



Week 2: HIGHER

Parent Practice Partner



Memorize: (Check box(s) when completed)

Weekly Memory Verse:

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." Philippians 3:14

Athlete Memorized

Parent Reviewed

When we hear "higher," we think about jumping. Higher vertical. Higher reach. Higher block.

But "higher" isn't just physical, it's also mental. It's about how you think and live, how you respond, and how you carry yourself.

Anyone can take the easy route. Anyone can complain about playing time. Anyone can blame a teammate. Anyone can have a bad attitude when things don't go their way.

But not everyone chooses higher. Higher attitude. Higher effort. Higher standards.

"Pressing on" mentioned in the scripture above, means you don't settle. You don't stay where you are, you keep pushing to grow.

Because the truth is:

You don't rise to the level of your talent. You rise to the level of your character.

Olympic Example:

Chloe Kim is one of the best snowboarders in the world. In the halfpipe, athletes are judged on how high they go, how difficult their tricks are, and how well they land them.

At the 2018 Winter Olympics, Chloe didn't just play it safe. She kept pushing higher. Even after landing an amazing run that could've already won her the gold medal, she went again and pushed for an even better score. Why? Because she wasn't just trying to be good enough. She wanted to be her best.

That's what "higher" looks like. Not settling. Not doing the minimum. But pushing yourself to grow, even when you don't have to.

Prayer:

God, help me to keep pressing on, even when it's hard. Give me the strength to choose what's right instead of what's easy and help me to grow into the person You've created me to be. Amen.

Parent Initials _____



Week 2: DRILL

Parent Practice Partner



Setting at Different Heights

What you need:

A ball (volleyball, soccer ball, or even a soft ball) and a wall or a partner.

1. Stand a few feet from the wall.
2. Set the ball to the wall **at three different heights**: low, medium, and high.
 - Low = just above head level
 - Medium = chest/shoulder level
 - High = reach as high as you can
3. Do **5–10 reps at each height**, focusing on control and a clean set.

Optional challenge: After mastering all heights, mix them up randomly, forcing yourself to adjust quickly.

Parent Initials _____

Player Name _____

Team Name (or Color) _____