

PLAY LIKE
A CHAMPION
TODAY

Character Education Through Sports

Champion Coach Note

Educating and Forming Champion Coaches

Enthusiasm



Enthusiasm is an important element of coaching at the youth and high school levels. Our attitude as coaches has a great effect on our athletes and sets the tone for practices and games. [Watch the video](#) above and consider what Notre Dame Men's Basketball Coach Mike Brey has to say about the importance of a coach's attitude during practices and games. Having won several Conference and National Coach of the Year Awards, Brey is considered by his peers one of the best coaches in college basketball. Brey's enthusiasm is contagious. Just watch his team play. Their positive energy and confident attitude has helped them to routinely outperform expectations and maximize their potential.

5 Minute Game Plan - 5th Grade

LESSON 1

Theme: Mary's Role in the Church
Scripture: John 19:20-27

When Jesus sees his mother and the disciple whom he loved standing near, he said to his mother, "Woman, behold, your son!" Then he said to the disciple, "Behold, your mother!" And from that hour the disciple bore her to his own home.

Saintly Example: St. John and Our Mother Mary

St. John was a disciple of Jesus who wrote the Fourth Gospel and was one of the first missionaries to continue Christ's work after his death. In the scripture above we just read, Jesus refers to St. John, who later Christ's death from the mother Mary into his home and cared for her for the remainder of her life. Mary plays a major role in the Catholic Church because, like John, we are all called to take to Mary as our spiritual mother and care for her as if she were our mother. By caring for her we care for ourselves and our people. Jesus, we allow her to care for us as Christ commanded on the cross. In addition, Mary is the perfect example for us to follow for, even without an ecclesiastical tradition, she raised the one who is a beautiful and complete example of discipleship and lived fully according to God's will. Again, we want our hearts to honor our mother, Christ wants us to honor his mother and to ask for her prayers. May so that we can grow in our relationship with him.

Discussion:

- How do we form a relationship with Mary in our life and what can we do each day to follow her beautiful Christ?
- Does Mary care for us while we play sports? What is a special way we can bring her into our team this year and how can she help our team grow closer to Christ?

Practice Plan:

- Develop a simple plan for bringing Mary into your team this year and asking for her intercessions during the season. Perhaps you can offer each practice to her, or pray for her as a team before games, asking for her protection on the field. Then during practice, remind the kids that we are to perform always knowing that our spiritual mother Mary is watching over us. And from time to time, the way they act when their mother is at practice or a game, and help them to see that they must always perform the way to honor Mary and their grown-up in Christ.

Prayer:

Holy Mother of God, we ask for your prayers during the practice that you might help lead us closer to God through our participation on the team. We ask that you lead us with the words and all us all the prayers we find in our hearts to God, that we may come to know Him more fully through you. May your presence and love bring us as fast as the words of Christ. Amen.

End of Practice: Remind the children what was discussed at the beginning of practice and the special relationship that we have with Mary. Just like St. John, tell our Mary our words. Remind the plan for bringing Mary into each practice and game through the season. Then 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 women, now and at the hour of our death. St. John and Our Lady, Pray for Us!

The 5 Minute Game Plan

The *5 Minute Game Plan* was developed as a way to supplement catechesis in the youth sports environment for parish and elementary school teams. Designed in a way that is easy for any coach to implement, the *5 Minute Game Plan* uses prayer, Catholic tradition, and discussion questions to create a 5-10 minute opportunity for kids to connect their sport with key elements of their Christian faith.

[Click above to see a sample lesson!](#)

The goal is to provide one more way for sport to help children grow and develop in their faith.

Play Like a Champion partners have access to the full 5 Minute Game Plan. [Visit the website](#) and enter the password provided by your league administrator, or email us at information@playlikeachampion.org.

A Prayer for Coaches

Father in Heaven, you have entrusted to my care the souls of these young (men/women, boys/girls) and called me to coach them. Grant that I may have the graces I need to fulfill Your Will. I pray that my attitude and actions may always reflect Your love and care, that in all things our team may glorify You. May I have the courage to always put the development of each individual over short-term success, so that they may grow physically, mentally and spiritually under my care. Help me to make this an experience that is fun and brings joy, while building up virtue and developing skill. Be with me in each moment of this journey, I pray. Amen.



Check out our [Online Prayer resource](#) for a sort-able library of prayers for teams & more!

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