



Week 1: LOVE

Parent Practice Partner



Memorize: (Check box(s) when completed)

Season Memory Verse:

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control;” (Galatians 5:22-23a ESV)

Week 1 Memory Verse:

“Love each other. Just as I have loved you, you should love each other.” (John 13:34-35)

Athlete Memorized

Parent Reviewed

DEVOTION: Do you have a best friend? Someone you do EVERYTHING with?

Jesus and his disciples are nearing the end of his time on earth with them. They are at the Last Supper, Jesus has already washed all of their feet, and He is about to go into one of the hardest nights anyone has ever faced.

Jesus tells his disciples that He is not going to be with them much longer, so He wants to share a very important commandment with them. If you knew you only had one night left with your best friend, what would be the one thing you would share with them?

Let’s take a look at what Jesus said to them in *John 13:34-35*, “*Love each other. Just as I have loved you, you should love each other.*” So, Jesus had one important thing to say to his disciples, and it is simply to love people just like He loved them. Jesus’ commandment wasn’t just for his disciples sitting around the dinner table with Him that night, it was for all of us. How do we Love others the way God loves us?

What are some ways you can show others that you Love them? What are some ways you can share the story of God’s love with your best friend?

Prayer:

Jesus, Thank you for my best friend and the love I can give and receive from them. Thank you for reaching us about love just like you taught your disciples, who were your best friends. Help me to love others better today and this week. Amen.

Parent Initials _____



Week 1: DRILL

Parent Practice Partner



FOUNDATIONAL SKILL DRILLS

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.

Squat Jumps - Have the players stand in an athletic position (feet shoulder width apart, knees bent). The players should jump up, as high as they can from this position and when they land, go right back into it again. Repeat 15-20 times. This helps players to develop muscles that will help their explosion and jumping ability.

Move the Feet - Players will stand in athletic position, with hands out as when playing defense. When you say go, the players must stay in position while "chopping" their feet. Do this for 20 seconds and repeat twice. This is good form and teaching good defensive positioning and technique.

Parent Initials _____

Player Name _____

Team Name (or Color) _____