



MORE THAN A GAME COACH GUIDE 2025



A major component of our **More Than A Game** philosophy is the post-practice huddle. This will provide a weekly opportunity to connect with your team and reinforce the 3 C's of Westover Sports:

CHARACTER - COMMUNITY - COMPETITION

Huddle your team together weekly, review the devotional, and use this guide for a conversation with your team. You can use it as a script to read from or modify.

Always close each week by taking prayer requests and closing in prayer. **Prayer requests** are your biggest window into the lives of your players and will present the most ministry opportunities.

Connect with your Sports Pastor if you need guidance.

WEEK 1 - MULTIPLIERS

Theme: This week we're talking about being multipliers. What do you think that means?

Wait for answers...

A multiplier is someone who attracts others with their behavior, often to a cause.

Discuss: Who are some people that have a lot of followers? (celebrity, athlete, social media influencer, etc.) What do they do with that influence? Are they steering people towards a good or bad path? Does anyone on our team seem like a multiplier-a leader that others follow?

Verse: Before Jesus left Earth, he gave his followers the game plan for spreading the Good News. The plan was for them to be multipliers! In Matthew 28:19, Jesus told his disciples, "Go therefore and make disciples of all nations."

Challenge: Give your best effort and compete in every game this season, but also invite your opponent to pray after each match. Let's grow a team of prayer warriors!

Pray: Ask if anyone has anything they'd like the team to be in prayer for and have a player or coach close in prayer.

WEEK 2 - AMBASSADORS

Theme: This week we're talking about our team being ambassadors. What do you think that means? *Wait for answers...*

Ambassadors are people that represent or promote a specific group or activity.

Discuss: What are some groups you think our team represents? What are some ways we can positively represent [insert team name]? What are some things that would poorly represent your team as ambassadors?

Verse: There's a verse in 2 Corinthians that talks about being ambassadors for Christ. It says, "Therefore, we are ambassadors for Christ, as though God were making an appeal through us." (2 Corinthians 5:20) That verse is talking about how Christians are ambassadors for Jesus, so God works through those ambassadors as representatives of Him.

Challenge: Create a note on your cleats, bag, or water bottle to help you remember that you're an ambassador for Jesus everywhere you go.

Pray: Ask if anyone has anything they'd like the team to be in prayer for and have a player or coach close in prayer. Pray that God will use your team as examples for Him.

WEEK 3 - GRACIOUS

Theme: This week's word is gracious. What do you think that means? *Wait for answers...*

Being gracious often looks like being courteous, kind, and respectful.

Discuss: We want Westover Sports teams to give their absolute best every game day and to go for the win, but also be gracious as they compete. What does it look like to be a gracious winner? The opposite would be a sore loser. What comes to mind when you think about competing with sore losers?

Verse: Proverbs 24:17 is a great verse that ties into competition. It says, "Do not gloat when your enemy falls; when they stumble, do not let your heart rejoice." This paints a good picture of what it means to be a gracious competitor.

Challenge: As the competition rises and especially when results feel more significant, be a gracious competitor. Win or lose. No need to gloat and excessively celebrate; nor should you whine or make excuses.

Pray: Ask if anyone has anything they'd like the team to be in prayer for and have a player or coach close in prayer.

WEEK 4 - RESPECTFUL

Theme: This week's word, respectful, is a popular one when we talk about ways to show good character. What do you think it means for Westover Sports teams to be respectful? *Wait for answers...*

Think of being respectful as showing regard for someone's worth and abilities.

Discuss: We show respect because we care about others. God gives us opportunities every day to be respectful. What does it look like for us to show respect to our parents? What about to your coaches? As a team, how do we respect our opponent or the referee?

Verse: You may have heard an adult talk about the Golden Rule that says, "Treat others the way you'd want to be treated." So if you want people to treat you with kindness, honor, or respect, you should do the same for others. There's a verse in Matthew 7:12 that speaks to that, "So in everything, do to others what you would have them do to you."

Challenge: One of the groups that is often disrespected the most is referees. It's a hard job and sometimes we forget that we couldn't play a game without them. As a challenge this week, go out of your way to show your referee respect and even thank them for what they do.

Pray: Ask if anyone has anything they'd like the team to be in prayer for and have a player or coach close in prayer.

WEEK 5 - SACRIFICIAL

Theme: This week's word is sacrificial. What do you think that means? *Wait for answers...* Sacrificial is connected to the word sacrifice-giving up something of value and worth, often for someone or something else.

Discuss: In our sports world, what are ways you can sacrifice for the good of the team?

Verse: As much as we thank and honor public servants for their sacrifice, it's important we also think of Jesus who paid the ultimate sacrifice. John 3:16 is one of the most famous Bible verses ever and says, "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life."

Challenge: Keep an eye out for a public servant and be sure to thank them for their service. Show your gratitude for anyone who sacrifices for you. This could be a teacher, coach, or parent.

Pray: Ask if anyone has anything they'd like the team to be in prayer for and have a player or coach close in prayer.

WEEK 6 - HARD-WORKING

Theme: This week we're talking about how we want our Westover Sports to be known for being hard-working. What does that phrase mean to you? *Wait for answers...*

Think about hard work as giving a diligent effort, with energy and commitment.

Discuss: The only place where success comes before work is in the dictionary. That means that before we can succeed, we've got to put in the hard work! What are some things you do to put in work and improve? Who are some people you look up to as a hard worker? (parent, sibling, teammate, athlete)

Verse: Colossians 3:23 has a great verse on hard work: "Whatever you do, work at it with all your heart, as working for the Lord, not human masters." I love that first part-whatever you do. Whether that's sports, school, or cleaning your room, give all your heart!

Challenge: This week, try to put the needs of a teammate above your own. We often repeat what's reinforced. For this week's challenge, right now in our huddle, give a shoutout to a teammate you consider an exceptionally hard worker, then try to outwork them the next time you compete!

Pray: Ask if anyone has anything they'd like the team to be in prayer for and have a player or coach close in prayer.

BONUS 1 - HUMBLE

Theme: This week we're talking about humility, being humble. What do you think it means for Westover Sports to be humble? ***Wait for answers...***

A simple way to think about being humble is to put aside your pride and think of others as more important than yourself.

Discuss: There are a couple ways to think about humility. One is being an unselfish teammate. How would our team do if we all just played whatever position we wanted? What if we never passed the ball or worked together? Another form of humility is how we celebrate after success—if we're bragging and bringing attention to ourself, or keeping the focus on our teammates and the team.

Verse: Luke 14:11 says, "For everyone who exalts himself will be humbled, and he who humbles himself will be exalted." When we promote ourselves, we ultimately falter; but if we remain humble, it gives others the opportunity to prop us up.

Challenge: Jesus showed people time and time again how a great way to demonstrate humility is to serve others. Find a way this week to serve someone on your team, in your home, and at your school.

Pray: Ask if anyone has anything they'd like the team to be in prayer for and have a player or coach close in prayer.

BONUS 2 - ENCOURAGING

Theme: This week we're talking about why it's important to be an encouraging team. What do you think that means? ***Wait for answers...***

A simple way to think about encouraging is giving confidence, support, or hope and cheering someone on.

Discuss: There's so much science about how an athlete's performance is tied to their mental state and confidence. Do you play better when someone encourages you and cheers you on, or yells at you with a more critical tone? Most people play better when they're cheered on, so let's be a team known for encouraging each other, not tearing each other down.

Verse: The book of Proverbs in the Bible talks about how pleasant words, encouraging words, bring strength. Proverbs 16:24 says, "Pleasant words are as a honeycomb: sweet to the soul and health to the bones."

Challenge: We talked about how most players play better when they're encouraged rather than criticized. As a challenge this week speak only encouraging words to your teammates this weekend and watch their play rise!

Pray: Ask if anyone has anything they'd like the team to be in prayer for and have a player or coach close in prayer.

BONUS 3 - IMPROVING

Theme: This week we're talking about improving. What does that mean to you? *Wait for answers...*

Think about improving as the process of getting better.

Discuss: As athletes and students, it's important that we're always striving to improve. When we don't grow, not only will others pass us by, but we can get bored and stale because we're not learning. What's a skill you've improved in? What about something you'd still like to get better at?

Verse: Romans 12:2 says, "Do not conform to the pattern of this world but be transformed by the renewing of your mind." It's important that we continually renew and grow so we don't just drift.

Challenge: We talked about things you'd like to improve in. This week, pick a skill or movement you want to get better at. Commit to practicing it multiple times each week, and share with a friend, coach, or parent to encourage you and hold you accountable. Sometimes we fall short of our goals without accountability and encouragement.

Pray: Ask if anyone has anything they'd like the team to be in prayer for and have a player or coach close in prayer.