

Steelers Practice

Oct 28, 2008

5:45 - Opening Prayer

5:46 - Warm up - Stretching and laps

Have Dawson lead players in some basic stretches and then have all run 5 laps.

5:51 - Man in Motion

Two groups. Have players line up in one formation then motion to another, without looking at playbook.

6:01 - Half-speed Drills at Full Speed

Offense runs plays that are called, without looking at playbook. Extra time is taken to make sure that players are lined up correctly, tosses are made, reads are good. Occasionally freeze the action and give teaching points.

Defense lines up in zone, and is coached on correct way to react to certain situations.

6:18 - Huddle Up - Tell kids to grab a drink and huddle on the field

2. The Servant King (Philippians 2:5-7)

OBJECT: A crown (make one out of construction paper or get one from Burger King)

THEME: Jesus challenges us to be servants, not kings.

Would you like to be a king or queen in real life? A king or queen usually lives in a palace and has a lot of money, silver and gold, and jewels. They are surrounded by servants who get them anything they want. Everyone looks up to them and admires them. Would you like to be treated like a king or queen every day?

Today I want to tell you about a king who took off his crown and gave up his throne to become a servant. That King is Jesus. The Bible tells us that Jesus put aside his Godly nature and came to earth to become a servant. When Jesus was on earth, he spent his entire life in service to others. He healed the sick, he fed the hungry, and he was a friend to those who had no friends. Jesus never lived in a palace. He had no money, no silver or gold, no jewels. The only crown he ever wore while he was on this earth was a crown of thorns.

If I were to ask you if you want to be like Jesus, most of you would probably say, "Yes," but that isn't the question this morning. The question today is, "Would you rather to be a servant or a king?" Jesus chose to be a servant, and if we want to be like him, we must make the same choice.

6:24 - Scrimmage

Practice Offense and Defense. Be mindful of no-passing zones. Use Half-field. Teams get 4 downs to punch it in. Rotate players by position except for QBs.

If you have time, run a hook-and-lateral drill.

6:44 - Closing Prayer**6:45 - All done!**

Huddle-up, and do a "Here we go Steelers, here we go!" chant to close out practice.