



Week 1: FASTER

Parent Practice Partner



Memorize: (Check box(s) when completed)

Weekly Memory Verse:

"Let us run with perseverance the race marked out for us." Hebrews 12:1

Main Point: Stay focused on your race and keep moving.

Athlete Memorized

Parent Reviewed

When we hear "faster," we think speed, but spiritually, faster means focus. In volleyball, if you hesitate, you miss the ball or if you overthink, it hits the floor. Have you ever done that? You *knew* what to do... but you paused for a second and it was too late.

In life, the same thing happens. Distraction slows you down. Drama slows you down. Comparing yourself slows you down because you start thinking:

"Am I as good as them?" "What if I mess up again?" "What are people thinking?"

And suddenly, you're not playing free anymore.

God isn't asking you to be the fastest person on the court. He's asking you to stay focused on *your* race and keep moving forward. Your race is your race.

Olympic Example:

Allyson Felix is one of the most decorated Olympic track athletes ever. But what's interesting she wasn't just known for being fast. She was known for being *focused*. In a race, you don't look left or right. If you do, you lose speed. You lose rhythm. You lose the race.

The best runners stay locked in straight ahead.

Allyson Felix trained herself to focus only on her lane, her start, her stride, and her finish. She didn't win because she was thinking about everyone else. She won because she stayed focused on what was in front of her.

That's how we're supposed to live too. Not distracted. Not comparing. Just running our race.

Prayer:

Lord, help me stay focused on what's in front of me and not get distracted by everything around me. Help me move forward with confidence. Amen.

Parent Initials _____



Week 1: DRILL

Parent Practice Partner



Quick Reaction Drill

Parents, have fun with these drills while challenging your players to improve. While these drills don't necessarily involve a ball, they are essential to developing your players athletic ability, which will pay off on the court. (AKA - a good way to build those muscles/warmup)

THE DRILL

Chop your feet like you are running in place.

Faster... Faster... Fast feet for 30 seconds.

On "Go," drop and touch the ground as fast as you can

Pop back up quickly

Repeat 5 times

Focus: react fast, don't overthink

Parent Initials _____

Player Name _____

Team Name (or Color) _____