



The 5 Minute Game Plan

A Catechesis Supplement for Youth Sports

3rd Grade Edition

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

5 Minute Game Plan - 3rd 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

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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

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

Read aloud by coach or child

"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:** The Trinity **Scripture:** 1 John 5:7 **Saint:** Saint Patrick
- Preseason Week 2 - **Theme:** Made in the Image of God **Scripture:** Gen 1:26-27 **Saint:** None
- Regular Season Week 1 - **Theme:** God's Revelation **Scripture:** Deut 7:6 **Saint:** Blessed Mother Teresa
- Regular Season Week 2 - **Theme:** Heaven **Scripture:** John 3:16 **Saint:** The Communion of Saints
- Regular Season Week 3 - **Theme:** Introduction to Vocations & The Single Vocation **Scripture:** 1 Sam 3:10 **Saint:** Saint Joseph
- Regular Season Week 4 - **Theme:** Married Vocation **Scripture:** Matthew 19: 4-6 **Saint:** St. Joachim and St. Anne
- Regular Season Week 5 - **Theme:** Religious Vocation **Scripture:** John 15: 16 **Saint:** St. Therese of Lisieux
- Regular Season Week 6 - **Theme:** Priesthood Vocation **Scripture:** Eph 3:7-10 **Saint:** St. John Vianney
- Regular Season Week 7 - **Theme:** Mary, Mother of God **Scripture:** Luke 1: 26-31, 38 **Saint:** St. Bernadette

Winter Seasons

- Preseason Week 1 - **Theme:** Loving God Above All **Scripture:** Deut 6:5-7 **Saint:** St. Francis of Assisi
- Preseason Week 2 - **Theme:** God's Mercy **Scripture:** Luke 7:11-17 **Saint:** St. Peter
- Preseason Week 3 - **Theme:** Confession **Scripture:** Luke 15: 11-24 **Saint:** St. Augustine
- Regular Season Week 1 - **Theme:** Signs & Miracles **Scripture:** Luke 6:6-11 **Saint:** St. Philomena
- Regular Season Week 2 - **Theme:** Spiritual Works of Mercy **Scripture:** Matthew 25: 31-36, 40 **Saint:** None (List Spiritual Works of Mercy)
- Regular Season Week 3 - **Theme:** Forgiveness **Scripture:** Luke 5:17-26 **Saint:** St. Maximilian Kolbe
- Regular Season Week 4 - **Theme:** Praying for Living and Dead **Scripture:** None - Discuss Communion of Saints and Pray Divine Mercy **Saint:** St. Faustina Kowalska
- Regular Season Week 5 - **Theme:** Corporal Works of Mercy **Scripture:** Luke 4:38-41 **Saint:** None (List Corporal Works of Mercy)
- Regular Season Week 6 - **Theme:** Caring for the Sick **Scripture:** Luke 5:12-16 **Saint:** Fr. Damian of Molokai
- Regular Season Week 7 - **Theme:** Feeding the Hungry **Scripture:** Isaiah 58:10-11 **Saint:** St. Katherine Drexel
- Regular Season Week 8 - **Theme:** Peace and Justice **Scripture:** Matthew 7:12 **Saint:** St. Vincent de Paul
- Regular Season Week 9 - **Theme:** Service to Others **Scripture:** 1 Peter 4:10-11 **Saint:** John Bosco
- Regular Season Week 10 - **Theme:** Living Holy Lives **Scripture:** 1 Thessalonians 4:7 **Saint:** St. Dominic Savio

Spring Seasons

- Preseason Week 1 - **Theme:** Liturgical Seasons **Scripture:** Matthew 9:15 **Saint:** None - Discuss Feast Days & Liturgical Calendar
- Preseason Week 2 - **Theme:** The Last Supper **Scripture:** Luke 22:17-19 **Saint:** St. Thomas Aquinas
- Regular Season Week 1 - **Theme:** Jesus Gives His Life for Us **Scripture:** John 3:16 **Saint:** St. John
- Regular Season Week 2 - **Theme:** Apostles Creed **Scripture:** Luke 10:1-12 **Saint:** None - Focus on Apostles Creed
- Regular Season Week 3 - **Theme:** The Apostles **Scripture:** Matthew 10:1-14 **Saint:** St. James
- Regular Season Week 4 - **Theme:** Pentecost **Scripture:** Acts 2:1-4 **Saint:** None - Focus on Holy Spirit

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Fall Sports Preseason Week 1

Theme: The Trinity

Scripture: 1 John 5:7-9

“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

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:

- 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?

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.

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.

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:

“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!”

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Fall Sports Preseason Week 2

Theme: Made in the Image of God

Scripture: Genesis 1:26-27

“Then God said, ‘Let us make man in our image, after our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the earth, and over every creeping thing that creeps upon the earth.’ So God created man in his own image, in the image of God he created him; male and female he created them.”

Discussion:

Did you know God is always with us? Not only did He create us in his image and likeness, but He loves us far more than anyone else could possibly love us, and He is always there for us when we need Him. Just like we learned last week, there is only one God, but in God there are three persons: the Father, the Son and the Holy Spirit (remember the shamrock!). To see God in the world around us all we have to do is look...

- What are some of the things in nature that God made for us? (i.e. mountains, lakes, etc.)
- Who are some of the people we see each day that are made in the image of God?
- What or Who on this team reminds us that we are God’s special creation?
- If we are all God’s special creation, made in his image, how should we treat each other during practice and games? What about the opponent and officials?

Practice Plan

- Ask the kids to remember during practice and the next game that each child, coach and parent is made in the image of God. Remind them that this means we should love each person and treat them with respect and kindness, just like we would treat Jesus if we met him.

Prayer

- God, we thank you for our practice this coming week and for all the abilities you have given us so that we can play sports. Help us to remember that God created each one of us in his image, so that everyone on the field - no matter who they are or how talented they are - is an image of God. Help us to love each other and work hard so that we can glorify God in all that we do this week. Amen.

End of Practice: Say two great positive things about the way the kids performed during practice and remind them that they were created in the image and likeness of God. Ask them to remember that this week as they are at home, school and playing sports. Then pray this 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”

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Fall Sports Regular Season Week 1

Theme: How does God reveal himself to us?

Scripture: Deuteronomy 7:6

“For you are a people sacred to the Lord, your God; he has chosen you from all the nations on the face of the earth to be a people peculiarly his own.”

Saintly Example: Blessed Mother Teresa

The life of Blessed Mother Teresa is an example for everyone of the powerful love God has for each one of us. She was born in 1910 and lived until 1997, making her a fairly recent example of a saint. In caring for the poor, sick and hungry, Mother Teresa treated everyone she met with love and kindness. She knew that each person was created by God. When looking at others she said “each one of them is Jesus in disguise.” She also knew that prayer and helping others were very important things. Mother Teresa spent her entire life dedicated to helping those who needed her the most.

Discussion:

- Where do you see God in your life? In your family? In your friends? Teachers?
- How can we make sure we see God in others during this practice? What can we do to demonstrate the kindness and love that Mother Teresa talked about?

Practice Plan:

- Ask the kids to work on treating others like they would treat Jesus during practice and the next game, showing them love and kindness. Ask them to think about where they see God in their lives during practice, at home and at school.

Prayer

- Heavenly Father, thank you for this new season and the practices and games ahead. Help us to remember that you created each one of us and gave us special talents to use in school, at home and in sports. We pray that we may each follow the example of Blessed Mother Teresa in treating our teammates and opponents with love and kindness. Bless us with a safe and fun practice. Amen.

End of Practice: Remind kids to work on seeing Jesus in everyone and say 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. Blessed Mother Theresa, Pray for us!”

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Fall Sports Regular Season Week 2

Theme: Heaven

Scripture: John 3:16

“For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

Saintly Example: The Communion of Saints

We know that death is not the end of life, but rather the beginning! The saints in Heaven, the souls in Purgatory and the members of the Church on earth all make up “The Communion of Saints.” The church teaches us in the Catechism that the term “Communion of Saints” has two meanings: “a communion ‘in holy things’ and ‘among holy persons’” (CCC 948). In fact, the church has three parts: the Church Militant (those living), the Church Suffering (Purgatory) and the Church Triumphant (Heaven). This is important for us to remember, as we can pray for those still living and those souls in purgatory, while asking the saints already in heaven to pray for us! When we talk about asking the saints in heaven to pray for us, we are asking those who are already in heaven to talk to God for us as well, since they are already in God’s presence. We can ask them to help us be more holy on earth so that some day we can join them in Heaven! Remember that our goal is to “get to heaven and take others with us!”

Discussion:

- Who is your favorite saint? Do you ask for his or her intercession in your prayers?
- If we are all a part of the Communion of Saints in the church, how does this mean we should act during practice and games?

Practice Plan:

- Remind the kids that in everything we do on earth, our goal is to “get to heaven and take others with us.” Ask the kids to remember that they are part of a larger community in the Church - including both heaven and earth. Remind them to practice and play in a way that is fitting for that community.

Prayer

- Dear God, we ask that you watch over us during this week of practice and our upcoming games. We thank you for allowing us to be a part of this team with our friends, and we ask for the prayers of all the saints in heaven. We pray that as we practice and play this week that we will always do so in a way that helps lead others to God. Amen.

End of Practice: Remind the kids about John 3:16 and let them know that God loves each of them and wants them in heaven one day. Ask them to work hard on being good members of their church community and close with the following prayer:

- “Angel of God, my guardian dear. To whom God’s love commits me here. Ever this day, be at my side. To light, to guard, to rule, to guide. All the Holy Saints in Heaven, Pray for Us! Amen.”

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Fall Sports Regular Season Week 3

Theme: Introduction to Vocations (and the Single Vocation)

Scripture: 1 Samuel 3:10

“And the Lord came and stood forth, calling as at other times, ‘Samuel! Samuel!’ And Samuel said, ‘Speak, for thy servant hears.’”

Saintly Example: Saint Joseph

Saint Joseph was chosen by God to be the husband of Mary and the foster father of Jesus. God knew that he was a good, hard working man who would listen to God and help keep both Mary and the child Jesus safe. Though he did not live long enough to see Jesus become famous, we know he watches over everyone from heaven and protects the Church on earth. Since he so faithfully followed God’s plans for him on earth, Saint Joseph is a great example for us to follow and ask for prayers when we discern our vocation.

Discussion:

The church refers to a vocation as “the calling or destiny we have in this life and hereafter” (CCC Glossary). There are four basic vocations that we will learn about: the single vocation, the married vocation, religious life, and the priesthood. God is calling each of us to one of these vocations when we get older, it’s up to us to listen to him and figure out which one!

Some people are called to live life as a single person. This does not mean that they have chosen themselves not to get married, but rather that God has called them in a special way to remain single for the glory of His kingdom. Perhaps he has a special mission for them. We’ll learn about the other vocations in the coming weeks. Even though you don’t have to choose a vocation for many years, you’re never too young to start listening to God and trying to figure out what he might be calling you toward...

- Can you think of a person who has been called to one of these vocations? How do you think they knew God was calling them to that?
- How can we start listening to God and trying to hear what he tells us?

Practice Plan

- Encourage the kids to begin listening closely to God and learning to seek out what he wants them to do each day, so they can be ready later when he calls them to a vocation. Help them to understand that just as their coach asks them each to play a different role on the team, God calls different people to different roles that will make them happiest in life.

Prayer

- Lord, help us each day to follow what you want us to do. Help us to listen to our parents, our teachers and our coaches so that we can learn to listen better to you. We pray that we can learn more about our own talents during this practice and we ask you to keep us safe and help us to have fun. Amen.

End of Practice: Remind the kids to work on prayer and listening to God in the small things each day. Remind them that St. Joseph and Mary were two of the best at listening to God’s will. Then close with the following prayer:

- Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst 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. Amen. Saint Joseph, Pray for Us!

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Fall Sports Regular Season Week 4

Theme: Married Vocation

Scripture: Matthew 19:4-6

“Have you not read that he who made them from the beginning made them male and female, and said, ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh’? So they are no longer two but one flesh. What therefore God has joined together, let not man put asunder.”

Saintly Example: Saints Joachim and Ann

Saints Joachim and Ann are the parents of Mary, and so they are also the grandparents of Jesus. This is a great example of a married couple who followed God in their lives. God not only blessed Joachim and Ann with a child, but that child became the Mother of God! These two married saints are an important reminder that the vocation of marriage is a call to follow God together and to build a family knowing that your marriage will be an example to your children, grandchildren, and beyond. We celebrate their Feast Day on July 26th each year and remember all grandparents especially on this day.

Discussion:

Some people are called to the married vocation. Our mothers and fathers are great examples of people called to this vocation. Later, you can ask your mom or dad about their vocation story: how they met each other, became engaged and got married. God set aside the married vocation to build strong families and have children like all of you!

- Remember last week, what are the four types of vocations God may call us to?
- People called to the married vocation are called to be good mothers and fathers if they have children, what do your mother and father do to help you with your school and sports?

Practice Plan:

- Remind kids again about the four vocations and the importance of listening to God each day so that you can be prepared someday to discern very important “big” things like your vocation.

Prayer

- Heavenly Father, we thank you on this day especially for our parents. We thank you for all their hard work and all they do for us, especially driving us to practice and making sure we have fun. We pray that you may help us to listen to them and to help them by being good children. Bless also our practice that we may learn and grow as a child of God. Amen.

End of Practice: Remind kids to work on listening to their teachers, parents and especially God this week. Pray the following prayer:

- Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst 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. Amen. Saints Joachim and Ann, Pray for Us!

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Fall Sports Regular Season Week 5

Theme: Religious Vocation

Scripture: John 15:16

“You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide; so that whatever you ask the Father in my name, he may give it to you.”

Saintly Example: St. Therese of Lisieux

St. Therese is often called the “Little Flower” and is a saint that lived just over 100 years ago. Even as a little girl, she knew she was called to the religious life and prayed that she would be allowed to enter an order of nuns known as the Carmelites. Because she was so young, she had to ask the Pope to allow her to become a nun as a teenager. Therese only lived until 24, but she spent her entire life as a great example of following God. As one of the most popular Saints in the world today, she’s proof that even young people can live beautiful lives for God. She wrote a book called *The Story of a Soul* where she wrote “I want to spend my heaven doing good things on earth.” She has done just that, as she is responsible for many miracles all over the world.

Discussion:

The religious life is a special vocation that some people are called to live. The religious life is made up of nuns/sisters or monks/brothers. It’s a very special vocation where people give up their life to follow God and serve Him and others through their work with other nuns or brothers in their community.

- A group of nuns or monks is called an “order.” Do you know the names of any orders in this area? (Benedictines, Missionaries of Charity, Sisters of St. Francis of the Martyr St. George)
- Many of these religious played sports as children. What example do you think they set in how they played the game?

Practice Plan:

- Remind the kids to follow the example of saints like St. Therese and to place Jesus first in everything they do. Connect this to practice and remind them to play and practice knowing that God is present.

Prayer

- Lord, we thank you for the wonderful example of those called to the religious life and ask that we can follow their example of love and focus on God, no matter what vocation we are called to. Help us during this practice to be kind and loving to each of our teammates. We ask for the graces to handle situations with love when we want to get angry. Keep us safe and help us to have fun! Amen.

End of Practice: Remind children to pray for all the brothers and sisters called to the religious life. Ask them to remember the example of St. Therese and put God first in everything they do this week. Pray 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. St. Therese of Lisieux, Pray for us!

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Fall Sports Regular Season Week 6

Theme: Priesthood Vocation

Scripture: Ephesians 3:7-10

“Of this gospel I was made a minister according to the gift of God’s grace which was given me by the working of his power. To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles and the unsearchable riches of Christ, and to make men see what the plan of the mystery hidden for ages in God who created all things; that through the church the manifold wisdom of God might now be made known to the principalities and the powers in the heavenly places.”

Saintly Example: Saint John Vianney

As a young boy, John Vianney and his family had to go to Mass in secret because the government didn’t want them to be able to practice their Catholicism. Though he always wanted to become a priest, his grades in school weren’t very good and he struggled to study for the priesthood. Eventually, John not only became a priest, he became a wonderful parish priest for 41 years who converted many people back to the faith and joyfully completed all his daily duties as a priest while constantly praying for his people. In fact, Saint John Vianney is now known as the patron saint of Priests because of his example!

Discussion:

God calls some young men to a vocation to the priesthood. These men study at a place called a seminary, training especially in all the things needed to be a good priest. Then they become priests just like those at your parish.

- (For Boys Teams) Why do you think it’s important to discern all vocations and determine if you are called to be a priest?
- (For Girls Teams) What is one characteristic of a good priest that you think you could use in school or playing sports? (i.e. kindness, good listener, etc)
- (Both) How do you think our priests want us to act when they are watching us play on our CYO team? Would they be proud to watch us or our team and see how we treat others?

Practice Plan

- Remind kids that it’s important to understand all vocations discussed this season and ask them to pray and work on being a good listener at practice, school and home so they can be better at listening to God all the time.

Prayer

- Lord, we ask that you bless all those who are discerning their vocations. This week we especially pray that all those God call to be priests will hear him calling so that we can always have good priests in our parishes. We also pray for our priests, that God will guide them and protect them in their ministry. Help us to listen to God and pray that he will help us when we are older and discerning our vocation. Bless our practices this week and keep us safe. Amen.

End of Practice: Remind kids of the four vocations discussed: single life, marriage, religious life and priesthood. Ask them to pray for our priests and close with the following prayer:

- Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst 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. Amen. Saint John Vianney, Pray for Us!

5 Minute Game Plan - 3rd Grade Year

Fall Sports Regular Season Week 7

Theme: Mary, Mother of God

Scripture: Luke 1:26-31, 38

"In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And he came to her and said, 'Hail, full of grace, the Lord is with you!' But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. And the angel said to her, 'Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus.

And Mary said, 'Behold, I am the handmaid of the Lord; let it be to me according to your Word.'"

Saintly Example: Saint Bernadette

One day when she was young, Bernadette was going to gather firewood for her family when she saw Our Lady (Mary) dressed in blue and white, appearing to her in the wilderness. She told her family and friends, but nobody believed her! Still, she kept seeing Mary and one day Mary asked her to dig a hole. Up out of the ground came a cool, bubbling stream. This was no ordinary water though, as people began to believe Bernadette and come to the water - sick people who bathed in it became well and blind people regained their sight! Then Our Lady told them to build a church, and a great Shrine was built. The area was called Lourdes and when Mary appeared there she was called Our Lady of Lourdes. You can still visit the spot and get in the water today! Saint Bernadette became a nun and lived a life devoted to God.

Discussion

- How can we follow St. Bernadette's example and listen to what God is asking us to do?
- How can Mary intercede for us each day and help us to grow closer to God through our school, sports and at home?

Practice Plan

- Dedicate this practice to Mary and remind the children that they can always ask for her help. Tell them to remember that Bernadette was only a young girl and yet Mary appeared to her and had her do great things for God. Remind them that God can do amazing things with them each day.

Prayer

- Heavenly Father, we thank you for the example of Saint Bernadette and for giving us your Blessed Mother Mary to watch over us and guide us toward you each day. Bless our practice and the rest of our season, that we may put you first in all things and glorify you in our practice and play. Keep us safe and help us to have fun today and in our remaining games this year. Amen.

End of Practice: Remind children that God can do anything and that even young boys and girls can do great things if they believe in God and try to do what he asks each day. Close with this prayer:

- Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst 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. Amen. Saint Bernadette, Pray for Us!

5 Minute Game Plan - 3rd 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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