



P3 BOOKLETS EXPLAINED

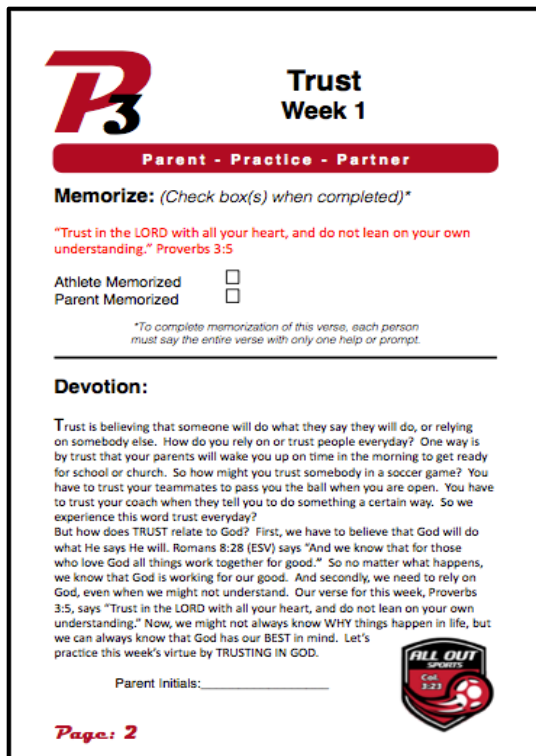
UNDERSTANDING THE PARENT PRACTICE PARTNER PROGRAM

“Parents, we need your help! We want this season to be a great opportunity for growth in your player; socially, athletically and spiritually! And we want YOU to play a huge role. Below is a brief description of the P3 Handbook and what we are asking from you in order to make it effective. I want to thank you in advance for partnering with us this season! God Bless “

-Ryan Farr, Sports Pastor at First Friends Church

PARENT PRACTICE PARTNERS (P3) DEVOTIONAL:

The Parent Practice Partner devotional or “P3” will be handed out the first week of the season to your student athlete. However, for the first week, the Director will do an introductory lesson explaining the P3 to the players. Players will then begin the booklet the following week with Lesson 1. Here’s an example of what the inside of the booklet looks like...



P3 **Trust**
Week 1

Parent - Practice - Partner

Memorize: *(Check box(s) when completed)**

“Trust in the LORD with all your heart, and do not lean on your own understanding.” Proverbs 3:5

Athlete Memorized
Parent Memorized


**To complete memorization of this verse, each person must say the entire verse with only one help or prompt.*

Devotion:

Trust is believing that someone will do what they say they will do, or relying on somebody else. How do you rely on or trust people everyday? One way is by trust that your parents will wake you up on time in the morning to get ready for school or church. So how might you trust somebody in a soccer game? You have to trust your teammates to pass you the ball when you are open. You have to trust your coach when they tell you to do something a certain way. So we experience this word trust everyday?

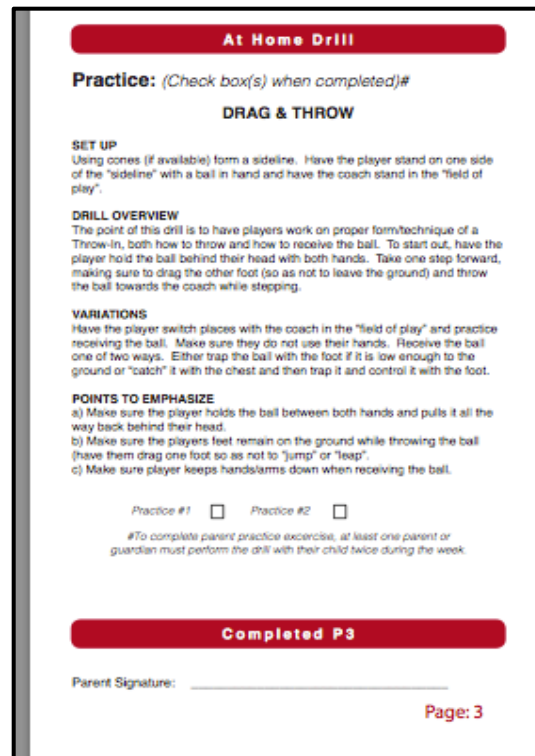
But how does TRUST relate to God? First, we have to believe that God will do what He says He will. Romans 8:28 (ESV) says “And we know that for those who love God all things work together for good.” So no matter what happens, we know that God is working for our good. And secondly, we need to rely on God, even when we might not understand. Our verse for this week, Proverbs 3:5, says “Trust in the LORD with all your heart, and do not lean on your own understanding.” Now, we might not always know WHY things happen in life, but we can always know that God has our BEST in mind. Let’s practice this week’s virtue by TRUSTING IN GOD.

Parent Initials: _____



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P3 Devotional Page



At Home Drill

Practice: *(Check box(s) when completed)#*

DRAG & THROW

SET UP
Using cones (if available) form a sideline. Have the player stand on one side of the “sideline” with a ball in hand and have the coach stand in the “field of play”.

DRILL OVERVIEW
The point of this drill is to have players work on proper form/technique of a Throw-in, both how to throw and how to receive the ball. To start out, have the player hold the ball behind their head with both hands. Take one step forward, making sure to drag the other foot (so as not to leave the ground) and throw the ball towards the coach while stepping.

VARIATIONS
Have the player switch places with the coach in the “field of play” and practice receiving the ball. Make sure they do not use their hands. Receive the ball one of two ways. Either trap the ball with the foot if it is low enough to the ground or “catch” it with the chest and then trap it and control it with the foot.

POINTS TO EMPHASIZE
a) Make sure the player holds the ball between both hands and pulls it all the way back behind their head.
b) Make sure the players feet remain on the ground while throwing the ball (have them drag one foot so as not to “jump” or “leap”).
c) Make sure player keeps hands/arms down when receiving the ball.

Practice #1 Practice #2

#To complete parent practice exercise, at least one parent or guardian must perform the drill with their child twice during the week.

Completed P3

Parent Signature: _____

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P3 Take Home Drill Page

Parents/Guardians, here is what you need to do each week with your player:

- (1) Pick a day to read your family devotional together and memorize the verse on the **P3 Devotional Page**
- (2) Pick two days to set aside half an hour to work in the basement or garage on a drill /exercise that is provided on the **P3 Take Home Drill Page**
- (3) Check off your P3 and gear up for the next week!

That’s all you need! Parents and players who do this each week of the season will receive an End-of-the Season Award when they hand this booklet back in completed!