



The 5 Minute Game Plan

A Catechesis Supplement for Youth Sports

6th Grade 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

5 Minute Game Plan - 6th Grade Year

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 the first name being the most prominent.

Peter J Piscitello
Executive Director, CYO Year Outline

5 Minute Game Plan - 6th Grade Year

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.

5 Minute Game Plan - 6th Grade Year

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
- Regular Season Week 1 - **Theme:** Praying with the Psalms & the Liturgy of the Hours **Scripture:** Psalm 95:2 **Saint:** St. Benedict
- Regular Season Week 2 - **Theme:** Made in the Image of God **Scripture:** Ephesians 4:22-24 **Saint:** St. Rose of Lima
- Regular Season Week 3 - **Theme:** Morality **Scripture:** Matthew 7:12 **Saint:** St. Thomas Aquinas
- Regular Season Week 4 - **Theme:** Following the Commandments **Scripture:** John 14:15 **Saint:** St. Paul
- Regular Season Week 5 - **Theme:** Living the Beatitudes **Scripture:** Matthew 5:3-12 **Saint:** St. John Bosco
- Regular Season Week 6 - **Theme:** Jesus and the Poor **Scripture:** Luke 6:20 **Saint:** St. Vincent de Paul
- Regular Season Week 7 - **Theme:** Catholic Social Teaching **Scripture:** Quote Benedict XVI Quote **Saint:** St. Louise de Marillac
- Regular Season Week 8 - **Theme:** Life and the Dignity of the Human Person **Scripture:** 1 Corinthians 3:16 **Saint:** St. Maria Soledad
- Regular Season Week 9 - **Theme:** Call to Family and Community **Scripture:** 1 John 4:19-21 **Saint:** St. Juan Diego
- Regular Season Week 10 - **Theme:** Rights and Responsibilities **Scripture:** Matthew 25:40 **Saint:** St. Katherine Drexel
- Regular Season Week 11 - **Theme:** The Dignity of Work **Scripture:** Deuteronomy 14:29 **Saint:** St. Isaac Jogues
- Regular Season Week 12 - **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

5 Minute Game Plan - 6th Grade Year

- 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

5 Minute Game Plan - 6th Grade Year

Fall Sports Preseason Week 1

Theme: Covenants

Scripture: Genesis 7:1-5, 17-24

Then the Lord said to Noah, "Go into the ark, you and all your household, for I have seen that you are righteous before me in this generation. Take with you seven pairs of all clean animals, the male and his mate; and a pair of the animals that are not clean, the male and his mate; and seven pairs of the birds of the air also, male and female, to keep their kind alive upon the face of all the earth. For in seven days I will send rain upon the earth forty days and forty nights; and every living thing that I have made I will blot out from the face of the ground." And Noah did all that the Lord had commanded him.

The flood continued forty days upon the earth; and the waters increased, and bore up the ark, and it rose high above the earth. The waters prevailed and increased greatly upon the earth; and the ark floated on the face of the waters. And the waters prevailed so mightily upon the earth that all the high mountains under the whole heaven were covered; the waters prevailed above the mountains, covering them fifteen cubits deep. And all flesh died that moved upon the earth, birds, cattle, beasts, all swarming creatures that swarm upon the earth, and every man; everything on the dry land in whose nostrils was the breath of life died. He blotted out every living thing that was upon the face of the ground, man and animals and creeping things and birds of the air; they were blotted out from the earth. Only Noah was left, and those that were with him in the ark. And the waters prevailed upon the earth a hundred and fifty days.

Old Testament Example: Noah

In the time of Noah the effects of sin were causing great suffering in people and nature. But not all people were doing bad things. God saw that Noah was living with virtue and trying his best to follow God, so he spared him from the great flood that was to occur. This is an example of God's great mercy on His people. Noah, being a good man and a follower of God, obeyed God's commands and built the ark, gathered animals and then stayed there with his family. After the flood, God then draws good from the evil that was present as He enters into a new covenant with Noah and all his decedents. A Covenant can be described as a promise between God and His people; a promise to continue His merciful love in words and deeds.

Discussion:

- Noah must have looked odd to everyone else when he was building his great ark, but he simply listened to God and was rewarded for his faith. Can you think of a time when you chose to listen to God instead of doing what was popular? Is it hard to follow God in today's world?
- A covenant is a promise between God and His people. What promise can we make this season to God that will help us follow His will and grow in our relationships with Him?

Practice Plan: As a team, make a promise to God that can help all the players grow in their relationship with Him. Make a commitment to do something during practices and games and develop reminders to make this a season long commitment to God.

Prayer: Heavenly Father, we thank you for your mercy and love. We thank you for the example of Noah and all the faithful men and women who have gone before us. Help us to love you and to live our lives as best as possible so that we can grow closer to you and honor your love for us. Bless us in this season and grant that we may have a fun, safe practice. Amen.

End of Practice: Remind the team about the story of Noah and the promise/commitment the team made to God at the beginning of practice. Then 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. Amen.

5 Minute Game Plan - 6th Grade Year

Fall Sports Preseason Week 2

Theme: The Sin of Pride

Scripture: Genesis 11:1-9

Now the whole earth had one language and few words. And as men migrated from the east, they found a plain in the land of Shinar and settled there. And they said to one another, "Come, let us make bricks, and burn them thoroughly." And they had brick for stone, and bitumen for mortar. Then they said, "Come, let us build ourselves a city, and a tower with its top in the heavens, and let us make a name for ourselves, lest we be scattered abroad upon the face of the whole earth." And the Lord came down to see the city and the tower, which the sons of men had built. And the Lord said, "Behold, they are one people, and they have all one language; and this is only the beginning of what they will do; and nothing that they propose to do will now be impossible for them. Come, let us go down, and there confuse their language, that they may not understand one another's speech." So the Lord scattered them abroad from there over the face of all the earth, and they left off building the city. Therefore its name was called Babel, because there the Lord confused the language of all the earth; and from there the Lord scattered them abroad over the face of all the earth.

Old Testament Topic: Tower of Babel

The story of the Tower of Babel is a story about the sin of pride. The people in the scripture verses what we just read had become prideful, meaning that they had forgotten about God and thought they could do everything on their own without Him. When they didn't think they needed God, they stopped acting like they were the people He created. Like the story of Noah and the great flood, there were effects for this sin of pride: the people were "scattered" around the world and made to speak different languages so they could not understand each other. As we'll see next week in the story of Abraham, God had to once again find a way to bring good out of the evil of sin by creating a new nation now that people were scattered and confused.

Discussion:

- How does the sin of pride affect the world today? Can you think of an example where people have forgotten about God and tried to do things themselves?
- How could our team fall into the trap of pride? What can we do to make sure we avoid that?

Practice Plan: Identify with your team the ways a team can fall into pride and think they can do things themselves, without God's help. Resolve with the team to ask for God's help in everything and to avoid thinking that we don't need God during our practices and games. Remind them that everything we have, even in sports, comes from God.

Prayer:

- Lord, help us learn from the example of the Tower of Babel and seek to avoid the sin of pride. Help us individually to always remember that we can do nothing alone, but everything with you. Bless our team this year and help us to avoid pride by giving you glory in each practice and game, asking for your help during difficult times, and remembering the promise we have made to follow you this year. We thank you for your merciful love and pray that you will bless this practice. Amen.

End of Practice: Remind the kids about the conversation at the beginning of practice and the need for God in all our lives. Remind them to avoid pride and seek God in all things. Pray 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. Amen.

5 Minute Game Plan - 6th Grade Year

Fall Sports Regular Season Week 1

Theme: Abraham

Scripture: Genesis 12:1-9

Now the Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. And I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and him who curses you I will curse; and by you all the families of the earth shall bless themselves." So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran. And Abram took Sarai his wife, and Lot his brother's son, and all their possessions which they had gathered, and the persons that they had gotten in Haran; and they set forth to go to the land of Canaan. When they had come to the land of Canaan, Abram passed through the land to the place at Shechem, to the oak of Moreh. At that time the Canaanites were in the land. Then the Lord appeared to Abram, and said, "To your descendants I will give this land." So he built there an altar to the Lord, who had appeared to him. Thence he removed to the mountain on the east of Bethel, and pitched his tent, with Bethel on the west and Ai on the east; and there he built an altar to the Lord and called on the name of the Lord. And Abram journeyed on, still going toward the Negeb.

Old Testament Example: Abraham

Last week we learned about the Tower of Babel and the sin of pride. In response to the effects of this sin, God sought to make a new covenant of love with His people. He called to Abram and told him to take up all his belongings and move to a land God would show him. As the scripture says, Abram was 75 years old; this was a difficult task and he could have said no thanks and stayed where he was. But Abram was immediately faithful and listened to God's call, doing as God asked. As a result, God formed a new covenant with him and made him our father in faith. In fact, Abram would become known as Abraham, which means "Father of Many Nations". The story of Abram once again shows God's merciful love for His people and shows the faithful response of His servant Abram, who through being a holy man who listened to God, helped lead people back toward God.

Discussion:

- Abram said "yes" to God's call and God entered into a new covenant of love with him. How are we called to respond to God's call? How can we say yes to him each day by our words and actions?
- How can our team act in the image of God? How does this affect our actions in practice and games? How does this affect our relationships with opponents or officials?

Practice Plan: Make a commitment to practicing and playing in a way that reflects our being created in God's image. Talk to the kids about saying "yes" to God by playing sports in a way that glorifies Him and demonstrates His love for all mankind.

Prayer:

- Lord, you are great and powerful. Just as you called Abram and showed his people into a new land which you prepared, lead us always in your ways and look upon us with your merciful love. Help us to listen so that we may hear your call in our individual lives, and help us to practice and play sports in a way that glorifies you and demonstrates our love for you. Grant that our practice may be safe and fun. Amen.

End of Practice: Remind team about the importance of living in a way that reflects God's love in all things, including sports. This means loving others and seeking to understand what God wants us to do at all times. Conclude 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. Amen.

5 Minute Game Plan - 6th Grade Year

Fall Sports Regular Season Week 2

Theme: The Exodus

Scripture: Exodus 3:2-12

And the angel of the Lord appeared to him in a flame of fire out of the midst of a bush; and he looked, and lo, the bush was burning, yet it was not consumed. And Moses said, "I will turn aside and see this great sight, why the bush is not burnt." When the Lord saw that he turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here am I." Then he said, "Do not come near; put off your shoes from your feet, for the place on which you are standing is holy ground." And he said, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God. Then the Lord said, "I have seen the affliction of my people who are in Egypt, and have heard their cry because of their taskmasters; I know their sufferings, and I have come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the place of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. And now, behold, the cry of the people of Israel has come to me, and I have seen the oppression with which the Egyptians oppress them. Come, I will send you to Pharaoh that you may bring forth my people, the sons of Israel, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the sons of Israel out of Egypt?" He said, "But I will be with you; and this shall be the sign for you, that I have sent you: when you have brought forth the people out of Egypt, you shall serve God upon this mountain."

Old Testament Example: Moses

In today's scripture we learn about Moses, who is an important figure in history. Moses was called to that burning bush by God to lead the Israelites out of slavery in Egypt and into the promised land. This was a very important task and one that initially made Moses very afraid. Moses didn't think he would be able to accomplish such an important and dangerous task by himself. But God reminds him that God will be with him and Moses trusts him, saying yes to God's call. By trusting God, Moses embarks upon a very important part of salvation history and becomes a great figure in the bible.

Discussion:

- God appeared to Moses in the burning bush, and Moses was afraid. Can you think of a time where you felt God was asking you to do something and you were afraid to say yes?
- When God reassures Moses He will be with him in this difficult task, God gives him a staff which will be a sign of God's love and will be used for miracles in the years to come. When we are up against something difficult as a team, what can we use as a sign that God is with us?

Practice Plan: With the team, come up with something that can be a sign or reminder that God is always with you. This could be something as simple as a rosary or medal. This can serve as a reminder on the team's journey that God is always with them and will guide them, win or lose.

Prayer: Lord, you chose Moses to help lead the people out of slavery in Egypt. Help us to say yes when we hear you call so that you can lead us away from sin and toward eternal life. Bless our team that we can come to grow in our relationship with you during this practice. Keep us safe on this journey that is our season and bless our efforts that we can glorify you through getting better and performing as best we can. We ask all this through Christ our Lord, Amen.

End of Practice: Remind the team about the story of Moses and God's call from the burning bush.

Remind them of the sign your team has chosen to remember that God is always with them. Then pray:

- 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.

5 Minute Game Plan - 6th Grade Year

Fall Sports Regular Season Week 3

Theme: Women in Scripture

Scripture: Ruth 4:10-17

Also Ruth the Moabitess, the widow of Mahlon, I have bought to be my wife, to perpetuate the name of the dead in his inheritance, that the name of the dead may not be cut off from among his brethren and from the gate of his native place; you are witnesses this day." Then all the people who were at the gate, and the elders, said, "We are witnesses. May the Lord make the woman, who is coming into your house, like Rachel and Leah, who together built up the house of Israel. May you prosper in Ephrathah and be renowned in Bethlehem; and may your house be like the house of Perez, whom Tamar bore to Judah, because of the children that the Lord will give you by this young woman." So Boaz took Ruth and she became his wife; and he went in to her, and the Lord gave her conception, and she bore a son. Then the women said to Naomi, "Blessed be the Lord, who has not left you this day without next of kin; and may his name be renowned in Israel! He shall be to you a restorer of life and a nourisher of your old age; for your daughter-in-law who loves you, who is more to you than seven sons, has borne him." Then Naomi took the child and laid him in her bosom, and became his nurse. And the women of the neighborhood gave him a name, saying, "A son has been born to Naomi." They named him Obed; he was the father of Jesse, the father of David.

Old Testament Example: Ruth

In the Old Testament times, a woman whose husband and sons had died was left with nobody to care for her. Unable to provide for herself, it would be very hard for someone like Naomi in the scripture above to live. Yet when this happened to Naomi, her former daughter-in-law Ruth stuck with her. Ruth promised to take care of her and traveled with her to Bethlehem. There Ruth met Boaz, who agreed to marry her and take care of Naomi and Ruth. Later, Ruth and Boaz had a son named Obed. This was important because Obed was the grandfather of the great King David. In making the difficult choice to stay with Naomi instead of returning to her own family, Ruth also made a statement of faith to God and sought to follow Him. Her faith was rewarded when her family tree eventually brought forth David, the great king and ancestor of Jesus.

Discussion:

- Have you ever chosen to do something more difficult out of faith rather than taken the easy way out? Sometimes this is called taking a "leap of faith."
- Ruth is one of the most important women in the Old Testament. Who is an important woman in your life and how has she helped you to grow in faith?

Practice Plan: Encourage the kids to continue listening to God's call and seeking to do as he asks us to do.

Prayer:

- Heavenly Father, help us to grow in faith during this practice and over the rest of this season. Bless all the women in our lives who are great examples of faith. Lead us always toward you. Keep us safe and help us to have fun in our practices and games this week, honoring and glorifying you through all our words and actions. Amen.

End of Practice: Remind the children of the story of Ruth and close with the following prayer:

- 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. Mary, Queen of Heaven, Pray for Us

5 Minute Game Plan - 6th Grade Year

Fall Sports Regular Season Week 4

Theme: David vs. Goliath

Scripture: Samuel 17:3-9, 11, 31-36, 42-43, 45-50

And the Philistines stood on the mountain on the one side, and Israel stood on the mountain on the other side, with a valley between them. And there came out from the camp of the Philistines a champion named Goliath, of Gath, whose height was six cubits and a span. He had a helmet of bronze on his head, and he was armed with a coat of mail, and the weight of the coat was five thousand shekels of bronze. And he had greaves of bronze upon his legs, and a javelin of bronze slung between his shoulders. And the shaft of his spear was like a weaver's beam, and his spear's head weighed six hundred shekels of iron; and his shield-bearer went before him. He stood and shouted to the ranks of Israel, "Why have you come out to draw up for battle? Am I not a Philistine, and are you not servants of Saul? Choose a man for yourselves, and let him come down to me. If he is able to fight with me and kill me, then we will be your servants; but if I prevail against him and kill him, then you shall be our servants and serve us." When Saul and all Israel heard these words of the Philistine, they were dismayed and greatly afraid.

When the words which David spoke were heard, they repeated them before Saul; and he sent for him. And David said to Saul, "Let no man's heart fail because of him; your servant will go and fight with this Philistine." And Saul said to David, "You are not able to go against this Philistine to fight with him; for you are but a youth, and he has been a man of war from his youth." But David said to Saul, "Your servant used to keep sheep for his father; and when there came a lion, or a bear, and took a lamb from the flock, I went after him and smote him and delivered it out of his mouth; and if he arose against me, I caught him by his beard, and smote him and killed him. Your servant has killed both lions and bears; and this uncircumcised Philistine shall be like one of them, seeing he has defied the armies of the living God." And when the Philistine looked, and saw David, he disdained him; for he was but a youth, ruddy and comely in appearance. And the Philistine said to David, "Am I a dog, that you come to me with sticks?" And the Philistine cursed David by his gods.

Then David said to the Philistine, "You come to me with a sword and with a spear and with a javelin; but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. This day the Lord will deliver you into my hand, and I will strike you down, and cut off your head; and I will give the dead bodies of the host of the Philistines this day to the birds of the air and to the wild beasts of the earth; that all the earth may know that there is a God in Israel, and that all this assembly may know that the Lord saves not with sword and spear; for the battle is the Lord'S and he will give you into our hand." When the Philistine arose and came and drew near to meet David, David ran quickly toward the battle line to meet the Philistine. And David put his hand in his bag and took out a stone, and slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell on his face to the ground. So David prevailed over the Philistine with a sling and with a stone, and struck the Philistine, and killed him; there was no sword in the hand of David.

Practice Plan: Use the story of David and Goliath to inspire your team. Explain that this story shows that when God is with you, anything is possible. Note that this story is so popular it is still used to describe any time a team beats another team much larger or better than them. Add any other encouragement based on the tale of David and Goliath.

Prayer: Lord, in the story of David vs. Goliath you show us that with God, anything is possible. Help us to be like David by being faithful to God and praying for his help in difficult situations. Bless our team with a safe and productive practice, help us all to grow in our abilities and our relationship with you. Amen.

End of Practice: Remind the children of the story of David and Goliath, then pray 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. Amen.

5 Minute Game Plan - 6th Grade Year

Fall Sports Regular Season Week 5

Theme: Prophets

Scripture: Kings 19:9-18

And there he came to a cave, and lodged there; and behold, the word of the Lord came to him, and he said to him, "What are you doing here, Elijah?" He said, "I have been very jealous for the Lord, the God of hosts; for the people of Israel have forsaken thy covenant, thrown down thy altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away." And he said, "Go forth, and stand upon the mount before the Lord." And behold, the Lord passed by, and a great and strong wind rent the mountains, and broke in pieces the rocks before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice. And when Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. And behold, there came a voice to him, and said, "What are you doing here, Elijah?" He said, "I have been very jealous for the Lord, the God of hosts; for the people of Israel have forsaken thy covenant, thrown down thy altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away." And the Lord said to him, "Go, return on your way to the wilderness of Damascus; and when you arrive, you shall anoint Hazael to be king over Syria; and Jehu the son of Nimshi you shall anoint to be king over Israel; and Elisha the son of Shaphat of Abel-meholah you shall anoint to be prophet in your place. And him who escapes from the sword of Hazael shall Jehu slay; and him who escapes from the sword of Jehu shall Elisha slay. Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him."

Old Testament Example: Elijah

A prophet is a messenger from God, chosen to speak to God's people and relay messages from Him. When people were living in sin, the prophets reminded the people what they must do to live according to God's law and spoke of hope, reminding people of God's merciful love. In the scripture today we hear the story of Elijah, who lived in about 850 B.C. During his life, people were under the rule of King Ahab, a bad king who introduced the worship of the pagan god Baal and led people away from the true God. Elijah was called by God to proclaim His name and stop people from worshipping the false gods. God worked many miracles through Elijah and helped convert people away from sin. Elisha eventually followed Elijah as a prophet.

Discussion:

- In the story of Elijah, God appears not in the wind, earthquake or fire, but in the silence as a small voice. Where do you hear God speak to you today? How can you find silence to listen to God?
- As a team, how can we imitate the prophets and share God's message of love through the way we practice and play? Can we be a sign of God's love for others?

Practice Plan: Emphasize to the team that they can be an instrument of God's love to others through their attitude and actions during practices and games. By glorifying God and playing in a way that reflects His love, they too can help remind people of God. Encourage them also to listen for God in silence.

Prayer: Heavenly Father, you sent the prophets Elijah and Elisha to be your messengers to a people who worshipped false gods. Help us, like them, to find you in the silence of each day and to listen for your message to each of us. May we be an instrument of your merciful love in the way we practice and play on this team. Bless us with a safe and fun practice. Amen.

End of Practice: Remind the children to find time for silent prayer. Encourage them to continue glorifying God in their practice and play, being an instrument of his love in their joy and interactions with others.

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. Amen.

5 Minute Game Plan - 6th Grade Year

Fall Sports Regular Season Week 6

Theme: The Temple

Scripture: Ezra 3:1-7,10-13

When the seventh month came, and the sons of Israel were in the towns, the people gathered as one man to Jerusalem. Then arose Jeshua the son of Jozadak, with his fellow priests, and Zerubbabel the son of She-alti-el with his kinsmen, and they built the altar of the God of Israel, to offer burnt offerings upon it, as it is written in the law of Moses the man of God. They set the altar in its place, for fear was upon them because of the peoples of the lands, and they offered burnt offerings upon it to the Lord, burnt offerings morning and evening. And they kept the feast of booths, as it is written, and offered the daily burnt offerings by number according to the ordinance, as each day required, and after that the continual burnt offerings, the offerings at the new moon and at all the appointed feasts of the Lord, and the offerings of every one who made a freewill offering to the Lord. From the first day of the seventh month they began to offer burnt offerings to the Lord. But the foundation of the temple of the Lord was not yet laid. So they gave money to the masons and the carpenters, and food, drink, and oil to the Sidonians and the Tyrians to bring cedar trees from Lebanon to the sea, to Joppa, according to the grant which they had from Cyrus king of Persia. And when the builders laid the foundation of the temple of the Lord, the priests in their vestments came forward with trumpets, and the Levites, the sons of Asaph, with cymbals, to praise the Lord, according to the directions of David king of Israel; and they sang responsively, praising and giving thanks to the Lord, "For he is good, for his steadfast love endures for ever toward Israel." And all the people shouted with a great shout, when they praised the Lord, because the foundation of the house of the Lord was laid. But many of the priests and Levites and heads of fathers' houses, old men who had seen the first house, wept with a loud voice when they saw the foundation of this house being laid, though many shouted aloud for joy; so that the people could not distinguish the sound of the joyful shout from the sound of the people's weeping, for the people shouted with a great shout, and the sound was heard afar.

Old Testament Topics: The Temple

For the people of Israel, the Temple was the central place of worship to God. The original temple was built by King Solomon in around 966 B.C. and it was a large and beautiful building. In Jewish tradition, males were required to make a pilgrimage there three times each year. However, kings and other nations understood the significance of this place and destroyed it when they conquered the Israelites as a way of attempting to destroy their faith. The key part of the temple was the Holy of Holies; once a year on the feast of Yom Kippur, the high priest would enter the Holy of Holies to offer sacrifice to God in atonement for the sins of the people. After the temple was destroyed by the Romans in 70 A.D. it was never rebuilt, leaving only the western wall standing, which is now known as the "wailing wall". Unable to worship in the temple, Jewish people still make pilgrimages today.

Practice Plan: Use the story of the temple to express to the children the importance of their own churches. Remind them that as Catholics, we know God is present in the Tabernacle that resides in our churches. This is a place we can always go to pray and listen to God. It's important to always be respectful of our churches and to admire their beauty as a place of worship.

Prayer: Heavenly Father, you gave the Israelites a special place of worship and a symbol of your great love. Today, we know that Christ dwells within each of us and makes each of us a home for the Holy Spirit, just as He dwells in the presence of the Eucharist within our churches. Help us to grow closer to God in the presence of others and in our schools and parishes and bless this practice today. Amen.

End of Practice: Encourage the children to consider the importance of their own church this week. 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. Amen.

5 Minute Game Plan - 6th Grade Year

Fall Sports Regular Season Week 7

Theme: Hearing God's Call

Scripture: Isaiah 6:1-13

In the year that King Uzziah died I saw the Lord sitting upon a throne, high and lifted up; and his train filled the temple. Above him stood the seraphim; each had six wings: with two he covered his face, and with two he covered his feet, and with two he flew. And one called to another and said: "Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory." And the foundations of the thresholds shook at the voice of him who called, and the house was filled with smoke. And I said: "Woe is me! For I am lost; for I am a man of unclean lips, and I dwell in the midst of a people of unclean lips; for my eyes have seen the King, the Lord of hosts!" Then flew one of the seraphim to me, having in his hand a burning coal which he had taken with tongs from the altar. And he touched my mouth, and said: "Behold, this has touched your lips; your guilt is taken away, and your sin forgiven." And I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" Then I said, "Here am I! Send me." And he said, "Go, and say to this people: 'Hear and hear, but do not understand; see and see, but do not perceive.' Make the heart of this people fat, and their ears heavy, and shut their eyes; lest they see with their eyes, and hear with their ears, and understand with their hearts, and turn and be healed." Then I said, "How long, O Lord?" And he said: "Until cities lie waste without inhabitant, and houses without men, and the land is utterly desolate, and the Lord removes men far away, and the forsaken places are many in the midst of the land. And though a tenth remain in it, it will be burned again, like a terebinth or an oak, whose stump remains standing when it is felled." The holy seed is its stump.

Old Testament Example: Isaiah

The prophet Isaiah is considered one of the four "major prophets" in the bible, and the book of Isaiah in the bible contains great wisdom. In today's scripture, we hear about God calling Isaiah, who saw a vision of The Lord. Do you notice the words the angels speak to Isaiah? Their cry of "Holy, holy holy" is still used in our Mass today! Not only did Isaiah speak to the people of his time about God and help them to see God as the one true God, Isaiah also spoke of the coming of Jesus. Though he lived over 700 years before Jesus, you'll notice several of the things he said quoted by Jesus in the New Testament as a way to show the Jewish people that he was the Messiah promised by Isaiah and the prophets. Through Isaiah's faithfulness to God and his sharing of God's message with the people, he led many people through difficult times and to God.

Discussion:

- How do the messages of the prophets long ago relate to us today? (The prophets shared a message of God's merciful love and told people they were made in the image of God. They helped lead many people to God in times of great difficulty. This message is true today.)

Practice Plan: Encourage the children to always seek God and His love in times of joy and when things are difficult. Remind them they can always turn to the bible to see examples of His love in scripture.

Prayer:

- Mighty God, you gave Isaiah and your prophets the task of being a messenger to your people. Help us to also understand your word and to draw near to you at all times. Like the prophets appeared to the people of God during times that were particularly difficult, be with us and help us to turn to you when our practice, school or life gets hard. Bless this practice and help us to learn and have fun. Amen.

End of Practice: Remind children of God's merciful love and close with the following prayer:

- 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. Mary, Queen of Heaven, Pray for Us

5 Minute Game Plan - 6th Grade Year

Fall Sports Regular Season Week 8

Theme: Called and Gifted

Scripture: Jeremiah 1:4-19

Now the word of the Lord came to me saying, "Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations." Then I said, "Ah, Lord GOD! Behold, I do not know how to speak, for I am only a youth." But the Lord said to me, "Do not say, 'I am only a youth'; for to all to whom I send you you shall go, and whatever I command you you shall speak. Be not afraid of them, for I am with you to deliver you, says the Lord." Then the Lord put forth his hand and touched my mouth; and the Lord said to me, "Behold, I have put my words in your mouth. See, I have set you this day over nations and over kingdoms, to pluck up and to break down, to destroy and to overthrow, to build and to plant." And the word of the Lord came to me, saying, "Jeremiah, what do you see?" And I said, "I see a rod of almond." Then the Lord said to me, "You have seen well, for I am watching over my word to perform it." The word of the Lord came to me a second time, saying, "What do you see?" And I said, "I see a boiling pot, facing away from the north." Then the Lord said to me, "Out of the north evil shall break forth upon all the inhabitants of the land. For, lo, I am calling all the tribes of the kingdoms of the north, says the Lord; and they shall come and every one shall set his throne at the entrance of the gates of Jerusalem, against all its walls round about, and against all the cities of Judah. And I will utter my judgments against them, for all their wickedness in forsaking me; they have burned incense to other gods, and worshiped the works of their own hands. But you, gird up your loins; arise, and say to them everything that I command you. Do not be dismayed by them, lest I dismay you before them. And I, behold, I make you this day a fortified city, an iron pillar, and bronze walls, against the whole land, against the kings of Judah, its princes, its priests, and the people of the land. They will fight against you; but they shall not prevail against you, for I am with you, says the Lord, to deliver you."

Old Testament Example: Jeremiah

Jeremiah is another one of the bible's major prophets who lived around 600 B.C. He warned the people about the Babylonian conquering and exile, when Jerusalem fell and the temple was once again destroyed. In today's scripture we learn that Jeremiah was very young when he was called by God, and yet God used him to do great things among His people. Most of the kings that Jeremiah tried to give the message of God did not listen to him, but he was still able to do great things in his ministry. Just like Isaiah, Jeremiah told about the coming of the Messiah (Jesus) and gave great hope to the people.

Discussion:

- Jeremiah was very young and yet he was called by God to be a great prophet. What is God calling you to do to share His message and love with people today? Do you listen to God and work to help others grow closer to Him? Or do your words and actions lead people away from God?

Practice Plan: Help the children to see how their words and actions during practice reflect God's love. Be positive with the children at all times and encourage them to be positive with each other. Let them know that in simple ways each day we can be an image of God to others and help them to know Him better.

Prayer: Lord, the prophet Jeremiah ministered to your people and told of your coming many years before your life on earth. Help us to be an image of you to our friends, family and even those we don't know. Help us to reflect your love in our words and actions, always sharing the message of God and loving you in all we do. Bless our practice today and help us to remain safe while having fun. Amen.

End of Practice: Remind the children that they can be an image of God through their words and actions. Then 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. Amen.

5 Minute Game Plan - 6th Grade Year

Acknowledgements and Sources

Many thanks go out to all those who were involved in the discussion, creation and implementation surrounding this initiative. In particular a special thanks to the Executive Board of the CYO of Johnson and Wyandotte Counties for their input and approval of this initiative. In addition a thanks to Dr. Kathy O'Hara, Superintendent of Schools for the Archdiocese of Kansas City in Kansas, both for her discussion and support of this initiative. Further thanks to the Athletic Directors of each CYO parish for their hard work in implementing this program with coaches and teams. A thanks to the Directors of Religious Education and Youth Ministers at various parishes throughout the area with whom I discussed this initiative and bounced ideas off of. Finally a special thanks to Becky Skaggs for her work on editing and formatting these lessons.

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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