



JOY OF THE GAME

TIME OUT - WEEK 2



THEME VERSE

"You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand."

~ Psalm 16:11 ~



COACH APPLICATION

As the coach, you must remember your days of playing for the joy of the game. If this principle becomes part of your core coaching philosophy, then you will be able to get more out of your players. Hard work is important, but if your team loses the sense playing sports for fun, then they will eventually burn out and lose interest. The younger your team, the more important this is. You must also remember to have fun yourself. By maintaining a sense of fun within your team, you will be able to realize what it means to play for the joy of the game.



PLAYER APPLICATION

PRACTICE

Why do you play the game? Is it just to try to win, or is it about something more than that? Why did you play the game before the days of scoreboards and trophies? It was about that internal feeling of joy. Sports are supposed to be fun; never forget that fact. This is no excuse not to work hard, but if you lose the aspect of fun, then you will eventually burn out. Remember this everyday that you go to practice - have fun, work hard, but have fun.



GAME DAY

The joy of the game. When you experience it, you know it - it's the satisfaction of going out and playing your best and leaving it all on the court/field. When you play the game the right way, win or lose, you have nothing to hang your head about. When you play the right way and give it your all, then there is something in you that cannot be taken away by the final score. That feeling is the joy of playing the game. Think back to the days when all you did was play for fun; it didn't matter who won or who lost, it was about something more than that. There is no better feeling than true joy.



As an athlete, I can be a **role model and **inspire** others.**

Therefore, I promise to...

Live with **integrity on and off the field of play;
Use my talents and gifts to **honor** my team, my family and my faith;
Hold myself **accountable** to a higher standard;
And work to have a **positive impact** on my community.**

-the right choice today athlete's pledge