



PATIENT PLAYING

TIME OUT - WEEK 4



THEME VERSE

"A patient man has great understanding, but a quick-tempered man displays folly."

~ Proverbs 14:29 ~



COACH APPLICATION

Patience is a very important attribute for a coach, particularly when coaching children and teenagers. Some kids develop physically and mentally faster than others, so you must be patient with those who don't always catch on the first time around. As the coach, you are the role-model, the more patience you have, then more patience your athletes will have. This also applies to referees. There will be bad calls; there is no escaping that, but if you practice patience, then your players will follow suit.



PLAYER APPLICATION

PATIENCE WITH YOURSELF

You are not perfect; no one is, so you must learn how to be patient with yourself. Whether you are in practice or in the big game, you must keep you cool when you make a mistake or when there is a bad call. If you let the little things get under your skin, then it will negatively affect your game. Learn to be patient and grow from these moments rather than let them control you. By being "quick to anger," you will only hurt your team by making mistakes. No good will ever come from you losing your cool.



PATIENCE WITH OTHERS

Once you learn how to be patient with yourself, then you can learn how to be patient with others. This is key when learning how to play as a team. Everybody has their faults, but if you are going to be a team, then you will have to overcome them by learning to be patient with each other. If you are "quick to anger" and let the little things get to you, then the team will suffer, but if you all can come together and intentionally put forth the effort to work together towards one goal, then the possibilities for this team are endless.



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