

SAINTS GLOBAL

# ACTIVITY PLAN

## SPORTS

### PHYSICAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

#### THE CULMINATING EVENT

### The troop scrimmage

In Session 3, the troop runs a 25-minute scrimmage of a sport the group already plays (pickup soccer, half-court basketball, ultimate). A leader or invited parent officiates and is briefed to make at least one borderline call. The scrimmage is where each saint's sportsmanship, technique, gear use, and leadership get tested in one block.

OUTDOOR FIELD OR INDOOR COURT — WHEREVER THE TROOP NORMALLY PLAYS

## SESSION 1 · PHYSICAL CORE

⌚ 60 min target

# Know the risks, know the first aid

*Name the risks in sports before you play, and rehearse the first aid you might need.*

**SESSION AIM**

Walk through the four risk categories saints meet in organized sports — contact, endurance, equipment, environmental — using one real recent moment from each. Then rehearse first aid for the injuries most likely to come up: sprains, concussions, dental injuries, and heat illness. Saints leave with a first-aid quick-ref handout and a written list of the three risks specific to their sports.

**🎯 WALK AWAY WITH**

- Can name the four sports-risk categories and one example from each
- Has rehearsed the first response for sprains, concussions, dental injuries, and heat illness
- Has written down the three biggest risks for the saint's own two sports

**📦 BRING / SET UP**

- A printed first-aid quick-reference handout (one per saint — the injury card from this session)
- A small first-aid kit with elastic wrap, instant cold pack, gauze, gloves, and a mouthguard or saved-tooth container
- A water bottle per saint and one large jug of water with cups
- BRC printouts (one per saint) and pens
- A folding chair or bench for the sprain demo

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — A risk you have seen**

⌚ 5 min

Ask the group: 'What is one injury or close call you have seen in a real game or practice, and what did the players or coaches do right away?' Take three or four short answers. Keep it brief and concrete — no advice yet. The point is to put a real moment on the table so the rest of the session has somewhere to land.

## SESSION 1 · KNOW THE RISKS, KNOW THE FIRST AID (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 2 · CREATIVE **Sort the risks by category**

⌚ 18 min

1. Name the four sports-risk categories on a whiteboard or sheet: contact, endurance, equipment, environmental. Each youth writes one real example under each from a game he has played or watched.
2. Walk the categories one at a time. Contact: collisions, falls, getting hit by the ball or stick. Endurance: cramping, dehydration, a saint pushing through fatigue past the point where his form holds. Equipment: a bad helmet fit, untied cleats, a worn shin guard. Environmental: heat, cold rain, lightning, a wet field.
3. Discuss what changes when stakes rise. In a playoff or a tight score, saints take risks they would not take at practice. Name two: skipping the cool-down because the game ran long, and continuing to play after a hit to the head because the team needs him.
4. Each youth writes on his BRC: the three biggest risks for his own two sports. The written list is the output he brings back at Session 2.

## REQ 1A

BLOCK 3 · SKILL PRACTICE **Rehearse the first response**

⌚ 25 min

1. Sprains and strains. Demonstrate RICE on a saint role-playing an ankle roll: rest, ice (use the instant cold pack), compression (wrap with elastic), elevation. Each youth wraps and unwraps a teammate before moving on.
2. Concussions. Walk the warning signs: a hit to the head, then headache, slow answers, balance off, or 'just not right.' The first action is removal from play — no return that day, no exception. Walk when to call 911 (loss of consciousness, vomiting, worsening confusion).
3. Dental injuries. A knocked-out tooth gets picked up by the crown (not the root), rinsed in milk or saline if dirty, and either replanted into the socket or stored in milk on the way to a dentist within an hour. Practice with a marker as the tooth.
4. Heat illness. Walk warning signs: stops sweating in heat, confused, clumsy, stumbling. Stop, shade, cool the neck and armpits, sips of water and electrolytes if alert. Not improving means evacuate.
5. Quick teaching point: knowing when to stop matters more than knowing the treatment. A saint who plays through a head hit because he 'feels okay' is the saint to pull off the field.

## REQ 1B

## SESSION 1 · KNOW THE RISKS, KNOW THE FIRST AID (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 4 · DISCUSSION **Decide what stops play and what continues**

⌚ 7 min

1. Stand up and read the four scenarios aloud, one at a time. After each, the group votes: stops play, or continues with treatment after the game?
2. Scenario 1: a saint takes a hit to the head and shakes it off, but his next pass is sloppy. Stops play. Scenario 2: a saint rolls his ankle in the second quarter and can walk on it. Continues with wrap and ice at halftime — but the leader watches. Scenario 3: an abrasion bleeds onto his jersey. Treat at the next stoppage, change shirt, continue. Scenario 4: a saint is dizzy and the field is 95 degrees with no shade. Stops play, into shade, cool down.
3. Reinforce the rule: any head injury, any concussion warning sign, any sign of heat illness means stop. Most other injuries can wait for the next stoppage if the saint can play safely.

## REQ 1A

BLOCK 5 · REFLECTION **Close — Homework and the quick-ref**

⌚ 5 min

1. Each youth puts the printed first-aid quick-reference into his sports bag tonight. The handout lives there for the season.
2. Homework: bring the BRC back to Session 2 with the three-risks list filled in for each of your two sports.
3. Homework: read Sessions 2a-style nutrition info or talk to your parents about your last physical exam. You will need both at Session 2.

## AT THE CLOSE · DEBRIEF

1. Which of the four first-aid scenes did you feel least sure handling?
2. What is one risk in your sport that you have ignored before — and what will you do differently?
3. When a teammate takes a hit to the head, who on your team is the one most likely to pull him out?

☑ *Initial 1a and 1b on each saint's BRC after this session. Note any saint who could not list the three risks for his sports — follow up at Session 2.*

## SESSION 2 · PHYSICAL CORE

⌚ 60 min target

## Pick the two sports, write the plan

*Pick two real sports, write the training and habits that will hold up over a season.*

**SESSION AIM**

Saints commit to the two sports they will participate in this season, walk through the daily habits and nutrition that hold up across months, and then rehearse three sportsmanship moments — a hard call from an official, a teammate's mistake, and a loss. Saints leave with a written training outline for each of two sports and one sportsmanship habit they have practiced aloud.

**🎯 WALK AWAY WITH**

- Has picked the saint's two real sports and a written training and practice outline for each
- Has named the daily habits and nutrition that support a full season
- Has rehearsed one response to a hard call, a teammate mistake, and a loss

**📦 BRING / SET UP**

- A printed Training Outline worksheet (one per saint — two columns, one per sport: weekly practice schedule, game/competition cadence, safety gear, what makes participation responsible)
- A printed sportsmanship scenarios handout (one per saint — the three-card scenario set authored for this badge)
- Pens, BRC printouts, water bottles
- A separate room or quiet corner for the roleplay rotations

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — Risk list check**

⌚ 5 min

Round the room: each youth reads aloud the three biggest risks for his two sports from the Session 1 homework. One sentence per saint, no edits yet. Anyone who did not finish names which sport he is still thinking through. The risks list shapes the training outline in the next block, so it gets done tonight either way.

## SESSION 2 · PICK THE TWO SPORTS, WRITE THE PLAN (PAGE 2 OF 3)

## THE HOUR — CONTINUED

## BLOCK 2 · DISCUSSION Habits and nutrition that hold for a season

⌚ 18 min

1. Walk the role of a physical exam: catches asthma or heart conditions before they become a game-day emergency, sets a baseline for the doctor, clears the saint to play. Each youth names when his last physical was. Schedule one tonight if it has been more than 12 months.
2. Sleep: 8–10 hours on game-week nights. A short night before a game shows up in reaction time more than in mood.
3. Nutrition: protein at every meal, carbs around training (the day before a game and 60–90 minutes before play), water through the day not chugged at the start. Each youth names what he ate on his last game day and what he would change.
4. Habits to avoid: vaping, alcohol, smokeless tobacco, recreational drugs, and energy drinks before play. Long-term performance comes from daily disciplines, not training hours — a saint who trains hard and sleeps four hours loses to the saint who trains less but recovers.
5. Each youth writes on his Training Outline worksheet: one habit he will adopt this season and one he will drop. The list is private; the leader does not collect it.

## REQ 2A

## BLOCK 3 · CREATIVE Write the two-sport training outline

⌚ 17 min

1. Each youth picks two real sports he will participate in this season — not aspire to, not 'maybe next year.' Write both sports at the top of the Training Outline worksheet.
2. For each sport, fill in four rows. Weekly practice schedule: which days, how long, where. Game or competition cadence: how often, against whom. Required safety gear: list each piece. Responsible participation: what does showing up, working hard, and following the rules look like for this sport specifically.
3. Pair share for three minutes. Each youth reads his outline to a partner; the partner asks one question about what is missing. A written outline beats showing up and hoping — if you cannot describe the practice schedule, you do not have one yet.
4. Mark the BRC. The outline counts for Req 2b once the worksheet is complete and the leader has read it.

## REQ 2B

## SESSION 2 · PICK THE TWO SPORTS, WRITE THE PLAN (PAGE 3 OF 3)

## THE HOUR — CONTINUED

## BLOCK 4 · ROLEPLAY Rehearse three sportsmanship moments

⌚ 15 min

1. Hand out the sportsmanship scenarios card. Read the three scenarios on it together: a borderline call from an official goes against you; your teammate makes a costly mistake in the last minute; your team loses a game you expected to win.
2. Split into pairs. Each pair runs all three scenarios in five minutes. One saint plays the situation (the official, the teammate, the opponent); the other saint plays himself and speaks his real response aloud. Swap who plays himself after each scenario.
3. Bring the group back. For each scenario, two saints share what they actually said. The leader names the four sub-disciplines aloud: respect for officials, teammates, opponents, and the rules. Each is a separate skill; a saint can hold one and drop another.
4. Quick teaching point: practice the response on a bad call at practice, because the habit you build there is the one that shows up in the playoff.

REQ 3D

## BLOCK 5 · REFLECTION Close — The scrimmage and what to bring

⌚ 5 min

1. Session 3 is the troop scrimmage. Each youth brings the safety gear for whichever sport the troop plays that night (cleats and shin guards for soccer; indoor shoes for basketball; cleats for ultimate). The leader names the sport in advance — do not guess.
2. Each youth picks one of the three sportsmanship scenarios from tonight as the one he is most likely to fail at. Write it on the BRC margin. He will be watched for it at Session 3.
3. Finish the Training Outline worksheet at home if anything is still blank. Bring it back at Session 4 for sign-off.

## AT THE CLOSE · DEBRIEF

1. Which of the three sportsmanship scenarios did you find hardest to answer honestly?
2. What habit did you write down to drop, and what is making it hard to drop?
3. Which of your two sports does your training outline still feel thin on?

☑ Initial 2a on each saint's BRC after this session. Mark 2b once the leader has read the saint's Training Outline worksheet — collect any worksheet not turned in tonight and read it before Session 3. 3d is in progress; mark after the Session 3 scrimmage.

## SESSION 3 · PHYSICAL CORE

⌚ 60 min target

# Technique, gear, and the scrimmage

*Drill technique, check the gear, and run the scrimmage where sportsmanship gets tested.*

## SESSION AIM

Saints warm up, drill the basic technique for the troop's sport of the night, check protective gear, then play a 25-minute scrimmage with an officiated borderline call built in. Each youth also takes a named leadership role for the scrimmage. The scrimmage is the featureEvent — the controlled moment where 3d (sportsmanship) and 3e (leadership) get tested in real time.

## 🎯 WALK AWAY WITH

- Has drilled one core technique under steady form and one under fatigue
- Has checked his own protective gear against a written list and corrected any wrong fit
- Has played a real scrimmage in a named leadership role with sportsmanship watched by the leader

## 📦 BRING / SET UP

- Whatever the troop's chosen sport needs: balls, cones, goals or hoops, pinnies or two pinnie colors, a stopwatch
- Each saint brings: the protective gear for the chosen sport (mouthguard, cleats, shin guards, indoor court shoes — whichever applies)
- A whistle for the officiating leader or invited parent
- A small printed officiating-cue card for the official (name one borderline call to make during the scrimmage)
- BRC printouts, pens, water bottles per saint

## 🕒 THE HOUR

## BLOCK 1 · SKILL PRACTICE Warm up and check the gear

⌚ 8 min

1. Run a five-minute dynamic warm-up: jumping jacks, high knees, butt kicks, leg swings, arm circles, walking lunges. One youth leads. No static stretching on cold muscles.
2. Pair up for the gear check. Each youth's partner checks fit and condition out loud against the gear list for tonight's sport: mouthguard seats, shin guards cover ankle to knee, cleats are tied through every eyelet, helmet (if used) sits low and the strap is buckled snug.
3. Anything missing or wrong gets fixed before the scrimmage starts. Gear is worn correctly or it is decoration.

REQ 3C

## SESSION 3 · TECHNIQUE, GEAR, AND THE SCRIMMAGE (PAGE 2 OF 3)

## THE HOUR — CONTINUED

## BLOCK 2 · PHYSICAL Drill the core technique under fatigue

⌚ 14 min

1. Pick one core technique for tonight's sport. Soccer: passing and first touch. Basketball: a layup off two steps with the right and left hand. Ultimate: forehand and backhand throw with a partner. The leader demonstrates correct form once.
2. Four minutes of steady-state reps with form first. Each youth completes ten clean reps before increasing speed.
3. Three minutes of conditioning between rep sets: 30 seconds of footwork (shuffle, sprint to a line, back), 30 seconds rest, repeat three times. Fatigue shows up in technique here, not later.
4. Three more minutes of reps after the conditioning. The leader walks the group and corrects form on the rep where it breaks. Correct technique under fatigue is the actual skill.
5. Quick teaching point: poor technique under fatigue is the most common preventable injury, so drill the form now while the body can still learn it clean.

REQ 3B

## BLOCK 3 · PHYSICAL The troop scrimmage

⌚ 28 min

1. Assign leadership roles before play. One youth is captain (organizes the team, calls timeouts, talks to the official). One youth is encourager (talks to every teammate at least twice during play). One youth is the official's helper (re-spots the ball or fetches loose balls, never argues a call). Smaller troops can combine the encourager and helper roles. Each youth holds the role for the full scrimmage.
2. Scrimmage: 25 minutes of play, two halves with a 90-second halftime. Standard rules for the chosen sport. The officiating leader (or invited parent) has been briefed to make one borderline call against each team at some point during play.
3. Halftime is not for tactics. Each youth drinks 8–12 oz of water, the captain names one specific thing the team did well, and the encourager names one teammate who is bringing it. No critique at halftime — that is for the debrief block.
4. The leader (not the official) watches sportsmanship in real time. He notes which saint reacts hardest to the borderline call, which saint encourages a teammate after a costly mistake, and which captain talks to the official respectfully versus heatedly.
5. End play on the whistle. Cool-down walk back to the bench. Do not start debriefing the scrimmage yet — that's the next block.

## BY TIER

**ENTRY** Take the encourager role. Talk to every teammate at least twice during play; no playing-time leadership beyond that.**ESTABLISHED** Take the captain role or the official's-helper role. You are responsible for one specific job and you do it for the full 25 minutes.**MENTOR** Take the captain role on the harder side (the team with the borderline call). You also brief the entry-tier saints on their roles before play and check on them at halftime.

REQ 3D

REQ 3E

## SESSION 3 · TECHNIQUE, GEAR, AND THE SCRIMMAGE (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 4 · DISCUSSION **Cool down and read the scrimmage**

⌚ 7 min

1. Five-minute static stretching circle: quads, hamstrings, calves, hip flexors, shoulders. Hold each 30 seconds. Hydrate while you stretch.
2. Three quick questions, one saint per question: 'When the official made the borderline call, what did you actually do?' 'When a teammate made a mistake, what did the encourager say first?' 'When you were tired in the second half, where did your technique break?'
3. Leader's read-back: name one specific moment of good sportsmanship and one specific moment that needed work, without singling out a saint to shame. Each youth keeps a mental note of his own moment.

REQ 3D

BLOCK 5 · REFLECTION **Close — One thing to bring to Session 4**

⌚ 3 min

1. Each youth writes one sentence on his BRC margin: 'In the scrimmage I learned that I \_\_\_\_.' Specific, not general.
2. Session 4 is the reflection and BRC sign-off. Bring your completed Training Outline worksheet, your three-risks list, and the BRC.
3. Remind the group: your season participation (Req 3a) and the leadership role you take in your real league (the second half of Req 3e) are confirmed between now and Session 4 from outside the troop.

## AT THE CLOSE · DEBRIEF

1. When the official made the borderline call, what did you want to say, and what did you actually say?
  2. Which teammate carried the team in a moment that nobody else noticed?
  3. Which technique drill from the warm-up showed up in your scrimmage play, and which one did you forget under pressure?
- ☑ *Initial 3b, 3c, 3d, and 3e on each saint's BRC after this session. 3e is marked tonight on the strength of the in-session leadership role; confirm any saint's outside-troop leadership role at Session 4 if it applies. 3a (participation in two organized sports for a season) remains in progress and gets confirmed at Session 4.*

## SESSION 4 · PHYSICAL CORE

⌚ 60 min target

## Reflect on the season and sign off

*Account for what the season changed in you, and finish the badge.*

**SESSION AIM**

Saints arrive at the end of their two-sport season. The session opens with a season report on participation (3a), moves through paired conversations on what changed in fitness, discipline, and teamwork (4a), revisits the scrimmage and a specific sportsmanship moment from real games (4b), connects the work to scripture briefly, and walks the BRC line by line for sign-off.

**🎯 WALK AWAY WITH**

- Has reported on his season participation and named which discipline shifted most
- Has told a specific sportsmanship story from his real games
- Has connected the season to scripture in one written sentence
- Has a fully signed BRC

**📦 BRING / SET UP**

- Each saint brings: his completed Training Outline worksheet, his BRC, and any season-record sheet from his teams or leagues
- Open scriptures (one per pair) — 1 Corinthians 9:24–27 bookmarked
- Half-sheets of paper and pens for the habits exercise
- A printed season log template (optional, for any saint without a record from his team)

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — Season report**

⌚ 5 min

Go around the circle. Each saint names his two sports, the season length for each, and roughly how many practices and games he attended. One sentence per saint. Any youth whose season is still running names the date the last game falls on. Do not compare numbers across saints; not every league runs the same schedule.

## SESSION 4 · REFLECT ON THE SEASON AND SIGN OFF (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 2 · DISCUSSION **The reflection conversation**

⌚ 28 min

1. Pair up with a saint you did not partner with in Session 2 or 3. Eight minutes each — one talks, the other listens. No advice, no comparing.
2. Four prompts on a card for the talker. First: 'My fitness changed in this specific way over the season — \_\_\_\_.' Second: 'My discipline showed up most on the day I \_\_\_\_.' Third: 'On my team, the moment teamwork mattered most was when \_\_\_\_.' Fourth: 'A real sportsmanship moment from my season — anchor it in a date, an opponent, and a specific call or play.'
3. Switch after eight minutes. The listener now talks; the talker now listens. Same four prompts.
4. Bring the group back for ten minutes. Each pair contributes one phrase from the partner that stood out — only what the partner gave permission to share. Then each saint tells his own sportsmanship moment to the full group in under 90 seconds.
5. Each youth writes one sentence on his BRC margin: 'The biggest change in me this season was \_\_\_\_.' Specific enough to read in a year and remember.

REQ 4A

REQ 3D

REQ 4B

BLOCK 3 · SCRIPTURE **Scripture connection**

⌚ 12 min

1. Sit in a circle. Each pair shares an open scripture; the leader names the passage: 1 Corinthians 9:24–27.
2. Three minutes of silent reading. Mark anything that connects to the season you just finished.
3. Open round. Each saint names one phrase from the passage and one moment from his season the phrase connects to. No commentary from the rest of the group. The leader contributes last, briefly: training the body is a way of being ready to do long, faithful work, and the discipline carries past the sport.
4. Each youth writes one sentence in his BRC margin connecting one phrase from the passage to one moment from his season.

REQ 4B

BLOCK 4 · CREATIVE **Three keep, one drop**

⌚ 10 min

1. Each youth writes for four minutes on a half-sheet, in two columns. Column A: three sports disciplines I will keep doing in the off-season — practice schedule, sleep, nutrition, gear care, recovery, or sportsmanship habit. Column B: one habit I am dropping because the season showed me it hurts more than it helps.
2. Each youth reads both columns aloud to the group. No commentary from the others. The leader listens for who is being specific and who is being vague.
3. Quick teaching point: the three disciplines you keep doing in the month after the season ends are the ones that will carry into next year.

REQ 4A

## SESSION 4 · REFLECT ON THE SEASON AND SIGN OFF (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **BRC sign-off**

⌚ 5 min

1. Walk the BRC with each saint one at a time while the rest of the group hydrates and cleans up. Confirm each requirement: was it met? Initial what is done; name what is outstanding.
2. Confirm 3a against the saint's season record and his report at the top of the session. Confirm 3e against either the in-session captain role from Session 3 or a leadership role he held in his real league.
3. Leader and saint each sign the BRC. The saint takes the BRC home.

## AT THE CLOSE · DEBRIEF

1. Which of your two sports asked more of you this season, and how?
2. Which sportsmanship habit from the four weeks are you most likely to keep, and which is most at risk of fading?
3. Where will the discipline you built in this badge show up next — in school, in work, or in another sport?

📝 *Initial 3a, 4a, and 4b on each saint's BRC after this session. Confirm 3e if not yet signed. With the Training Outline worksheet collected and the season report on file, the BRC should fully sign off tonight. Any requirement still outstanding gets a concrete deadline written on the BRC.*

## HANDOUT 1 OF 2

## FROM SESSION 1 — REHEARSE THE FIRST RESPONSE

# Sports First Aid — Four Quick References

Print one per saint and post the spare on the team bench. Look first, act in order.

## SPORTS · FIELD CARD

## Look first. Act in order. Know when to stop.

Four injuries you will see on the field. Carry this card in your sports bag.

### IN-GAME INJURIES — FOUR QUICK CARDS

#### 1 Ankle sprain

a roll, a cut, a hard landing

##### WARNING SIGNS

Heard a pop or felt a twist. Pain on the outside of the ankle. Swells fast. Hard or painful to bear weight.

*If he cannot hop on it after a minute, he does not play on it.*

##### FIRST THREE — RICE

- 1 Rest. Off the field, foot up, shoe off.
- 2 Ice 15 minutes on, with a cloth between the ice and skin.

**DON'T** walk it off · ice direct on skin · tape and play on  
Elevate above the heart.

#### 2 Concussion

a head hit, a hard fall, a collision

##### WARNING SIGNS

Headache, dizzy, slow to answer. Pupils uneven, balance off, says he is "just not right."

*When in doubt, sit him out. No return that day — no exception.*

##### FIRST THREE — IN ORDER

- 1 Remove from play right now. No talking him back in.
- 2 Sit quiet, watch him. Tell the parents, the coach, the trainer.

**DON'T** let him drive · let him play again that day · ignore it  
worse over the next 30 minutes.

#### 3 Knocked-out tooth

an elbow, a stick, a ball to the mouth

##### WARNING SIGNS

A whole tooth is out, root and all. A chipped tooth bleeds at the edge. Lip or gum may be cut as well.

*The next hour matters. Get to a dentist or ER within 60 minutes.*

##### FIRST THREE — IN ORDER

- 1 Pick the tooth up by the crown, not the root.
- 2 If dirty, rinse in milk or saline — do not scrub.

**DON'T** scrub the root · store dry · wait an hour to get help  
Store it in milk on the way.

#### 4 Heat illness

hot day · long effort · not enough water

##### WARNING SIGNS

Stops sweating though it is hot. Confused, clumsy, stumbling, or stops making sense on the sideline.

*A saint who goes quiet and odd in the heat is the one to watch.*

##### FIRST THREE — IN ORDER

- 1 Stop. Out of the sun — make shade if there is none.
- 2 Cool the core: wet the neck, armpits, groin. Fan hard.

**DON'T** push through the heat · give salt tablets dry  
Alert. Not alert = stop.

Notice the warning signs before they become an emergency. When in doubt, stop play.

Print this handout for in-person reference during session 1 — rehearse the first response.

## HANDOUT 2 OF 2

## FROM SESSION 2 — REHEARSE THREE SPORTSMANSHIP MOMENTS

# Sportsmanship — Three Moments to Rehearse

Print one per saint for the roleplay block in Session 2 and bring it back for the Session 3 scrimmage debrief.

## SPORTS · ROLEPLAY CARD

## Rehearse the moment before the game.

Three sportsmanship moments you will meet in a real season. Work them in pairs.

### THREE MOMENTS — WHAT TO SAY, WHAT NOT TO SAY

1

#### A hard call from the official

a foul against you that you did not see · a play called back

##### WHAT HAPPENED

The whistle blows. The call goes against you. You think the call is wrong. Your teammates think so too. The crowd is loud.

*Arguing the call rarely changes it. Reset and play the next one.*

##### EASY WRONG

Yell at the official. Throw the ball or your stick. Mutter as you walk away.

##### HARDER RIGHT

Reset to the next play. If you disagree, only the captain asks the official to effect the whistle.

SAY: "Got it. Next play." Reset and move on.

2

#### A teammate makes a costly mistake

a missed assignment · a turnover · a chance lost in the last minute

##### WHAT HAPPENED

Your teammate misses the shot, drops the pass, or blows the coverage. The score changes. He already knows what he did.

*He already knows. Help him reset for the next play.*

##### EASY WRONG

Throw up your hands. Stare him down. Yell across the field. Talk about it to a different teammate.

##### HARDER RIGHT

Find him. Look him in the eye. Name what is next, not what just happened.

SAY: "Shake it off. We need you on the next one."

3

#### A loss

the final whistle · a game you expected to win · a season ends

##### WHAT HAPPENED

The clock hits zero. The score is not yours. Some teammates are quiet, some are angry. The other team is celebrating.

*A handshake line takes 90 seconds. Walk it before you leave the field.*

##### EASY WRONG

Skip the handshake line. Blame the official or a teammate. Storm off without saying anything.

##### HARDER RIGHT

Walk the handshake line. Name one specific thing the other team did well. Thank the official.

SAY: "Good game. You earned it." Mean it the second time.

Rehearse these three with a partner before the next game. The words come easier when you have said them once.

Print this handout for in-person reference during session 2 — rehearse three sportsmanship moments.