us with a safe and fun practice today and help us to glorify you by doing all things to the best of our ability. Amen.

End of Practice: Remind the children about a focus on prayer and make that an important theme this year during practices and games. Close with the following:

- Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. St. Teresa of Avila, Pray for Us! Amen.

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Winter Sports Preseason Week 4

Theme: Praying with the Psalms & the Liturgy of the Hours

Scripture: Psalm 95:2

Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

Saintly Example: St. Benedict

St. Benedict is the founder of the Benedictine order and famously wrote *The Rule of St. Benedict* as a the "rules" for living in monastic life. His sister St. Scholastica also founded her own monastic community just miles from St. Benedict and followed his council and rule. As a result of St. Benedict's direction and *Rule*, Benedictine monks pray a set of prayers called the Liturgy of the Hours at several times throughout the day. These prayers are focused on song (or chant), the Psalms, and readings, as well as intentions and times of silent reflection. They were created as a way for the monks - who consider prayer their life's work - to glorify God and pray as a community, though many people today still pray these prayers at home. St. Benedict is considered the father of monastic life and has provided a method of prayer that is a blessing for all.

Discussion:

- Have you ever prayed the Liturgy of the Hours? Are you familiar with the psalms?
- As today's psalm demonstrates, one of the most important parts of prayer is praising and thanking God for all he has blessed us with. What are you thankful for that God has provided? What are we thankful for as a team?

Practice Plan and Prayer: As an example of the liturgy of the hours, today's opening prayer will be a very short sample of praying with the psalms. Explain to the kids that we can read the psalms and reflect on them as a way of prayer. Recite the following, together if possible (Psalm 42):

*As a deer longs for flowing streams,
so longs my soul
for you, O God.*

*My soul thirsts for God,
for the living God.
When shall I come and behold
the face of God?*

*My tears have been my food
day and night,*

*while men say to me continually,
"Where is your God."*

*These things I remember,
as I pour out my soul:
how I went with the throng,
and led them in procession to the house of God,
with glad shouts and songs of thanksgiving,
a multitude keeping festival.*

Amen.

End of Practice: Remind the kids about what was learned at the beginning of practice with the Liturgy of the Hours and the psalms. Encourage the kids to read more psalms and look into the Liturgy of the Hours at home or in school. Close with the following prayer:

- Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. St. Benedict, Pray for Us! Amen.

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Winter Sports Preseason Week 5

Theme: Made in the Image of God

Scripture: Ephesians 4: 22-24

Put off the old man that belongs to your former manner of life and is corrupt through deceitful lusts, ²³ and be renewed in the spirit of your minds, ²⁴ and put on the new man, created after the likeness of God in true righteousness and holiness.

Saintly Example: St. Rose of Lima

St. Rose was born with the name Isabel, but she was always considered such a beautiful baby that people called her "Rose" and that name stuck with her through her life. Through her life she was so beautiful that everyone admired her. Yet Rose was uncomfortable with this attention, as she wanted people to see her as a woman of God and not simply for her beauty. She was also concerned that her beauty might lead men into temptation, so she tried to dress in such a way as to not be beautiful and even rubbed herbs and pepper on her face to create blisters and make herself less beautiful. Despite all this, it is said that when she prayed her joy was so great that she "glowed" with great love for God. She joined the Third Order of St. Dominic and lived happily as a nun. She may have never realized in life the true extent of devotion to her in her community, but as a saint she has been responsible for many miracles and great devotion to this day.

Discussion:

- We are all made in the "image and likeness of God" and called to live accordingly. This means honoring our body and souls and recognizing that all others are also made in the image of God. How does this affect how we treat others? What about ourselves?
- If we are made in the image of God, then this team is also created in the image of God. How can we as a team reflect this image in the appropriate way? How should we act at practice? During games?

Practice Plan: Focus on the team being made in the image of God and remind the children of this during practice. This should impact the way we behave and the things we emphasize. Make this a point of emphasis for the team, that for everyone watching them participate in this sport, they are images of God on the court.

Prayer

- Heavenly Father, when you created man and woman you did so in your likeness. Help us to see and understand that we are truly created as a reflection of you, then help us to live lives that honor this. May the way we treat our own bodies and each other reflect your presence and image in each one of us. May the way we act and the example we set on our team remind others that we are made in the image of God. Bless us on this day so that we can use the talents you have given us to glorify you. Amen.

End of Practice: Remind everyone that they are made in the image and likeness of God. Ask them to consider what this means and how they should treat others and themselves at home, school and practice. Close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. St. Boniface, Pray for Us! Amen.

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Winter Sports Preseason Week 6

Theme: Morality

Scripture: Matthew 7:12

So whatever you wish that men would do to you, do so to them; for this is the law and the prophets.

Saintly Example: St. Thomas Aquinas

Thomas Aquinas was a great scholar and teacher of all things, including the topic of morality. In his many teachings on living a moral life, he taught that we come from God and that all decisions must be rooted in God's will. We must always seek to consider and do what God is calling us to do, which will always be good. He taught that "good is to be done and pursued, and evil is to be avoided." He reminded people that you are always supposed to do good to others, as God calls us to love Him and our neighbor. St. Thomas Aquinas is a Doctor of the Church and his teachings and writings are still taught all over the world today nearly 800 years after his death. He is considered one of the most important theologians (a person who studies God) in history and many schools are named after him.

Discussion:

- St. Thomas Aquinas had many teachings on morality. What do you think it means to be a moral person? What kinds of characteristics does a moral person have? How do you make a moral decision?
- How can we practice having good morals on this team? (i.e. play fair, work hard, treat others well, make good decisions at home and in school, etc.)
- How does sports teach morality? What things do you learn from playing sports that can help you make good decisions in other parts of life?

Practice Plan: Focus on morality whenever possible today. Remind the kids that they are called to treat everyone well and do good in all things. This extends beyond the practices and games in sports, where they should always seek to "do good" and avoid evil.

Prayer

- Lord, we thank you for bringing us here today to practice and for our ability to participate in this sport. Help us to learn from the example of St. Thomas Aquinas and to practice being good moral people at home, at school, at practice and in our community. May we follow the examples of the saints and strive to live lives of holiness. We pray that our practice today will glorify you Lord and draw us closer to you as we strive to use our God-given talents to the best of our ability. Protect us and keep us safe during this week. Amen.

End of Practice: Remind the kids about the importance of making good moral decisions. Focus on the golden rule, asking them to remember to treat others as they want to be treated. Also remind them that if we pray and follow God, he will lead us to do good. Close with the following prayer, asking for Mary's intercession in our lives as we strive for holiness:

- Hail Mary, full of Grace. The Lord is with Thee. Blessed art Thou among women and Blessed is the Fruit of Thy Womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. St. Thomas Aquinas, Pray for Us! Amen.

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Winter Sports Regular Season Week 1

Theme: Following the Commandments

Scripture: John 14:15

"If you love me, you will keep my commandments."

Saintly Example: St. Paul

We know a great deal about St. Paul from the New Testament of the bible, as the books there tell his story and many were in-fact written by him. St. Paul grew up Jewish and became a Pharisee, likely a very respected and powerful man in this society. He was known to actively persecute Christians after Jesus death and resurrection, famously taking part in the stoning of the Church's first martyr, Stephen. Yet tradition holds that on his travels (to Damascus) one day, he experienced a great conversion. Paul saw a vision of Jesus who asked him, "Why are you persecuting me?" and he was made blind for three days. From this experience, Paul turned to The Lord and began to follow him, becoming a great defender of the faith and one of the most important figures in the early Church. He wrote many of the early "letters" that find themselves in the bible today and traveled near and far preaching the gospel of The Lord and leading others to Christ.

Discussion:

- Do you know the commandments? What does Paul teach us about God's forgiveness and the opportunity He gives us to renew our commitment to the commandments? Do we need to follow these commandments all the time, or just some of the time?
- What "commandments" (rules) do we have as a team that help us to follow our coaches and more importantly God? How can we work on these as a team?

Practice Plan: Focus on living out God's commandments within your team, particularly the ones that call us to love God above all things and to love each other. Make sure you have your own set of "commandments" as a team and explain to the kids how these help us to follow God and serve our coaches and teammates. If you don't have a set of rules already in place that serve this end, take some time today to involve the team in creating a set of commandments. If you let them give suggestions, you might be surprised at the great set of rules they come up with!

Prayer

- Almighty God, you gave us the commandments so that we might all now how to live in a way that glorifies you and shares your love with our neighbor. Help us to live out the commandments so that we can truly love you. When we struggle to keep them, forgive us our sin and help us to be led down the right path through the sacraments of confession and Eucharist. At home, help us to follow the rules of our parents; at school help us to follow the direction of our teachers, and at practice help us to follow the leadership of our coaches, so that we may grow as children of God and also in our athletic skill today. We ask this through Christ, Our Lord, Amen.

End of Practice: Provide a reminder of the "commandments" you have as a team or the new one's you have created in this practice. Encourage the kids to focus this week on following not only God's commandments, but those of their parents and teachers as well. Close with the following prayer.

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. St. Paul, Pray for Us! Amen

5 Minute Game Plan - 6th Grade Year

Winter Sports Regular Season Week 2

Theme: Living the Beatitudes

Scripture: Matthew 5:3-12

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

"Blessed are those who mourn, for they shall be comforted.

"Blessed are the meek, for they shall inherit the earth.

"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

"Blessed are the merciful, for they shall obtain mercy.

"Blessed are the pure in heart, for they shall see God.

"Blessed are the peacemakers, for they shall be called sons of God.

"Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

"Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. ¹²Rejoice and be glad, for your reward is great in heaven, for so men persecuted the prophets who were before you.

Saintly Example: St. John Bosco

St. John Bosco was a tremendous example of living out the beatitudes, as his work involved ministering to poor and neglected youth (particularly boys) in Italy. John Bosco lived in the late 1800's and experienced many dreams that led him down the path to priesthood, his work with young men, and eventually the creation of the Salesian order. At first he ignored these dreams and visions, but with the help of others (including the Pope) he found that God was calling him down a unique path. He began to serve others, first on his own and then with the help of the monks, priests and lay persons in the Salesian order. In the young men he served, he provided mercy, comfort, peace and a path to the kingdom of heaven. Just as we are all called to do in the Beatitudes.

Discussion:

- How do we practice living out the beatitudes in our daily lives? What ways can we follow this teaching at home? At School? In our community?
- How do we live out the beatitudes on our team? What ways can we follow this teaching at practice? In Games?

Practice Plan: Place an emphasis on the beatitudes and how we treat others today during practice. Encourage the kids to focus on treating each other and all those they meet with love and respect.

Prayer

- Heavenly Father, we thank you for bringing us here to practice this week and for the blessing of all our families and teammates. Help us to understand your beatitudes and treat all your people with love and respect. May we follow the example of St. John Bosco in our care for others and devotion to God and His will. Bless our team this week, that we may learn about you and grow in our relationship with you as well as the skills we need to get better in school and sports. Help us to understand how we can best use the gifts you have given us to help our team. Keep us safe and may we have fun today at practice. Amen.

End of Practice: Remind the children to practice treating everyone this week with love and respect. Praise any characteristics of good sportsmanship or teamwork you noted during practice. Close with a prayer of the team's choice.

5 Minute Game Plan - 6th Grade Year

Winter Sports Regular Season Week 3

Theme: Jesus and the Poor

Scripture: Luke 6:20

And he lifted up his eyes on his disciples, and said: "Blessed are you poor, for yours is the kingdom of God."

Saintly Example: St. Vincent de Paul

When we think of examples of service to the poor, we often think of St. Vincent de Paul. Perhaps this is due to the organizations he founded and his religious orders that are still known around the world today for their love and care of the poor. In our parishes and schools we often give donations to the Society of St. Vincent de Paul, which demonstrates God's love through service to the poor and those in need. St. Vincent de Paul himself was known for his dedication to charity and justice, preaching missions throughout the world and developing many ways to provide for people young and old in need. Both the Daughters of Charity and his Congregation of Priests of the Mission were formed to help support ministry to those in most need.

Discussion:

- We are all called to the virtue of Charity, to love others and care for them. How can we follow the example of St. Vincent de Paul by caring for those in need? Even in our own simple ways, how can we provide for the poor? The sick? The elderly? Do we do things within our families to care for these people? What about at school?

Practice Plan: This is an excellent time to consider a service project for the team. Encourage the kids to work together and think of a way they can help someone in need. This could be as simple as having all the kids bring canned food items or clothing to practice that coaches can collect and donate (you can probably do this at the parish or give directly to Catholic Charities). Or if the team and coaches are able, create and plan a bigger service project, taking time from practice one day to go somewhere and serve others. Ask the parish office for help. What an amazing opportunity for the team to learn valuable lessons!

Prayer

- Lord, you give us the example of St. Vincent de Paul and others as a way to live our lives in service to those in most need. May we always show love and care for these people, following Christ's call for us. Bless all those in need on this day and help us to see the ways in which we can help provide for them through our families, our school and in our community. Bless our team and help us to follow you this week. Bless our coaches and help us to follow their direction. Bless our teammates and their families. Help us to do everything to the best of our ability this week. Amen.

End of Practice: Remind the children of Jesus' call to care for the poor. Discuss the service project you created as a team and remind the children to do whatever their part is in this experience. Close with asking Mary to pray for this team and the project:

- Hail Mary, full of Grace. The Lord is with Thee. Blessed art Thou among women and Blessed is the Fruit of Thy Womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. St. Vincent de Paul, Pray for Us! Amen.

5 Minute Game Plan - 6th Grade Year

Winter Sports Regular Season Week 4

Theme: Catholic Social Teaching

Papal Teaching: A Quote from Pope Benedict XVI

"Charity is at the heart of the Church's social doctrine. Every responsibility and every commitment spelt out by that doctrine is derived from charity which, according to the teaching of Jesus, is the synthesis of the entire Law (cf. Mt 22:36- 40). It gives real substance to the personal relationship with God and with neighbour...everything has its origin in God's love, everything is shaped by it, everything is directed towards it. Love is God's greatest gift to humanity, it is his promise and our hope." (*Caritas in Veritate*, Paragraph 2, 2009).

Saintly Example: St. Louise de Marillac

As someone who worked with St. Vincent de Paul for much of her life, we would expect St. Louise de Marillac to be devoted to the care of the poor in society. Like her mentor St. Vincent de Paul, St. Louise was committed to charity and justice in the world. She helped create the Daughters of Charity and became Superior, leading that community in its devotion to those in need. Both St. Louise de Marillac and St. Vincent de Paul did a great deal to promote the church's important teachings on social justice, with many of their organizations still living out this mission today.

Discussion:

- Pope Benedict XVI taught that charity (love) is at the center of everything the Catholic Church teaches. How should this affect the way we treat others in society - including our homes, schools, teams and communities?
- At the heart of church teaching we learn that all of us and everything around us exist because of God's love. If this is true, then sports are a gift from God and certainly something He loves. How does God's love impact our team? How does it impact how we play sports?

Practice Plan: As a coach, focus on the relationships of the players and coaches on the team this week. If there are situations where the kids aren't treating each other as they should, make it a special focus to mend these relationships and teach the important value of "loving thy neighbor" within the team.

Prayer

- Lord, you came down from heaven and took on flesh so that you could teach us about God's love. In your life, your teaching and your death on the cross, you demonstrated this love and taught us to love God and to love each other. Your church continues today to teach us how to share this love and justice. May we always listen to the church's teachings and strive to love one another in our homes, our schools, our teams and communities. Send down your love upon us and help make us more like you so that we can one day spend eternity with you. This week help us to treat all our teammates with love and respect, so that we may grow closer to you and closer to each other as a team. Bless this practice and our team. Amen.

End of Practice: Reiterate for the children the importance of following the Church's teaching and loving each other as God loves us. Praise any great examples of teamwork from practice. Close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. St. Louise de Marillac, Pray for Us! Amen.

5 Minute Game Plan - 6th Grade Year

Winter Sports Regular Season Week 5

Theme: Life and the Dignity of the Human Person

Scripture: 1 Corinthians 3:16

Do you not know that you are God's temple and that God's Spirit dwells in you?

Saintly Example: St. Maria Soledad

When the Sisters Servants of Mary were formed in 1851, Sister Maria Soledad was one of the 7 original sisters who took vows of poverty, chastity and obedience. The sisters were created to perform a much needed ministry for the sick. Through early trouble from outside the order, Sister Maria persevered and helped lead the group, eventually becoming their superior. In all this, she placed herself at the service of the poor and the sick, seeing Christ in all of them. She gave special credit to the Eucharist in allowing her to be strengthened for the often difficult tasks of caring for both the order of sisters and those they ministered to. Her love and appreciation for the dignity of every person in society is a great example for all in the world today. She became known as Saint Maria Soledad when she was canonized in 1970.

Discussion:

- Jesus taught us that we are all children of God and that all our bodies are in-fact temples holding God within us. With God truly present in each of us, how does this affect how we view ourselves? How does it affect our view of others? How does it affect our appreciation of the dignity of each human life?
- If our bodies are dwelling places for God, how do sports help us to care for these bodies? How do sports help us to uphold the dignity of human persons? Can you think of examples where sports have helped society to appreciate the dignity of human persons?

Practice Plan: Emphasize that we are all created in the image of God and meant to see Christ in everyone we meet. Just like St. Maria Soledad saw the face of Christ in all the sick to which she ministered, we too should strive to help others see Christ in all that we do. Sports is no different. Help your team this week to recognize Christ in their teammates, their opponents and their coaches. Encourage them to look for Christ at home and in school as well.

Prayer

- Father in Heaven, you teach us that all human life is precious and help us to understand the dignity of all human people. In fact, you loved the world so much that you sent your Son, Our Lord, who took on our flesh and gave Himself for us so that we might learn to see the face of Christ in humanity and share in your eternal glory in a special way. Teach us today to see your face in our family and our friends, our opponents and those we don't get along with, so that we may learn to love them as you have loved us. Bless our team this week and help us to realize in all that we do that we are created in the image of God. Help us to use the talents you have given us to glorify you. Amen.

End of Practice: Remind the children of the lessons at the beginning of practice and encourage them to consider what it means that we are meant to see Christ in each person we meet. Ask them to remember this as they go throughout the rest of their week. Close with the following prayer:

- Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. St. Benedict, Pray for Us! Amen.

5 Minute Game Plan - 6th Grade Year

Winter Sports Regular Season Week 6

Theme: Call to Family and Community

Scripture: 1 John 4: 19-21

We love, because he first loved us. ²⁰ If any one says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen, cannot love God whom he has not seen. ²¹ And this commandment we have from him, that he who loves God should love his brother also.

Saintly Example: St. Juan Diego

St. Juan Diego lived in Mexico during the 16th century. He was a great example of holiness even before the most famous event of his life: so great was his devotion to the Eucharist that he traveled to Mass every day by walking 15 miles each direction. Then one day on this journey he saw a vision and the Blessed Virgin Mary appeared to him. She asked him to speak to the bishop and have a church built on that site. When Juan Diego did as he was asked, this bishop asked him to provide proof that this was a request from the Blessed Mother. Shortly thereafter she appeared to Juan Diego again and directed him to the top of a large hill, asking him to pick the flowers he would find there to take to the bishop as a sign. He did as he was asked, and found flowers growing amid the frost where no other flowers were present. He placed them in his cloak and took them to the bishop. When he arrived he relayed what the Blessed Mother had told him and opened his cloak. What happened was a miracle: the flowers that came out were roses that do not grow in Mexico and when they fell they revealed a glowing image on Juan Diego's cloak of the Blessed Mother, now known in this image as Our Lady of Guadalupe. The bishop immediately had a church built on that spot and the original image of Our Lady of Guadalupe remains in this place to this day, miraculously undamaged after nearly 500 years on display. Millions have made pilgrimage to this spot and it is considered responsible for many conversions. St. Juan Diego gave us a beautiful example of going to great lengths to follow God's will and serve his people. As a result of his simple obedience, the people of Mexico and Latin America have seen numerous blessings and miracles attributed to Our Lady of Guadalupe.

Discussion:

- St. Juan Diego's faithful obedience and service made him witness to a great miracle that has led many to Christ. How can we serve the will of God in our parish or school community in order to bring God to others? How can we spread the gospel so that more people might learn of Him?
- God tells us that if we love Him, we must also "love our brother." How can we demonstrate this love by serving the other members of this team during practices and games?

Practice Plan: Take the discussion of how the children can serve their teammates and demonstrate love and make that an emphasis of practice. Point out any selfless decision (pass, play, etc) and show how that served the child's teammates and the team as a whole. Place a special emphasis and praise on any individuals who serve their team especially well through actions such as this.

Prayer

- Dear Lord, you give us a beautiful example of answering "yes" to God's will in the story of St. Juan Diego. Just as his decision to follow the request of the Blessed Virgin Mary led to countless conversions and the sharing of your gospel message, so may our small actions and answering "yes" to God's will result in blessings upon our family, friends and teammates. Give us the graces and willingness to serve by doing the little things and help us to love you and our brother. Bless our teammates and help us to glorify you through all that we learn and do this week. Amen.

End of Practice: Remind children of any particular individuals or examples from practice that drives home the point of service or love for their teammates. Close with a prayer of the team's choosing.

5 Minute Game Plan - 6th Grade Year

Winter Sports Regular Season Week 7

Theme: Rights and Responsibilities

Scripture: Mathew 25:40

And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.'

Saintly Example: St. Katharine Drexel

Another example of a very modern saint, St. Katharine Drexel lived nearly 100 years across the 19th and 20th centuries, dying in 1955. She was born into a very wealthy family in Philadelphia, yet her heart seemed to always be with those who were poor and disadvantaged in society. For much of her life, this was focused in particular on those of black or Native American heritage. In founding the Sisters of the Blessed Sacrament in 1891, she set out to build schools all over the country and provide education, health care, social services and spiritual guidance for these people. It's believed she spent over \$20 million dollars of her own money (from family wealth) to build schools for oppressed Native Americans and black Americans across the country. She did so during a time when these people were particularly looked down upon and her work was met with disapproval from many. Yet her love for all of God's children was a beautiful example to all and reflects a key part of our responsibilities to care for those in need.

Discussion:

- St. Katharine Drexel took to heart what Jesus teaches in scripture, namely that it is our responsibility to provide for those in most need. What is your responsibility to the poor and needy? What can you do, even as a student, to care for those in need?
- Reflect upon any service opportunities you have had, perhaps within your parish, school or team. How did that service make you feel? Did it help you grow closer to God? How do you think it impacted those you served?

Practice Plan: Today's lesson is an important one that brings together many previous lessons. Your team has discussed being made in the image of God and the need to care for the sick and poor; it is now important to tie those things together and help them to see the face of God in those in need. Perhaps this is a good time to remind them that not all kids have the opportunity to play sports as they do, that through disability, poverty or a number of other family situations, some kids simply don't get this chance. Encourage them to consider that and you may even want to discuss how this impacts their play, which should reflect their being joyful, grateful and willing to give great effort.

Prayer

- Heavenly Father, in St. Katharine Drexel you show us a wonderful example of someone dedicated to those oppressed and neglected in society. May we never consent to such oppression and neglect, but rather strive like St. Katharine and many other saints to seek out and care for these people in most need. We pray especially for all minorities in this country, including those individuals served by the Sisters of the Blessed Sacrament, that they may always be treated with the same dignity and respect as everyone else, realizing that we are all one in Christ. Bless our team with a safe and fun practice and may we glorify you through our work this day. Amen.

End of Practice: Remind the kids of their responsibility for the sick and poor, then close with the following prayer:

- Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. St. Katharine Drexel, Pray for Us! Amen.

5 Minute Game Plan - 6th Grade Year

Winter Sports Regular Season Week 8

Theme: The Dignity of Work

Scripture: Deuteronomy 14:29

"...and the Levite, because he has no portion or inheritance with you, and the sojourner, the fatherless, and the widow, who are within your towns, shall come and eat and be filled; that the Lord your God may bless you in all the work of your hands that you do."

Saintly Example: St. Isaac Jogues

St. Isaac Jogues was a Jesuit priest living in the 1600's and along with his companions he ministered to the Huron tribe of Native Americans living in the northeastern part of what is now the United States and Canada. His work with the tribe won converts to Christianity and helped provide for both their physical and spiritual needs. Their physical needs were great, with a scarcity of many goods leaving tribes poor and suffering. On return from a trip north to bring supplies back to the Huron people, Isaac Jogues' group was ambushed by Iroquois warriors. They were held captive, tortured and eventually killed as a result of their faith and relationship with the Huron. Though their lives were cut short, their heroic example of love for God, hard work, and care for their fellow person has lived on and led many to grow closer to Christ.

Discussion:

- Since the fall of man in the Garden of Eden, the bible and church have made known the particular dignity of work and it's role in society. We must all understand that everyone has the right to provide for their family through honest work, to be treated fairly and respected for their contribution to family and society. Think of your family members, what jobs do they have that you are thankful for? Can you think of any jobs in society that may go unnoticed or don't get the respect they deserve? How can we show people who work that we are grateful for their work and work to promote the dignity of all who work?
- Think of what you want to do when you grow up. What role do you think playing sports as a child will play in preparing you for high school, college and work? What benefits do you get from sports that can help you in work later in life? (Ex. hard work, discipline, creativity, teamwork, etc).

Practice Plan: As a way to help show them the importance and dignity of hard work, be especially quick to praise them today for their efforts during practice. Drive home the importance of working hard, whether it's sports, school, or doing chores at home, etc. Share with them your appreciation for their hard work. Feel free to share with them the role youth sports played in preparing you for your job now as an adult, including any lessons learned or virtues developed.

Prayer: Almighty God, we thank you today especially for the work of our parents, family members and all those who work in our communities. We thank you for their hard work and pray that you will bless them with fair wages, good conditions, and a healthy appreciation for time at rest. We pray also for all those unemployed, that they may find work so that they can provide for themselves and their families. May all who work grow closer to you and learn to glorify you through their labor. Bless also our team and our own kind of work we do at practice today. Help us to glorify you by working hard and putting forth our full effort, so that we may use the gifts you have given us to the best of our ability. We thank you for the efforts of our coaches who help us to grow and pray that you will bless them and their families. Amen.

End of Practice: Remind the children of the conversation/content from the beginning of practice and close with the following prayer:

- Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. St. Isaac Jogues, Pray for Us! Amen.

5 Minute Game Plan - 6th Grade Year

Winter Sports Regular Season Week 9

Theme: Solidarity

Scripture: 1 Corinthians 12: 12, 22-26

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. On the contrary, the parts of the body which seem to be weaker are indispensable,²³ and those parts of the body which we think less honorable we invest with the greater honor, and our unpresentable parts are treated with greater modesty,²⁴ which our more presentable parts do not require. But God has so composed the body, giving the greater honor to the inferior part,²⁵ that there may be no discord in the body, but that the members may have the same care for one another. ²⁶ If one member suffers, all suffer together; if one member is honored, all rejoice together.

Saintly Example: St. Kateri Tekakwitha

St. Kateri Tekakwitha is the first Native American saint and one of the most recent saints canonized, as she became a saint in 2012. She lived for just 24 short years in the 1600's, but her example of holiness and prayer has inspired many after her. A part of the Mohawk tribe, Kateri's mother died when she was only 4 of smallpox, a disease that left Kateri alive but with scars on her face. Those scars would miraculously disappear and her face transform upon her death. During her life, Kateri lived in a society that was unkind and oppressive to Christians. When she began to experience a conversion in her teenage years, many were cruel to her and tried to sway her away from God. Though she committed herself to a life of chastity and did not wish to marry, her family tried to force marriage upon her. She was baptized at age 20 and eventually escaped to a Christian village where she could more freely practice prayer and devotion to God. She had a particular devotion to the Eucharist, praying in front of Our Lord nearly all day. She cared for the poor and sick as well, with everyone she met struck by her beautiful love of God and compassion for other persons.

Discussion:

- Put simply, Solidarity is the teaching that we are all one as a human family, no matter our differences. The church teaches that "at the core of the virtue of solidarity is the pursuit of justice and peace" (USCCB.org). How does this teaching impact our view of the world around us? How does it affect how we treat our friends? Those who look different than us? Those from different family situations?
- One of the great blessings of sports is that it brings people from all over the world together as participants or spectators in the name of a team. No matter who a person is or where they are from, all teammates must work together "as one" in order for the team to succeed. Can you think of a time when you found acceptance as part of a team? How can members of a team reflect solidarity and lead others to Christ? (Ex. by welcoming in new team members and including them.)

Practice Plan: Focus on the importance of teamwork as your season comes to a close. Work to drive home the importance of performing as a team and how this affects your performance. Impart the importance of solidarity and understanding that just as we are all one human family under God, the team must also act as one, with different parts performing different roles in order to be successful. The concept of solidarity can be a great concept to consider on the team level for youth athletes.

Prayer: Heavenly Father, we thank you for the gift of our parishes, schools and teams. We rejoice that so many people become one family under God. Help us to always love and respect each other and the different roles we play in the one, universal church. We thank you for the gift of our teammates, coaches and families. May we work to perform as one team, so that we can use all our individual talents to the best of our ability to glorify you and grow in our faith and athletic skill. Amen.

End of Practice: Remind the team about the importance of teamwork and solidarity. Close with a prayer of your team's choosing.

5 Minute Game Plan - 6th Grade Year

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The following are sources used for the materials in this publication. With the exception of scripture or where noted otherwise, no materials were quoted nor was content used directly from these materials. Sources were used for themes, ideas or general content regarding lives of the saints. All content herein remains the property of the CYO of Johnson and Wyandotte Counties through creator Peter Piscitello.

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