



“Discipline yourself for the purpose of Godliness”- 1 Timothy 4:7 (NASB)

PRE-SEASON TRAINING – WEEK 2

From a soccer perspective, our 2 days of practice look different

- **Tuesdays:** Age related training (11-13 years; 14-15 years and 16-17 years). Players work with the same coach for the duration of the session on skills and small-group tactics. While the specific training exercises may differ for each age group, the theme remains the same “across the board.” Specifically, we are focusing on quality passing, decision making, body positioning and attacking width along with defensive compactness
- **Thursdays:** Players remain with their age group, but rotate to 1 of 3 stations and a different coach. The stations are: Fitness/technique with a ball; fitness without a ball; game awareness activities. Following the station work are small-sided games. In this setting, we’re looking for:
 - a. Leadership and initiative. Can players get organized quickly with little direction?
 - b. Ownership: Can players take control of the situation and maximize the allotted playing time?
 - c. Coachability. Can players respond to brief “time-outs” from coaches to improve their level of performance?
 - d. Competition. Can players develop a winning mentality both individually and as a team?
 - e. Enjoyment. Can players simply have fun playing the game with their friends/peers?
 - f. Camaraderie. Can players respect and appreciate teammates and opponents? Can they bring the best out of others?



Our devotional theme – Spiritual Discipline – emphasized 2 key truths

- **Discipline for the Christian is not an option**, but rather a command. In 1 Peter 1:16, the Lord tells us to “Be holy because I am holy”. Seems pretty clear, right? Yet we still struggle to obey, believing perhaps, that God is “holding out on us” – stealing our joy – with restrictions, boundaries, and a list of “do’s” and “don’ts”. But nothing could be further from the truth! Which brings us to our second point...
- **Living a spiritually disciplined life actually provides freedom**, not bondage. Observe the freedom for example, that comes through the mastery of any discipline. Think of soccer superstar Lionel Messi dribbling effortlessly past defenders, giving the impression that he was born with the ball attached to his foot. Top professionals like Messi are able to express themselves freely and make the game look easy, because of disciplined practice over many hours, days weeks, months and years. The “ten-thousand hour rule” states that to become an expert in anything, for anything to become second nature, you must perform that activity for at least ten thousand hours (4 hours per day, 5 days per week, 50 weeks per year for 10 years). Now THAT’S discipline! The same is true in our daily walk. A spiritually disciplined lifestyle frees us from unnecessary guilt, shame, regret, jealousy, anger etc. For sure it requires hard work, time and effort (as well as many failures along the way), but the purpose – the end result of Christ-likeness – is more than worth it!



So, let’s press into our faith with perseverance, and determine to live counter-culturally with an unashamed allegiance to our Lord and Savior, Jesus Christ!

Looking forward to seeing you next week!

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Sports Quest:
“Sharing biblical truth to reach, teach & encourage
next generation leaders through soccer”

“I can do all things through Christ who strengthens me.” - Philippians 4:13