

# The CYO 5 Minute Game Plan

As part of the CYO mission to provide Christ-centered youth sports opportunities, we are committed to providing tools that aid coaches in forming children spiritually, mentally and physically. In addition to praying before and after practices and games, *The 5 Minute Game Plan* is an interactive program designed to be used at the beginning of a team's first practice each week. In just 5-10 minutes, this combination of scripture, saints, Catholic values, discussion and prayer helps place Christ at the center of your team and connect faith and sports in a meaningful way. The program was created in conjunction with Archdiocesan school and religious education curriculum to supplement existing faith formation.

Simply review the lesson plans below and use the corresponding week with your team during the season. We encourage coaches to involve kids in reading through the content and leading discussions that create an impact on your team. Contact the CYO Office with questions.

Through a shared commitment to forming our children in the faith, we can help lead youth to Christ through sport!

Fall Season - 3rd Grade

Fall Season - 4th Grade

Fall Season - 5th Grade

Fall Season - 6th Grade

Fall Season - 7th Grade

Fall Season - 8th Grade

Fall Season - All Grades

Winter Season - All Grades

Spring Season - All Grades

Winter Season - 3rd Grade

Winter Season - 4th Grade

Winter Season - 5th Grade

Winter Season - 6th Grade

Winter Season - 7th Grade

Winter Season - 8th Grade

## Catholic Prayers

With Christ at the center of our Catholic faith, prayer is essential to everything we do. In addition to prayer before games, CYO encourages coaches to include prayer before and after practices, after games, and whenever else appropriate. Please use this page as a resource for prayers. The Play Like a Champion website also has prayers for you to consider.

## Prayer Before a Game

God our Father,  
You have created us  
to strive for the best.  
Grant to all athletes, coaches, and  
fans,  
strength to pursue excellence  
during this event,  
and in all that we do.  
We pray for the safety of these  
athletes;  
Protect them from injury and harm.  
And finally, we pray for your grace,  
that you would provide us  
with the endurance to pursue our  
heavenly prize:  
eternal life in Your Son. Amen

## **Prayer to Saint Sebastian**

Patron Saint of Athletes  
"Dear Commander at the Roman  
Emperor's court, you chose to be also  
a soldier of Christ and dared to  
spread faith in the King of Kings, for  
which you were condemned to die.  
Your body, however, proved  
athletically strong and the executing  
arrows extremely weak. So another  
means to kill you was chosen and  
you gave your life to the Lord. May  
athletes be always as strong in their  
faith as their Patron Saint so clearly  
has been. Amen."

Courtesy Play Like a Champion Today via  
[playlikeachampion.org](http://playlikeachampion.org)

## **Lord, Lay Down Your Path**

Lord, lay down your path  
between the lines of battle  
where many leaders have walked before me.

Lay down your path  
so that I may tread in your footsteps  
of the wise, courageous, and fallen faithful;  
for the victorious road has yet to be paved with gold.

Lay down your path  
so these spirited athletes know not the prospect of  
laying down,

but believe in the glory revealed in your way.

When the contest approaches  
and this game we love becomes a way of life,  
give me the strength to lead with a narrowing focus.

We arrive today as a team prepared  
to meet each twisted mile with steps undaunted.  
Our sights are set.

Lord, lay down your path.

A prayer by Dylan Drugan in the Notre Dame Book of Prayers (2010)

## **A Coach's Prayer**

O' gracious God, I thank you for calling me to the ministry of coaching. Help me to answer that call with a generous heart. Enable me to be a good coach, skilled, informed, fair-minded and caring. Let me see beyond the rules of sports and catch their spirit. Grant me the wisdom to see that athletics are not only about healthy bodies but healthy minds, that sports are not only about victory but enjoyment, that competition is not only about winning but building community.

Let the mind of Christ inspire and guide my coaching so that I never lose sight of the dignity and worth of each and every person whom I coach. Help me to follow the example of Christ who coached not only by instruction but by encouragement and love. Finally, dear Lord, teach me and the athletes whom I coach to be grateful for your many blessings. I make this prayer through Jesus Christ, Our Lord. Amen. !

## **Prayer to St. Micheal The Archangel**

Saint Michael the Archangel,

defend us in battle.

Be our protection against the  
wickedness and snares of the devil.  
May God rebuke him,  
we humbly pray;  
and do Thou,  
O Prince of the Heavenly Host -  
by the Divine Power of God -  
cast into hell, satan  
and all the evil spirits,  
who roam throughout the world  
seeking the ruin of souls.

## Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy,  
our Life, our Sweetness, and our Hope.  
To Thee do we cry, poor banished  
children of Eve.  
To Thee do we send up our sighs  
mourning  
and weeping in this valley of tears.  
Turn then, most gracious Advocate,  
Thine Eyes of Mercy toward us,  
and after this our exile show us the  
Blessed Fruit of thy Womb, Jesus.  
O clement, O loving, O sweet Virgin  
Mary.

Pray for us O Holy Mother of God

That we may be made worthy of the  
promises of Christ.

- Amen

## A Runner's Prayer

Almighty and ever-living God,  
As I prepare to embark on the race ahead, be my

strength for that journey.

Help me to remember that each race begins with a single step.

When the race becomes long and my will begins to wane, help me to recognize that you will never leave my side.

May each leg of this race emblazon my desire and zeal to be a beacon of Christ's light in a world that can seem at times to be covered in darkness.

Help me to realize that my talents are not my own and all that I am belongs to you. May I never forget that the talent I have been given is to be used to accomplish your will.

Allow me, Lord, to use my talents to be a sign of hope in the world.

May the road rise up to meet me, the wind be at my back, and may the sun shine warmly upon my face.

Come Holy Spirit, be the force behind my stride.

I pray this in Christ's name always.

Amen.

Adopted from a prayer by Michael S. Suso in the Notre Dame Book of Prayers (2010)

## **Basketball Prayer**

Almighty Father,

Bless us as we take this court.

We pray that we may put into action the things we have learned in practice about life, sportsmanship and skill.

May you keep us safe in our endeavor and protect all who participate today from injury.

We remember that our every talent on this court came from You and strive to glorify You through our actions today.

Bless this game that it may lead all who participate and watch closer to You.

We ask this through Christ our Lord.

Amen.

# A Prayer for Practices

Lord,

We thank you for bringing us here today and ask that you bless this practice.

May we who participate here grow not only in our athletic ability, but also in our relationship with you and in our love for others.

Help us to use the talents you have given us to the best of our ability.

Help us to learn virtue through this endeavor, that we may grow in our understanding of this game and of life.

Keep all gathered here today safe from injury and help us to glorify you through all that we accomplish in this practice.

We ask too for the intercession of your Mother, that she may watch over us and pray for us. Amen.

# Prayer After a Game

Lord,

Thank you for the opportunity to have played this game today. Thank you for our opponents, our coaches and our parents for their part in this day. Thank you for the talents we displayed and the things we learned through this contest.

As we go forth, keep us ever mindful of your Love and your Will.

Help us continue to grow in our athletic ability through hard work and perseverance in the week ahead.

We ask that you bless all the participants in today's game wherever they may go, that we may all return safely to our next game.

Amen.