



UBABALO Whole Life Coaching Manual

Session 1 - 20

From Rugby Coach to Whole Life Coach



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UBABALO

The Whole Life Coaching Manual

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UBABALO eAFRICA WHOLE LIFE COACHING

SESSION 1 STAY CONNECTED

Rugby Coaching *Binding in the Scrum*

Cross-over to Life Skill Coaching

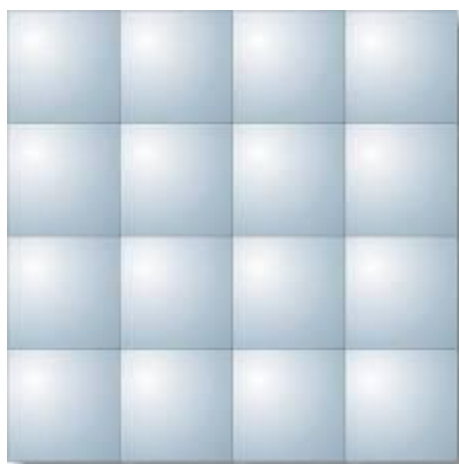
- Today we are practicing to bind and hold on to one another in the scrum. This requires a lot of practice.
- Similarly it takes a lot of practice to stay connected / in touch to other people.
- The first thing you need to believe is that "You could do much better in life if you do not try to live life on your own, but to live it with a team of companions".

Purpose: *To demonstrate the benefit of teamwork against individual effort*

Life Skill: *The skill of staying connected with others*

Outcomes:

1. *To help players to discover the value of interdependence*
2. *To encourage players to practice inter-relational skills*
3. *To convince players to play as a team and not as individuals*



Life Skill Activity Preparation

1. Duplicate the diagram of squares shown on the left on an A4 page or draw it on a large piece of paper.

Life Skill Activity Instructions

1. Show the diagram to the whole team.
2. Ask each player to individually count the squares. Tell them not to share their answer.
3. Next, ask them to form groups of 2 and then to count the squares. Tell the groups not to share their answer with other groups.
4. Next, form groups of 3 to count the squares. Tell them not to share their answer with other groups.

5. Ask which group counted more than 16, or 20, or 24? They should indicate by raising their hands.
6. Finally, let them form groups of 4 to recount the squares.
7. Ask again which group counted more than 20, or 24, or 28? They should indicate by raising their hands.
8. Tell them that the right answer is 30 (16 small squares, 4x4 in the corners, 4x4 from the middle, on each side, 4x6 in the corners, 1 in the middle and the big one).

Life Skill Insights & Application

Ask and Discuss:

1. What can we learn from this exercise?
2. What can we apply from this exercise in our rugby team?
If we work together, we will have better results
Rugby is a team sport and each player is needed to make a contribution during the game
Each player has a role in the team, even the substitutes – let's show appreciation
3. What are the different ways in which we can play that will demonstrate our teamwork?
We can be more conscious of where everyone is on the field
Pass the ball to team mates who are in a better position
Defence can be more structured in the team
Shout words of encouragement to teammates
4. In the same way, it is important for us to stay connected with our family members.
5. How could each of you improve your connectedness with your family members / loved ones back at home?
I can ask family members more questions
I can compliment everyone
6. What is one action step that you can take (today / this week) to stay connected with your family members / loved ones? Share it with one teammate.

Going Deeper

Bible Text: Ecclesiastes 4:9-12

⁹⁻¹⁰ It's better to have a partner than go it alone.
Share the work, share the wealth.
And if one falls down, the other helps,
But if there's no one to help, tough!

¹¹ Two in a bed warm each other.
Alone, you shiver all night.

¹² By yourself you're unprotected.
With a friend you can face the worst.
Can you round up a third?
A three-stranded rope isn't easily snapped.

Remarks:

We all know the fact that one horse can pull 2 tons, while 2 horses can pull 24 tons.

Ecclesiastes gives 3 motivations why “two are better than one” (v9).

- They can help each other up
- They can warm each other in winter
- They can defend each other when attacked

Then the author concludes that a cord with three strands is much stronger.

Ask and Discuss:

- Think of 2 ways in which you and a friend
 - Can help each other up
Assist your friend in his field of interest
Defend him
Pray for him
 - Can keep each other spiritually warm
Share what you discover in the Bible
Pray with him
 - Can defend each other's reputation
Tell good things about friend to other friends
Say good things about him to family members
- How could your rugby team, your family and your church work closer together to be more effective?
Rugby team: Support each other emotionally
Church: Celebrate each other's gifts
Family: Share struggles and pray for each other
- What could you contribute in your team relations to be a better team player (at rugby, at home, at church)?
Encourage your team mates when they make mistakes
Do not shout at them



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SESSION 2 SERVE EACH OTHER INTO GREATNESS

Rugby Training *Short/Long Passing*

Cross-over to Life Skill Coaching

- Passing is a fundamental and important skill in rugby. Even professional players spend many hours practicing this. Passing is the act of serving each other with the treasure (the ball) in a way my teammate would benefit and take our team to a better position.
- The better I serve my teammate, the better he can serve others and the team as a whole.
- Good service should be our motto! If you are a supportive player and see your teammate pass the ball well to someone else, shout: **“Good service!”**
- In life we could also set up each other with good service!

Purpose: *To create a desire to take pride in serving each other well*

Life Skill: *To develop a positive attitude towards service*

Outcomes:

1. *To help players to see the value of good service through passing*
2. *To create a keen desire to serve others to perform well*

Life Skill Activity Preparation

1. Just the normal practice gear (rugby balls and cones).

Life Skill Activity Instructions

1. Play a mini-touch-rugby game in a small space (1/8 of rugby field).
2. No one is allowed to score before everybody on the team touched the ball at least once. The idea is therefore to ‘pass into position’ the scorer.
3. Every time someone receives a good pass he should say: **“GOOD SERVE!”**
4. Each passer of the ball counts the number of ‘good serves’ he got ... and is congratulated at the end with appreciation.

Life Skill Insights & Application

Ask and Discuss:

1. Who did not get many 'good serves'? How did you feel about not serving others well?
I felt I was a bad servant or team player
2. Ask the 'winner' to share advice with the rest on how to serve well.
Gauge the speed and angle of running of the other player
Serve the ball to the hands
Put the correct weight on the pass
3. Summarize the things that should be considered in good passing.
Speed of pass
Spin on the ball
Timing of pass
Speed of players
Angles of running
Find open spaces
4. Ask them which of these principles count in life as well.
5. Say: **"We have to know that people behave as they do because of many reasons. Instead of thinking what their behaviour does to us, we should think how we can help them change their behaviour for the good."**
6. Encourage them to go and serve others well this week. What are 3 action steps that you can take (today / this week) that will serve someone else?

Going Deeper

Bible Text: Philippians 2:1-4

¹⁻⁴ If you've gotten anything at all out of following Christ, if his love has made any difference in your life, if being in a community of the Spirit means anything to you, if you have a heart, if you care – then do me a favor: Agree with each other, love each other, be deep-spirited friends. Don't push your way to the front; don't sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.

Remarks:

- It is clear that our focus should move from ourselves to others.
- There is one key that can turn this to good for us. This is humility!
- And there is one attitude that can mess this up, which is selfish ambition.

Ask and Discuss:

- How could we show unselfishness on the rugby field?
Focus on team play
- How could you serve others better on the field?
As players we can listen to the different calls of play
Running with the ball we can watch other runners who move into better positions
As defenders you can help with the cover defense
As substitute players, we can encourage from the sidelines
When we are substituted, we can encourage from the bench
- How could you serve others better off the field?
Compliment them
Affirm good behaviour
Show interest by asking questions
Remind ourselves that Jesus Christ came to serve us
- How could you serve your family better?
Show interest by asking questions
Help them when needed
Encourage them emotionally
- How could you serve your community better?
- How could you serve your church better?



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SESSION 3 SELF-CONTROL

Rugby Training *Catching*

Cross-over to Life Skill Coaching

- Today we are practicing to catch the ball. This is very important if you want to be a good rugby player. If you do not practice consistently, your first control will let you down during a game situation.
- In order to improve your catching skills, you must practice keeping your eyes on the ball until you catch it and not look towards opponents or to your teammates before you have control over the ball.
- Similarly it takes a lot of practice and discipline to maintain self-control.

Purpose: *To teach players the value of self-control towards delayed gratification*

Life Skill: *The ability to apply self-control*

Outcomes:

1. *To help players to discover the value of self-control*
2. *To teach players to apply self-restraint towards delayed gratification*
3. *To teach the value of saying 'no' to wrong things, or to the right things at the wrong time*

Life Skill Activity Preparation

1. Bring 3 sweets for each player, plus water and drinks for each player.
2. Ask one player privately before the training session to encourage the others to eat their sweets and drink their water whenever they want it.

Life Skill Activity Instructions

1. Put a sweet and a glass of water out for each player.
2. Instruct them not to eat or drink it until the end of practice.
3. During the practice the player (who was asked privately) should encourage the others to eat their sweets and drink the water.

4. At the end of the practice, check who obeyed your instructions by not eating their sweets or drinking their water.
5. Give extra sweets and the drinks to those who did not eat or drink their sweets or water.
6. Then sit down to discuss.

Life Skill Insights & Application

1. State the following important principle in life: **“If you are not willing to pay the immediate price, you will pay the ultimate price.”** (The immediate price was to say “no” to the sweet and water. But in saying “no”, that bought some of the players the real/ultimate prize).
2. Why did you eat the sweets and/or drink the water?
3. Why is it difficult to delay gratification / wait to be satisfied?
Afraid that others will take my share and leave nothing for me.
Peers ridicule me if I don't follow their social rules.
Mass media tells me to do what I want, whenever I want, wherever I want – Just Do It (Nike)
4. Say: **“To reach the best in life we need to say no to the second best in life!”**
What does this mean?
To gain respect you have to say no to drunkenness.
To gain trust you have to say no to slander.
To have ultimate sex with your wife, you have to say no to sex before marriage.

Going Deeper

Bible Text: 1 Corinthians 9:25, 27

²⁴⁻²⁵ You've all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally.

²⁶⁻²⁷ I don't know about you, but I'm running hard for the finish line. I'm giving it everything I've got. No sloppy living for me! I'm staying alert and in top condition. I'm not going to get caught napping, telling everyone else all about it and then missing out myself.

Ask and Discuss:

(All ages)

- Any player in training needs to restrict himself from certain activities to enable him to perform well (v25 & v27). What are the things players should restrict themselves from?
Drinking alcohol
Smoking
Taking drugs
Over-eating
Lack of sleep
Eating poorly
- What are the things that make it difficult for you to apply self-control in life?
Own desires
Peer pressure
Media
- How could we train ourselves to apply self-control?
Get friend(s) to support your choices, to hold you accountable by checking on you
Set reminders around you, e.g. cell phone, poster, bookmark
Delayed gratification

(Above 11)

- Towards general wellness / wholeness, what should we restrict ourselves from?
Things that break us down:
 - Physically; e.g. overeating
 - Socially; e.g. abusive relationships
 - Mentally; e.g. absenteeism from school
 - Emotionally; e.g. suicidal feelings and thoughts
- Towards spiritual wellness what should we restrict ourselves from?
Fleshly patterns
Slander
Self-interest



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SESSION 4 GUARD THE TREASURE

Rugby Training

Handling (Guarding) the Ball While Running

Cross-over to Life Skill Coaching

- The rugby ball is the object with the highest value on the rugby field. You can only score points if you have the ball!
- We must do everything in our power to keep possession when we have it, or regain possession if we have lost it.
- The rugby ball is like a **'pearl of value'** that must be protected and respected.
- In life we also have valuable things: qualities, beliefs, habits, values, relationships that must be protected.

Purpose: *To help players to treasure certain values / principles / convictions / beliefs*

Life Skill: *The skill to create respect by protecting valuable qualities*

Outcomes:

1. *To assist players in choosing "good quality" characteristics which they want to identify with*
2. *Create in them a desire to live respectably*
3. *Cultivate a sense of: "I am going to protect respectful conduct."*

Life Skill Activity Preparation

1. Have small strips of cloth that could be sewn on the inside of socks or pants or top.
2. Have a marker pen to write on the strips of cloth.

Life Skill Activity Instructions

1. Give a list of 'good qualities' (from the worksheet below) to the players from which each player should choose one quality.
2. Let them write the 'good quality' they have chosen with the marker pen on the linen strip.
3. Let them put it in their socks so that they complete the practice with the cloth strip in their socks.
4. Ask them after the practice to sew it on the inside of their clothes when they are at home.

Life Skill Insights & Application

Ask and Discuss:

1. Let each player understand: **“Achievement comes and goes, but character remains.”**
2. Tell them that: **“What we do may impress others but who we are will impact others.”**
3. Have them say: “I want to play like _____, and I want to be like _____.”
4. State a key value for the team: **“We want to play in a way which will create respect from people.”**

Good Qualities Worksheet

- | | | |
|--|---|---|
| <input type="checkbox"/> Loving | <input type="checkbox"/> Respectful | <input type="checkbox"/> Decisive |
| <input type="checkbox"/> Joyful | <input type="checkbox"/> Responsible | <input type="checkbox"/> Reliable |
| <input type="checkbox"/> Peace-loving | <input type="checkbox"/> Courageous | <input type="checkbox"/> Hates evil |
| <input type="checkbox"/> Patient | <input type="checkbox"/> Confident | <input type="checkbox"/> Creative |
| <input type="checkbox"/> Kind | <input type="checkbox"/> Forgiving | <input type="checkbox"/> Trusting |
| <input type="checkbox"/> Good | <input type="checkbox"/> Discerning | <input type="checkbox"/> Initiative |
| <input type="checkbox"/> Gentle | <input type="checkbox"/> Focused | <input type="checkbox"/> Resourceful |
| <input type="checkbox"/> Self-control | <input type="checkbox"/> Dependable | <input type="checkbox"/> Supportive |
| <input type="checkbox"/> Persevering | <input type="checkbox"/> Innovative | <input type="checkbox"/> Leading by influence |
| <input type="checkbox"/> Honest | <input type="checkbox"/> Diligent | <input type="checkbox"/> Determined |
| <input type="checkbox"/> Team player | <input type="checkbox"/> Knowledgeable | <input type="checkbox"/> Bold |
| <input type="checkbox"/> Visionary | <input type="checkbox"/> Forgiving | <input type="checkbox"/> Hard-working |
| <input type="checkbox"/> Loyal | <input type="checkbox"/> Keeps promises | <input type="checkbox"/> Caring |
| <input type="checkbox"/> Sense of humour | <input type="checkbox"/> Generous | <input type="checkbox"/> Polite |
| <input type="checkbox"/> Humble | <input type="checkbox"/> Sacrificial | <input type="checkbox"/> Others _____ |

Going Deeper

Bible Text: 1 Samuel 16:7; Proverbs 4:23

⁷ But God told Samuel, "Looks aren't everything. Don't be impressed with his looks and stature. I've already eliminated him. God judges persons differently than humans do. Men and women look at the face; God looks into the heart."

²³ Keep vigilant watch over your heart; that's where life starts.

Remarks:

To create the respect of others for you, you should;

- Respect yourself because you are valuable.
- Exceed the expectation of others
- Stand firm on your convictions.
- Protect your heart more than anything else.
- Experience personal success.
- Contribute to the success of others
- Think of others before yourself

Ask and Discuss:

(All ages)

- Name one person that you respect a lot.
- Share why you respect that person. (Make sure that they share character traits and not only achievements.)
- Share what characteristic of that person you would want to cultivate / grow in yourself.
- Talk about the importance of having a good heart (inside) before you can be good on the outside. **"Life is lived from the inside out. What is inside will ultimately be observed in our conduct."**
- **"It is important to have good 'thinking practices'. You are the way you think."**
- Encourage everyone to notice the goodness of the inside (heart) of people, and to not only look at the image (outside) of people.

(Older than 11)

- Discuss the components of respect and how we could improve on each of them.



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SESSION 5 IT'S MINE

Rugby Training Scoring Points

Cross-over to Life Skill Coaching

- When you are close to score points by a try or by kicking all focus / expectation / responsibility is on your shoulders.
- There are many players who shirk this responsibility, whether consciously or unconsciously.
- Besides practicing the technique of successfully completing the try or executing the kicks, a successful player requires a strong mental and emotional disposition.
- You begin by developing conviction, confidence, and a “completer” temperament.

Purpose: *To instill that “killer” instinct in players*

Life Skill: *To carry responsibility with dignity*

Outcomes:

1. *Players should be prepared to step up to responsibility*
2. *When taking up responsibility they should do it with confidence*

Life Skill Activity Preparation

1. Just the normal practice gear (rugby balls and cones).

Life Skill Activity Instructions

1. The coach divides the players in 4 separate but equal lines facing the try line, 20 meters away. Line 1 and 2 work together as a group and line 3 and 4 work together as a group.
2. The first player in line 1 and 3 kicks a rolling or bouncing grubber kick towards the try line. The first player in line 2 and 4 run forward towards the ball and try to execute a successful try by controlling on the ball.
3. After the try the players switch roles and fall in the back of the lines. The second players in the line execute the same drill.
4. Each player on the team will do 10 push-ups every time a player does not successfully control the ball while scoring the try. Count the mistakes at the end and multiply it by 10 and do all the push-ups after the game.

Life Skill Insights & Application

Ask and Discuss:

1. You have been given responsibility that some are not used to. How did you feel when you carried this weight on your shoulders?
It took me outside my comfort zone
It needed more focus
2. Do you have any big responsibilities at home / at school / at church?
3. How do you feel about it? Why do you feel that way?
4. What can help / has helped you increase your confidence?
By receive encouragement instead of hurtful criticism
By gaining experience
By having someone show me how to do it
By asking questions or doing research
By staying positive and learning from mistakes
5. The coach should encourage them to take responsibility because through taking responsibility, they will step up their maturity and increase their confidence level to the point where they can say "I CAN!"

Going Deeper

Bible Text: Colossians 3:23-25

²³ Whatever you do, work at it with all your heart, as working for the Lord, not for men (NIV)

Ask and Discuss:

- Are we allowed to do some things good and some things bad?
No. The verse says "whatever you do", that includes everything
- Are we allowed to do things half-heartedly?
No. The verse says "with all your heart"
- Who do we work for? Who do we serve?
We can either serve God or people
- What things do you think you should do better? (Let them share the things that they do half-heartedly)
- What are the 2 or 3 main things you want to take responsibility for? (Some possible areas are home, relationships, school, church, soccer team, others)
It could range from household chores
Telling a friend not to swear, or smoke, or disrespect the opposite sex
Completing homework
Becoming the spiritual leader at home
Not littering on the streets



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SESSION 6 REACH FOR YOUR GOAL

Rugby Training

Contesting (catching) up and under

Cross-over to Life Skill Coaching

- The up and under ball is one of the toughest balls to catch in rugby.
- We have practiced to reach high, stay focused on the ball, and protect yourself by turning sideways.
- Likewise, in life we have to reach towards our goals. Goals seldom come by chance.
- We must make it happen! We must reach for our goals!

Purpose: *To help players to set targets and work towards it*

Life Skill: *To live intentionally towards set goals*

Outcomes:

1. *Players that are motivated to reach their set targets*
2. *Players that have traded the attitude of "Hope for the Best" for an attitude of "Reach For Your Best."*

Life Skill Activity Preparation

1. No special equipment needed.

Life Skill Activity Instructions

1. Let all players pair up 2 x 2. Ensure that they are more or less the same height.
2. Let them take turns to hold one hand at a reasonable height for his friend to jump and touch with his head.
3. Each one should increase the height until he reaches the maximum height his partner can jump and touch with his head.
4. Compare heights but state categorically: "**Not all** (because of not having the same length or jumping ability) **can reach the same height; but each one should reach his maximum height.**"

Life Skill Insights & Application

Ask and Discuss:

1. Who feels he has reached his maximum height?
2. Who feels that it was good enough? And who feels that it was not good enough?
3. Why was it not good enough? Is it because we compared it with others? Or is it because we have not tried our best?
4. Say: **“If you have tried your best, it may be good enough for a goal!”**
5. A goal does not only need height, what else does it need?
It needs intentionality, commitment, watchfulness, explosive power, timing, agility, speed
6. Can you therefore see how intensely you should reach for a goal? In life it works the same. **“If you do not reach for your goals, you will never reach your goals!”**

Going Deeper

Bible Text: Philippians 3:12-14

¹²⁻¹⁴ I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward – to Jesus. I'm off and running, and I'm not turning back.

Remarks:

- What is the prize God has called us to reach?
To become like Jesus; to bear His likeness is our ultimate goal
- **“On the field, the prize is a goal or even a golden goal; but in life the goal is eternal life with Jesus!”** (v14)
- **“You cannot reach eternal life with your own strength, but the Prize is given to you in Christ Jesus.”** (v12) **“God gives what He asks; He gave His Spirit so we can be Jesus-like.”**
- **“Still you have to stretch out towards it to receive this gift.”** (v14) **“We have to validate our gift by receiving it.”**
- You can demonstrate this by lifting someone high enough to touch the ceiling, but it still requires him to stretch to touch it

Ask and Discuss:

- What are some goals that you have set? (Let them talk about goals or ambitions)
- To reach for goal takes all your effort. How willing are you to give all your effort to reach for your goals in life? (Make sure that they say how much they will commit to reach it)
- How willing are you to give all your effort to reach “eternal life with Jesus”? (As they share this, let them be very honest about their lack of commitment)
- What should we do in “reaching for Christ”? (Ensure that the suggestions remain practical)
Study of the Word
Prayer
Fasting
Meditation, listening to His voice
Reaching out to the needs of people
Engage in other learning experiences



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SESSION 7 LIVE WITH COURAGE – YES GO!

Rugby Training *Front Tackle*

Cross-over to Life Skill Coaching

- The skill of the front tackle is used to stop the opponent from gaining ground and try to regain the ball.
- When you try to stop your opponent and regain the rugby ball, you have to do it with conviction, boldness and courage.
- See how these two, Conviction and Courage, are two of the main ingredients to make a difference in life. Let's say it out loud: **“Conviction and Courage! YES – GO!”**

Purpose: *To encourage players to be much more intentional in life!*

Life Skill: *To live courageously with your convictions*

Outcomes:

1. *To help players to choose 2 or 3 sound basic principles for life*
2. *To help players to be bold with the principles they have chosen*

Life Skill Activity Preparation

1. Take a rugby ball along to the practice field.
2. Take a worksheet that lists a number of possible convictions.

Life Skill Activity Instructions

1. Let them sit down in a circle and put a rugby ball in the center of the circle. Each player should be at least 3 meters from the ball.
2. Give each a number (they can stick the number at the back of their jersey).
3. Call out two numbers ... Wait for 2 seconds ... Clap your hands once.
4. On the clap the two numbers called out should jump up and run to the rugby ball and jump on it. The first to have possession of it wins.

5. Give everyone at least one chance to compete. You could also do it on an elimination basis to determine a winner.

Life Skill Insights & Application

Ask and Discuss:

1. Will you win the "grab the rugby ball" competition if you are uncertain about your number? Or about the instructions?
No
2. Do you think one can be successful in life if he/she has no convictions?
No
3. What are 2 or 3 of your convictions that you live by?
Possible responses:
What you sow you will reap
Sex belongs to marriage
We should be honest
It is better to give than to receive
God answers the prayers of a righteous person
4. Choose one if you don't have any.
5. Share about your convictions to at least two people this week.

Going Deeper

Bible Text: 1 Samuel 17:24-26; 31, 32

²⁴⁻²⁵ The Israelites, to a man, fell back the moment they saw the giant – totally frightened. The talk among the troops was, "Have you ever seen anything like this, this man openly and defiantly challenging Israel? The man who kills the giant will have it made. The king will give him a huge reward, offer his daughter as a bride, and give his entire family a free ride."

²⁶ David, who was talking to the men standing around him, asked, "What's in it for the man who kills that Philistine and gets rid of this ugly blot on Israel's honor? Who does he think he is, anyway, this uncircumcised Philistine, taunting the armies of God-Alive?"

³¹ The things David was saying were picked up and reported to Saul. Saul sent for him.

³² "Master," said David, "don't give up hope. I'm ready to go and fight this Philistine."

Remarks:

David had three convictions:

1. He wanted to change the minds of the Israelites from a negative to a positive mindset (v26).
2. He wanted to defend the honour of God (v26).
3. He was prepared to attack the giant that wanted to kill his nation emotionally, physically, and spiritually.

Ask and Discuss:

(Up to 11)

- What are the negative things people say that you can change into a positive thing?
If they say about someone: "He is horrible," then you can say: "Only if you do not want to see his good points."

(11 – 15 and up)

- What are the giants that want to destroy our nation emotionally, physically, and spiritually?
Emotionally: Inferiority, false guilt, demanding spirit, apathy & indifference, pessimism
Physically: HIV/AIDS, eating disorders, drugs, sex outside of marriage, violence, poverty
Spiritually: Moral decision made by feelings, spiritual pride, church disunity, negative peer pressure
- How would you attack these giants
 - In your mind?
Think of what could create the opposite
 - Practically?
Do practically the ideas that are mentioned above

(All ages)

- How can you bring glory to God this week and defend His honor?
By sharing my testimony / by sharing what I discovered in my Bible study with someone

Closing:

Let us live with the **YES – GO!** principle.

(Yes = We must do the right thing)

(Go! = We must have courage to do it)



UBABALO eAFRICA WHOLE LIFE COACHING

SESSION 8 GRAB THE MOMENT

RugbyTraining *Passing (Fall- away or switch pass)*

Cross-over to Life Skill Coaching

- Passing is to create opportunities for your teammate.
- Good control of the ball plus awareness of the opportunities and opponents are necessary.
- As we have to be awake to the opportunities on the field, we also have to be wide awake to the opportunities in life – without losing the treasure that you carry.

Purpose: *To encourage players to always be on the alert*

Life Skill: *To be aware (and not be caught unaware!)*

Outcomes:

1. *To wake up players towards alertness*
2. *To increase peripheral vision*

Life Skill Activity Preparation

1. No preparation required.

Life Skill Activity Instructions

1. Play the “slap your hand” game (in pairs) where the one player holds his ear lobes and slaps with one or both hands the hands of his opponent which is held out in front of him.
2. The idea is that the opponent should pull away his hand/hands before they are slapped. If the opponent misses, you get your chance of slapping his hand.
3. Play 6 rounds.

Life Skill Insights & Application

Ask and Discuss:

1. Where do you look in order to prepare to pull away your hands quickly enough?
Look at the origin of the movement, where he holds his ear
2. What are the clues to help you win in this game?
You have to be very alert / sharp
Don't get distracted / tricked
3. How could one apply these clues to every day life?
Don't be simple-minded. We should not only look at the symptoms of things or perspective on things. There is more than one reason to anything happening
4. What are some wrong thoughts that trick your friends into missing out on opportunities in life?
No one will know / catch me if I cheat
Education is worthless
God does not care about me
There's nothing wrong with sexual intercourse if we love each other
5. What are some good thoughts that can help us grasp good opportunities in life?
Education gives me useful skills and prepares me for future opportunities
God has a plan and purpose for me
Preserving my body for my legal spouse will protect us from distrust and disease
I can be a leader by influencing the people around me

Going Deeper

Bible Text: Ephesians 5:15-20

¹¹⁻¹⁶ Don't waste your time on useless work, mere busywork, the barren pursuits of darkness. Expose these things for the sham they are. It's a scandal when people waste their lives on things they must do in the darkness where no one will see. Rip the cover off those frauds and see how attractive they look in the light of Christ.

Wake up from your sleep,
Climb out of your coffins;
Christ will show you the light!

So watch your step. Use your head. Make the most of every chance you get. These are desperate times!

¹⁷ Don't live carelessly, unthinkingly. Make sure you understand what the Master wants.

¹⁸⁻²⁰ Don't drink too much wine. That cheapens your life. Drink the Spirit of God, huge draughts of him. Sing hymns instead of drinking songs! Sing songs from your heart to Christ. Sing praises over everything, any excuse for a song to God the Father in the name of our Master, Jesus Christ.

Remarks:

- Before you can make the most of every opportunity, you should be wide awake and watchful.
- Things that help us to be watchful are:
 - To know the will (Word) of God (v17).
 - To be given over to the Holy Spirit (v18).
 - To be encouraged by the fellowship of fellow believers (v19).

Ask and Discuss:

- Could bad things happen to us even without us noticing?
Yes, that is why v15 says: "So watch your step. Use your head!"
- What are the evil influences that could come into our mind without us noticing?
Mass media & internet
Culture, e.g. pop culture, pagan traditions
Mega-trends, e.g. materialism, capitalism
Syncretism
Protectionism
- Would one lose your alertness if you do not apply the advice from Ephesians 5:15-20?
Yes
- What are three things that could help you?
The Word functions like a lamp (to reveal the dark areas) and a torchlight (to show you where to go)
The Holy Spirit interprets like the eyes do
Fellow believers help to broaden your scope to look in the right direction
- How are you going to encourage someone this week to stay alert?
By reading and quoting the Word, and asking: "Is this what the Holy Spirit (or Jesus) wants?"



UBABALO eAFRICA WHOLE LIFE COACHING

- SESSION 9 -
- TIMING IS EVERYTHING -

RugbyTraining

Passing (Dummy pass/Pop-up) and/or Side Stepping

Cross-over to Life Skill Coaching

- **Passing:** Passing is very important in rugby. It creates opportunities for your team to score and gain territory.
- Depending on the speed of the runner and support player, one must decide when to pass the ball. If you perform the pass too soon the rugby ball will not land in the hands of your team mate and will probably hit the ground. If you do the pass too late, the teammate will over-run the pass and the ball will hit the ground. As soon as the ball is on the ground your opponents have the opportunity to steal the ball.
- **Side Stepping:** Side stepping is very important in rugby because it helps you beat the opponent in front of you and gain territory.
- Timing is everything in the side step. If the runner steps too early the opponent will know what direction the player is going and be tackled. If the runner steps too late the runner will not have enough room/space to avoid the opponents tackle.
- In life we also will constantly have to decide: "Is this the right way to do it this?"
- This needs good discernment.

Purpose: *To encourage players to apply good discernment*

Life Skill: *To constantly apply better discernment*

Outcomes:

1. *To help players not to barge blindly into situations*
2. *To teach players to quickly evaluate options for maximum impact*

Life Skill Activity Preparation

1. No preparation required.

Life Skill Activity Instructions

1. Ask them to play the 'follow-the-leader' game with you.
2. Hold your hands 5cm from each other and move them up and down for a 30cm distance.

3. Every time that your hands cross each other, they should clap once, but only when your hands cross each other.
4. After having done this 3 times, start an elimination process where the ones that falter falls out (5 times).

Life Skill Insights & Application

Ask and Discuss:

1. Ask them to try and tell you exactly what they had to do to be good in this exercise
They will mention alertness, quickness, focus, coordination, etc.
Add to that: The ability to “check your reaction.”
2. In rugby we have to be alert, quick, focused ... to keep an eye on the ball ... and check (throughout the game) our reaction.
3. What are some negative things that can happen if you do not ‘check your reaction’ during a game?
React against a teammate, opponent, match officials
Get substituted to prevent further conflict
Get a yellow or red card
4. In life, we have to be alert, quick, focused ... and check our reaction with the following question: Is this the right thing to do? (Not the nice thing, not the easy thing ... but the right thing)
5. What is one right thing that you want to do for the rest of this week?

Going Deeper

Bible Text: Proverbs 15:24, 28

²⁴ Life ascends to the heights for the thoughtful – it's a clean about-face from descent into hell.

²⁸ Prayerful answers come from God-loyal people; the wicked are sewers of abuse.

Remarks:

The two verses emphasize the importance of weighing your reactions (v28) and timing your words (v24).

Ask and Discuss:

1. Are you prone to “speak before you think”? What is normally the result of that?
Results could be misunderstanding, conflict and shame
2. If we weigh our words/deeds, what would you say are the most important principles?
Have them say ...
Ask a question to clarify if you heard correctly
Consider the other person’s thoughts, feelings
Ask yourself: Is this the right time to say/do it?
Ask yourself: Will we both benefit if I say/do this?
3. If you are in difficult situations this week, do the above and remember: **“Timing Is Everything!”**



UBABALO eAFRICA WHOLE LIFE COACHING

SESSION 10 REACHING OBJECTIVES

Rugby Training *Running With The Ball*

Cross-over to Life Skill Coaching

- This life skill coaching is not directly related to the rugby coaching of the day, but during practice every-one must be reminded to set goals and achieve it with urgency.

Purpose: *To encourage players to develop goals in life*

Life Skill: *To set personal goals and work at it with self-motivation*

- Outcomes:**
1. *Each player must set a personal target for himself*
 2. *Each player should work at his own goals independently of others*

Life Skill Activity Preparation

1. Small pieces of paper and pens for each player
2. You can also conduct this activity as a fitness test.

Life Skill Activity Instructions

1. Players are asked to set a specific goal for himself/herself for the next 2 months
 - The goal can be fitness related, e.g. to run 1000m in a certain time or to perform the Bleep test at a certain level, bench press a certain weight.
 - The goals can be skill related, e.g. to run and side step through 10 cones within 15 meters span and back within a certain time, or to kick the rugby ball through the poles a certain amount of time.
2. They first perform the activity and they are timed on it. Next time, the same activity needs to be accomplished in a shorter time. Then they set their goals and hand in what they have written on the piece of paper.
3. They are tested every 2 weeks to see how they improve relative to their goal.
4. After 2 months or as soon as they surpass their target, they are to set new targets. The idea is that they must work at this target on their own (self-discipline is therefore tested).

Life Skill Insights & Application

Remarks:

1. The coach reminds the players that self-motivation and self-discipline is absolutely vital.
2. The coach find ways of rewarding them as soon as they reach their targets, e.g. a certificate stating: Reward for Self-Discipline, Most Improved Player.
3. Coaches can bridge the life skill with the soccer skill by often reminding them to set goals for their play in matches as well.

Going Deeper

Bible Text: 1 Corinthians 9:25-27

²⁴⁻²⁵ You've all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally.

²⁶⁻²⁷ I don't know about you, but I'm running hard for the finish line. I'm giving it everything I've got. No sloppy living for me! I'm staying alert and in top condition. I'm not going to get caught napping, telling everyone else all about it and then missing out myself.

Remarks:

Paul uses 3 principles in sport to get his message across. If you want to be successful, there must be:

1. Goals set (v26)
2. Strict training (v25)
3. Sacrificial commitment of the body (v27) by the mind

Ask and Discuss:

You have set goals for yourself in soccer, but what are your specific goals in your spiritual life?

- Write down 2 of your goals for the next 2 months
Goals could be for Bible study and prayer
But also add practical deeds
- Write down how you are going to train to reach them
This training could include study or practice or helping of a friend
- Write down what specific sacrifices of time etc. that you are going to make to achieve them.
- Remind them that nothing precious comes cheap.



UBABALO eAFRICA WHOLE LIFE COACHING

SESSION 11 PREPAREDNESS

Rugby Training *Defense*

Cross-over to Life Skill Coaching

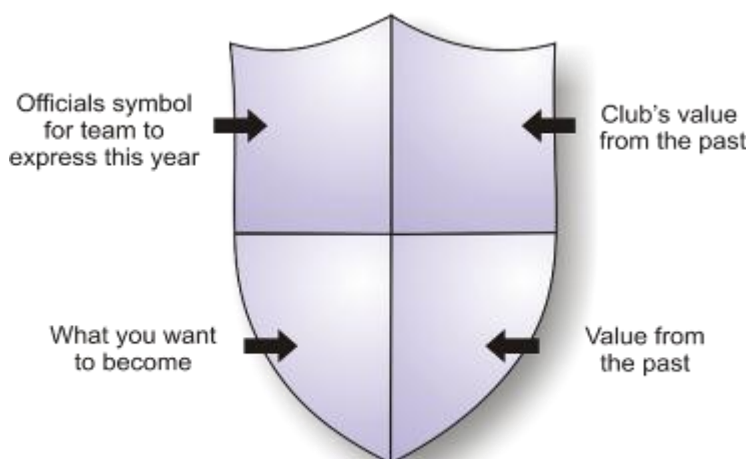
- One of the tasks of every player is to build his “protective shield / wall”. This is not only happens in different individual positions but for defensive play in general as a team.
- We too need a “protective shield” that will not only protect our lives, but also become part of our identity like the “code of arms” with ancient warriors.

Life Skill: *To decide on the main values that will represent you and protect you in life*

- Outcomes:**
1. *To choose the key values that will represent you and the club*
 2. *To find symbols to represent the values*
 3. *To establish a meaningful positive identity for the individual and the club*

Life Skill Activity Preparation

1. Have papers ready with a shield drawn on them for each player. (See right hand side)
2. Pen/pencils for the players to draw / write inside the shields.
3. Hand out the “code of arms” symbols (with related values) so that they can choose from that. The players can also creatively choose their own.
4. Afterwards these paper shields could be permanently made on badge material and sewn on the jerseys.



Life Skill Activity Instructions

1. Say: **“We need to stand for something. If you stand for nothing, you fall for everything that amounts to nothing.”**
2. Today we are going to choose the symbols that will represent what we stand for.
3. In the bottom left quadrant (from players’ view) we are going to put what you chose as a value from the past. Maybe a value from your heroes or your parents.
4. In the bottom right quadrant (from players’ view) we are going to put the symbol that will express what you want to be or become, e.g. if you want to soar in life, you will draw an eagle; if you want to grow, a tree; to be tough, a fist or a sword.
5. Next the coach will put the symbol in the top left corner (from players’ view) of what the club historically stands for.
6. Next the officials of the club in discussion with the players come up with a symbol that will express what this year’s players would want to express. This is put in the top right corner (from players view).

Life Skill Insights & Application

Ask and Discuss:

1. **“The symbols and values that we stand for will tell people who we are (our identity), and will also protect us from not becoming what we do not want to become.”**
2. Let us now state clearly what we want to hold on to from the past as a club, and what we want to express this year as our identity for 2007.
3. Give each player an opportunity to state what he wants to hold on to - borrowed from heroes or parents - and what he wants to express in his conduct.
4. You can also create a club “cheer for the year”.

Going Deeper

Bible Text: Ephesians 6:10-18

¹⁰ Finally, be strong in the Lord and in his mighty power.

¹¹ Put on the full armor of God so that you can take your stand against the devil's schemes.

¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,

¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace.

¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. (NIV)

Remarks:

- Paul states 3 times : "Take your stand" (v11), "Stand your ground" (v13) and "Stand firm" (v14)
- We do not want to waver when the attacks come physically on the field, nor spiritually when Satan wants to attack us.

Ask and Discuss:

- What are the symbols / armour that Paul refers to and what do they stand for? (v14-18)

Belt	→ Truth
Breastplate	→ Righteousness
Sandals	→ Ready to share the gospel
Shield	→ Faith
Helmet	→ Salvation
Sword	→ Word of God
Communication	→ Prayer
- Which of this armour do you lack and what should you do to make sure you always have the full armour on? Discuss.



UBABALO eAFRICA WHOLE LIFE COACHING

SESSION 12 PROTECT FROM INFILTRATION

Rugby Training *Individual Defending (Tackling)*

Cross-over to Life Skill Coaching

- Defending and regaining the ball is hard work and requires much discipline.
- This experiential game will prepare you for your rugby drill.
- Remind them that the rugby ball is the most precious commodity on the field. Without it you cannot win!

Life Skill: *To protect that which is good for you and precious to you, from someone wanting to steal it from you*

- Outcomes:**
1. *To instill the value of protecting that which is valuable to you. (e.g. self-respect, virginity and spiritual wholeness)*
 2. *To discover that proactive behavior is often the best defender*
 3. *To discover that even in individual defending, we need each other*

Life Skill Activity Preparation

1. Get handkerchiefs (or pieces of material the size of a handkerchief or even pieces of rope or newspaper rolled up will work) for each player.
2. They need to tuck this into the back of their pants so that it looks like a tail.
3. Use contained spaces e.g. 60m² for 2 teams of 9 players.

Life Skill Activity Instructions

1. The name of the game is: **Protect Your Tail.**
2. The idea is to protect your tail from being grabbed. As soon as a tail is pulled out, the person is eliminated.
3. You are only allowed to protect your tail by turning your body or by touching the hands or arms of the attacker.
4. You are not allowed to hold on to your tail.
5. Allow the game to continue for 3 - 5 minutes and see which team wins.

Life Skill Insights & Application

Ask and Discuss:

1. What are the technical, tactical or strategic things that you discovered during the game?
Stand near the line and keep your tail facing the outside
Stand near a slower runner
Be inconspicuous by hiding in a larger group
2. What did the game teach you about watchfulness?
3. What are the things in life that you want to protect
 - a. Outside yourself?
Here they may say things like family or some of their possessions
 - b. Related to you?
If they do not say self-respect or virginity, you may refer to it by telling a relevant story
4. Say: **“It is self-depleting / destructive to not protect that which is precious to you. Will you exchange a flawless diamond for a lump of coal? You do not want to gain things of lesser value while you lose things of greater value.”**

Going Deeper

Bible Text: 2 Timothy 2:20-26

²⁰⁻²¹ In a well-furnished kitchen there are not only crystal goblets and silver platters, but waste cans and compost buckets—some containers used to serve fine meals, others to take out the garbage. Become the kind of container God can use to present any and every kind of gift to his guests for their blessing.

²²⁻²⁶ Run away from infantile indulgence. Run after mature righteousness – faith, love, peace – joining those who are in honest and serious prayer before God. Refuse to get involved in inane discussions; they always end up in fights. God's servant must not be argumentative, but a gentle listener and a teacher who keeps cool, working firmly but patiently with those who refuse to obey. You never know how or when God might sober them up with a change of heart and a turning to the truth, enabling them to escape the Devil's trap, where they are caught and held captive, forced to run his errands.

Ask and Discuss:

- The passage refers to articles for noble purposes (v20). Would you at the end of your life want to be referred to as “He was an instrument for a noble purpose!”? (Let everyone answer)
- **“To be noble, we’ll have to protect ourselves from ignoble things. We’ll have to SAY NO! to destructive behaviour or desires.”** (v22) What are the destructive things that you want to say “NO!” to?
Be practical about the evil things they are challenged with: Drugs, sex, gossip, pornography, disobedience, disrespect, truancy, rape, stealing, bullying, etc.
- For every “NO!” there is a “YES!” Determine what is the YES-behaviour for each destructive behaviour mentioned above.

If you say “NO!” to:

- Drugs
- Sex
- Gossip
- Pornography
- Disobedience
- Disrespect
- Playing truant
- Rape
- Stealing
- Bullying

Then you say “YES!” to:

- Sobriety
- Faithfulness to your wife
- Positive, uplifting talks
- Good thought patterns
- Obedience
- Respect
- Faithful attendance
- Sex after marriage
- Honesty
- Friendship

- The Bible text says that two proactive approaches will bring about success:
 1. If you strive to positive things (v22). What are the positive things that you want to strive for?
Pure heart, faith, love, peace
You can also add integrity, respect, positive influence
 2. If you intentionally influence others (v25). How do you want to positively influence
 - Your friends?
 - Others?
Setting an example, encourage them to do the positive things mentioned previously



UBABALO eAFRICA WHOLE LIFE COACHING

SESSION 13 APPRECIATING EACH OTHER

Rugby Training *Team Defending*

Cross-over to Life Skill Coaching

- This life skill exercise does not directly relate to the rugby drill.

Life Skill: *To develop loyalty to the team through their appreciation of you and your appreciation of them*

- Outcomes:**
1. *To discover how people really value your contribution to the team*
 2. *To discover how people really value who you are, not only what you do*
 3. *To develop positive thinking about other people*
 4. *To develop deeper loyalty to the team / the club*

Life Skill Activity Preparation

1. The coach must prepare white stickers (the postal printing type or Post-Its). If the team consists of 18 players, it means 36 (18 x 2) stickers for each player. The total required is 648 (18 x 2 x 18).
2. Each player must have a pen.

Life Skill Activity Instructions

1. In the first round every player must write one "valuable-to-the-team" sticker on what he appreciates of the other player's contribution to the rugby quality of the team.
2. In the second round each player writes one "good-characteristic-of-the-player" which he appreciates. This has nothing to do with the rugby specifically, but to appreciate the person for who he/she is!
3. Now everyone sticks one by one his appreciation stickers on the other players (maximum one per player). The rugby appreciation sticker is stuck on the front of his shirt and the character sticker on his back.

Life Skill Insights & Application

Ask and Discuss:

1. After every-one received his two stickers from everyone else, then he collects them from his jersey and reads them carefully.
2. When done, the coach asks:
 - a. What is your first impression?
 - b. Describe your emotion right now?
Most will be positive. If negative, then ask them "Why?" to discover the reason.
 - c. What surprised you most?
 - d. Did you get some of which you want to say: "I actually have to improve on this one?"
 - e. What happened to you whilst you were writing the stickers for the other players?
I was forced to think positively of others
 - f. How will our club benefit if we have a positive attitude towards each other?
It will be encouraging, affirming, strengthening
Players will like to be part of this club and keep returning

Going Deeper

Bible Text: Hebrews 10:24, 25

²⁴ And let us consider how we may spur one another on toward love and good deeds.

²⁵ Let us not give up meeting together, as some are in the habit of doing but let us encourage one another – and all the more as you see the Day approaching. (NIV)

Remarks:

- Hebrew 10:24-25 says twice: "Spur each other on" and "Encourage one another".
- It also says we should do it for the "being good" of some-one (v24; towards love) and for the "doing good" of someone (v24; good deeds)
- You have spurred each other on with the sticker on "good character".

Ask and Discuss:

- What are the 3 characteristics mentioned that you appreciate most?
- What are the 1 or 2 things that they have not mentioned that you hoped people would notice? (Here you can ask: "Why do you think they did not notice it?")
- What are the good deeds (not rugby related, just general good deeds) that you want to do more?
This could be anything, e.g. serving the poor, helping the sick or family member, etc.
- Hebrews 10:25 also talks about loyalty when it says that we should not neglect the meetings. In which way can you express your loyalty to this group better?
In always attending training sessions, team meetings
In asking: "What can I pray for?"
In sharing positive things about the group



UBABALO eAFRICA WHOLE LIFE COACHING

SESSION 14 COHESION

Rugby Training *Team Defending*

Cross-over to Life Skill Coaching

- When a team is defending it is important to not work as individuals, but as a synchronized unit. This means that each one must be conscious of the movements of the other.
- In life it's also important to know: **"Life is lived because of others."** We have to stand together and specifically to defend certain values together.
- This means that we should 'get a feel' for each other.

Purpose: *To practice to move together with others*

Life Skill: *To learn to "sense others" by finding harmony in cohesive movements*

Outcomes:

1. *To discover that moving together takes effort*
2. *To learn to focus away from yourself to those in your team / group*
3. *To discover that harmony takes the effort of adapting all the time*

Life Skill Activity Preparation

1. All rugby players need to have their rugby boots on for this exercise. If the players do not have boots, the coach can use string / rope to tie their ankles together.

Life Skill Activity Instructions

1. Form groups of 3 and ask them to stand shoulder to shoulder with each other.
2. Ask each to tie their shoe-laces with half a knot and then tie the shoe laces to each other in such a way that their feet would be 6 inches or less apart from each other.
3. Have teams race with each other over 50 meters and pick the winner.
4. Ask teams to race against each other for one full round around the rugby field and pick a winner.

Life Skill Insights & Application

Ask and Discuss:

1. When both races are finished, ask the following questions and give time for reflection
 - a. Did you have fun? Why or why not?
 - b. What did you struggle with?
 - c. How did you have to adapt your running?
 - d. What was the difference between the middle person running and those at the ends?
 - e. What did you do as a team to get the running to go smooth?

See if you can get them to express clearly what was needed to get the rhythm in the running of the team.

2. Ask the following life coaching questions:
 - a. Where in life do you also function in teams?
Family, church, community, school, sports team, music band, etc.
 - b. What do you struggle with in those teams?
 - c. What can you do there to “run smoothly in rhythm”? (Let them think creatively and practically)
3. Say: **“Some of you even have to play the key role of the “middle-man / peacemaker” in other teams. This takes more focus on the team process. We hope you do it well.”**

Going Deeper

Bible Text: Mark 3:16-19

¹³⁻¹⁹ He climbed a mountain and invited those he wanted with him. They climbed together. He settled on twelve, and designated them apostles. The plan was that they would be with him, and he would send them out to proclaim the Word and give them authority to banish demons. These are the Twelve:

Simon (Jesus later named him Peter, meaning "Rock"),
James, son of Zebedee,
John, brother of James (Jesus nicknamed the Zebedee brothers Boanerges, meaning "Sons of Thunder"),
Andrew,
Philip,
Bartholomew,
Matthew,
Thomas,
James, son of Alphaeus,
Thaddaeus,
Simon the Canaanite (Zealot),
Judas Iscariot (who betrayed him).

Remarks:

Look at Jesus' team:

- One got the name Rock (Peter)
- Two brothers got the nickname: "Sons of Thunder" (James and John)
- One was called "fanatic" or Zealot (Simon)
- One was a betrayer of the leader (Judas)
- And the others were pretty diverse as well

Ask and Discuss:

- Do you think it was easy to fit in with this team?
No
- What do you normally do if you land in a team like this? (Let them honestly say how they treat fanatics and traitors)
- What are you supposed to do in a team like this to help it to "run smoothly"?
Appreciate diversity
Cushion weakness
Encourage strengths
- Think of a specific person with whom you are 'out of rhythm' now. What should you do to get the rhythm back?
Try to find out why he does things differently
Try to see his benefit for the team
Appreciate his contribution
Only after that you can try to correct him in order to help him



UBABALO eAFRICA WHOLE LIFE COACHING

SESSION 15 CREATING SPACE FOR EACH OTHER

Rugby Training *Attacking As A Team*

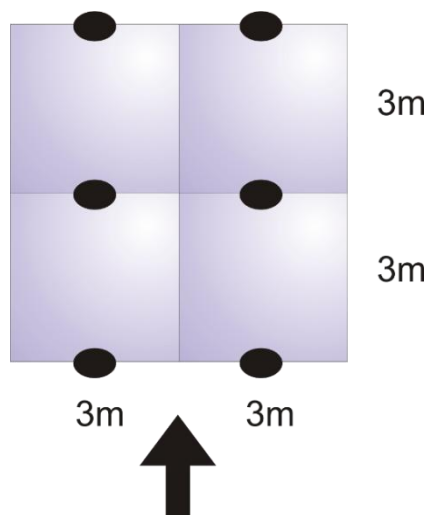
Cross-over to Life Skill Coaching

- This experiential game will prepare you for your rugby drill

Life Skill: *To open up opportunities for others*

- Outcomes:**
1. *To learn to be intentional in creating opportunities for others*
 2. *To appreciate when opportunities are created for you*
 3. *To learn to work together for the benefit of all*

Life Skill Activity Preparation



1. Create 6m x 6m playing courts. You may need cones, tape, chalk or maybe sand.
2. Let your players form groups of 6 to compete with each other.

Life Skill Activity Instructions

1. The name of the game: **Breaking Gates**.
2. Courts are divided as follows (See left figure).
3. The challenge is: At least 2 players must cross the 3rd line without being touched.
4. The defending team position themselves as indicated with dots.
5. The attacking team enters the game as arrow indicates.
6. The 6 attackers try to get past the defenders without the defenders touching them as they cross the 3 lines to the other end. Defenders are only allowed to move on the lines.
7. When an attacker is touched whilst crossing the line, he/she is eliminated.

8. As soon as two attackers cross the 3rd line without being touched, the time stops.
9. Now teams swap positions and the defending team becomes the attacking team, and their time to cross lines is taken to compare against the competing team.

Life Skill Insights & Application

Ask and Discuss:

1. The whole strategy of this game is to create space for each other.
2. Ask the losing team: Why did they lose?
3. Ask the winning team: Why did they win?
4. Ask both teams what they would do differently next time to improve their performance?
5. Say: **“Creating space / opportunities for each other is vital if you want your team to win in life.”**
6. How can we create more opportunities for each other in the team?
We can run into space better.
Pass to players who are in better positions, not only to players that you like
7. How can you create an opportunity for someone in your family? Discuss.
We can look at their gifts, affirm this and look for opportunities to move them forward to express these gifts

Going Deeper

Bible Text: Romans 15:1-7

¹ We who are strong ought to bear with the failings of the weak and not to please ourselves.

² Each of us should please his neighbor for his good, to build him up.

³ For even Christ did not please himself but, as it is written: "The insults of those who insult you have fallen on me."

⁴ For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope.

⁵ May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus,

⁶ so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ.

⁷ Accept one another, then, just as Christ accepted you, in order to bring praise to God. (NIV)

Ask and Discuss:

- The goal of this passage is to encourage us to live life with a "spirit of unity", "with one heart and mouth"
- In order to do that, there is a:
 - Source of inspiration. What is this?
The example of Jesus (v3, 5, 7, 8)
 - 3 preconditions / attitudes without which it is impossible
 1. Not to think of ourselves too much (v1)
 2. To accept others (v7)
 3. To build others up (v2)(Let them talk about practical applications of this, for example)
 - To always try to think of others first in the morning and to pray for others more than yourself
 - To look for the good things in strange people and see how it can benefit you
 - To choose someone to encourage today
 - Through real selfless living we can 'create space' for others. Share how you can now benefit particular people by creating space for them!
Encourage them to share a practical example on how they can help a younger brother or sister



UBABALO eAFRICA WHOLE LIFE COACHING

SESSION 16 STRATEGIZING FOR SUCCESS

Rugby Training *Attacking As A Team*

Cross-over to Life Skill Coaching

- Before you do planning on how to strategize tactical moves, do the experiential exercise which will help you to have the right attitude when strategizing.

Life Skill: *The belief that good strategy, including everyone, will lead to better performance*

- Outcomes**
1. *To discover that good strategy will bring good results*
 2. *To discover that everyone needs to work together if you want good results*
 3. *To discover that you have to get out of your comfort zone if you want to add to good results*

Life Skill Activity Preparation

1. You can use any small object for this exercise.
2. Our suggestion is that you use a pen or pencil.

Life Skill Activity Instructions

1. Give the following instructions when the pen/pencil moves from hand to hand
 - Make sure it touches each player's hand in the team
 - See how fast you can do it
2. Time them as they complete the exercise. If done in 15 or more seconds tell them this exercise can be done in half the time.
3. When they bring it down (after a few efforts) to 5 seconds, tell them it can be done in less than 2 seconds.
4. They must find the solution themselves, but if they put all their hands together... its easy for the leader to touch each ones hands in less than 2 seconds.

Life Skill Insights & Application

Ask and Discuss:

1. Why did you take so long when you first did the exercise?
2. What did you have to do to quicken the exercise?
They have to come closer to each other
3. What effort did it take from each individual to help towards success?
To step outside his own 'space'

Remarks:

1. This exercise needed the team to co-create a strategy. Everyone was needed. Then it was easy.
2. What are the few lessons you have learnt from this exercise that will help you in future to co-create with your team?
You have to keep the goal in mind
You have to make personal sacrifices to the goal
You have to consider others
You have to step closer to others
Believe that if others are better, you are better
3. How can you apply these lessons on the rugby field?
4. How can you apply these lessons wherever you are in a team, like back at home?

Going Deeper

Bible Text: Philippians 2:1-4

¹⁻⁴ If you've gotten anything at all out of following Christ, if his love has made any difference in your life, if being in a community of the Spirit means anything to you, if you have a heart, if you care— then do me a favor: Agree with each other, love each other, be deep-spirited friends. Don't push your way to the front; don't sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.

Ask and Discuss:

- Paul says we should be: like-minded, having the same love, being one in spirit and purpose if we really want to make a strategic impact. What should be the things inspiring us towards that (v1)?
Jesus united us in one family
Jesus fitted us with His love
We all live by His Spirit
We all have compassion as fruit of the Spirit
- What are the three things we should do to bring about this “one in spirit and purpose” (v3 & 4)?
Do nothing selfishly
Consider others better than yourself
Look after the interests of others
- What is the root of these three things (v3)?
Humility
- Name two friends who are better than you in something that you are also good at?
- Name 2 needs / concerns / interests of friends of yours that you want to address and help with.



UBABALO eAFRICA WHOLE LIFE COACHING

SESSION 17 “WATCH OUT!”

Rugby Training *Rucking*

Cross-over to Life Skill Coaching

- The rugby ball is the object with the highest value on the rugby field. You can only score with the ball! Do everything in your power to keep possession of it, or work to regain possession if the team has lost it.
- The rugby ball is like a **‘pearl of value’** that must be protected and respected.
- In life we also have something very valuable that must be protected – our purity.

Purpose: *To help players to treasure their purity*

Life Skill: *The skill of respecting one’s personal purity*

Outcomes:

1. *Create in the players a desire to live in purity*
2. *Cultivate a sense of: “I must practice self-respect and guard my purity.”*

Life Skill Activity Preparation

1. Get one ball for each player. If you have insufficient balls, divide the team into 2 or 3 groups and repeat the activity.
2. Using cones / markers, form a large rectangle in the field.

Life Skill Activity Instructions

1. Appoint 1 player to be the ‘thief’ for every 2 players with a ball.
2. The goal is to retain possession of the ball for as long as possible, as the thieves try to take your ball away.
3. As the activity is progressing, keep shouting “Man On!” or “Watch Out!”
4. The final 3 persons with the ball are declared the winners. Rotate the thieves with other players.

Life Skill Insights & Application

Ask and Discuss:

1. What did the game teach you about watchfulness?
We cannot relax at all. We must be wide alert at all times
You can lose a lot in one moment of unwatchfulness
There is a sense of victory if you overcome attacks
2. What are the things in life that you want to protect?
Our possessions.
The reputation of my family
My self-esteem / self-respect
My health
My purity
3. Why do you want to protect your purity?
The danger of HIV/AIDS is so high. One mistake can be the death penalty
I do not want something of lesser value if I risk losing something of greater value
I want to offer my most precious (virginity) to the one offering her most precious (virginity) to me in marriage.
Purity is a gift. Give the example of a present. How do you feel when you receive a present which has been unwrapped before?
Because it is worth waiting for
4. Who can help to remind us to “watch out”?
Friends
Parents
Teachers
Reminders – stickers, bookmarks, posters, etc
The Bible
5. What happens when you lose the ball? Do you think you can regain possession of your treasure?
You can begin again! Choose now to abstain from all high risk behaviour – including sexual activities – to guard your future, your dreams. You can make a difference!
6. Say: **“Guys, if we hear a shout of ‘Man On / Watch Out!’ on the field, then it must remind us to be watchful at all times. Let’s guard the treasure!”**

Going Deeper

Bible Text: 1 Thessalonians 4:1-8

¹ Finally, brothers, we instructed you how to live in order to please God, as in fact you are living. Now we ask you and urge you in the Lord Jesus to do this more and more.

² For you know what instructions we gave you by the authority of the Lord Jesus.

³ It is God's will that you should be sanctified: that you should avoid sexual immorality;

⁴ that each of you should learn to control his own body in a way that is holy and honorable,

⁵ not in passionate lust like the heathen, who do not know God;

⁶ and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you.

⁷ For God did not call us to be impure, but to live a holy life.

⁸ Therefore, he who rejects this instruction does not reject man but God, who gives you His Holy Spirit. (NIV)

Remarks:

Choose one:

1. Life is about doing what pleases God.
2. Life is about doing what pleases you.

What pleases God?

Verse 3: If we are sanctified

Verse 3: If we avoid sexual immorality

Verse 4: If we learn to control our body

Verse 4: If we live holy and honourably

Verse 6: If we do not wrong to our brother or take advantage of him

Verse 7: If we live pure and holy lives

Verse 8: If we live by the guidance of the Holy Spirit

How do the heathens (those who do not know and obey God) live?

In passionate lust

Ask and Discuss:

- What are the “sexually immoral things” that we should avoid?
Sex outside of marriage
Pornography
Rape
Homosexuality
- What are the spiritual disciplines that we should apply to “control our bodies”?
Set boundaries
Don't get into situations where you will be tempted
Flee the temptation
Animals don't have minds to think, you do, so use it to control your desires
- How can we learn to obey the guidance of the Holy Spirit?
By listening through prayer and reflection
By reading the Word
By listening to His voice that speaks to our conscience
By watching His move in circumstances



UBABALO eAFRICA WHOLE LIFE COACHING

SESSION 18 “BE SENSITIVE TO OTHERS”

Rugby Training

Passing (Long pass/Spiral pass/Lob pass)

Cross-over to Life Skill Coaching

- Throughout practice, mention many times: “The first thing in long-passing is to focus on a player who is far away, wide and moving into good position.”
- The longer passes usually occur when there is an urgency to move the ball wider and when there is a sense of overlap from the opposition.
- To contribute to the team’s interests, you need to focus on others’ interests.

Purpose: *To move from selfish interest and ambition towards a team / others focus*

Life Skill: *To focus on others*

Outcomes: *1. For players to consider others’ interests
2. To recognize their selfish ambition and to replace it with a team ambition*

Life Skill Activity Preparation

1. Have papers and pencils ready.

Life Skill Activity Instructions

1. Have the players write the name of a team member and a crazy action for them to do, e.g. quack like a duck, crawl like a snake, trumpet like an elephant.
2. Ask them to also write their own name at the bottom of the paper.
3. Gather the papers and choose a few.
4. Have the person who wrote the paper / action to do it (instead of whom he wrote it for).

Life Skill Insights & Application

Ask and Discuss:

1. Say: **“You have to treat others as you would like to be treated. Be sensitive to others!”**
2. How did you feel when you discovered that you needed to do the action that you wrote?
Upset
Bad
Embarassed
Cheated
3. Is it funny to make others feel embarrassed?
4. What is important in long passing?
To focus on a player who is far away, wide and in a good position
5. Say: **“Just like in long passing, in life, you need to focus on others, to consider others.”**
6. Will the team benefit if you execute a good long pass? Why?
7. Will others and the team benefit when you consider them? How?

Going Deeper

Bible Text: Romans 15:2

¹⁻² Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not status. Each one of us needs to look after the good of the people around us, asking ourselves, "How can I help?"

Ask and Discuss:

- Write down the 5 most important ways in which you want others to treat you.
- Now write down 5 practical ways in which you can do the above to others.
- What can you change in your attitude to help you focus on others?
- What are 3 action steps that you can take (today / this week) that will help or benefit or build up someone else?



UBABALO eAFRICA WHOLE LIFE COACHING

SESSION 19 “LOOKING OUTWARDS”

Rugby Training

Passing (Long pass/Spiral pass/Lob pass)

Cross-over to Life Skill Coaching

- One needs to have a broad vision to see your teammates who are open to receive the ball
- In life, one also needs to have a broad vision; from thinking only of self, team, family, friends, towards thinking of others in the community

Purpose: *To help players reach out of their comfort area towards other people in society*

Life Skill: *To focus on others outside of your comfort group (family and friends)*

- Outcomes:**
1. *To consider others, not only the people close to you, but also strangers and the community*
 2. *To broaden one's perspective from looking inward to looking outward*

Life Skill Activity Preparation

1. Bring a bag of candy / sweets / chocolates

Life Skill Activity Instructions

1. Give one third of the players a candy. They then need to give it away to another team mate.
2. Give all players a candy. Tell them to give it away to someone outside of the field that they don't know.

Life Skill Insights & Application

Ask and Discuss:

1. What did you feel when the coach gave you candy?
2. What did you feel when you were instructed to give it away?
3. What did you feel when someone gave you a sweet?

4. How did it feel when you gave it away to someone you did not know?
5. What attitude did you have when you gave it away? Is there any change of attitude needed?

Going Deeper

Bible Text: Matthew 5:46-47

⁴³⁻⁴⁷ "You're familiar with the old written law, 'Love your friend,' and its unwritten companion, 'Hate your enemy.' I'm challenging that. I'm telling you to love your enemies. Let them bring out the best in you, not the worst. When someone gives you a hard time, respond with the energies of prayer, for then you are working out of your true selves, your God-created selves. This is what God does. He gives his best—the sun to warm and the rain to nourish—to everyone, regardless: the good and bad, the nice and nasty. If all you do is love the lovable, do you expect a bonus? Anybody can do that. If you simply say hello to those who greet you, do you expect a medal? Any run-of-the-mill sinner does that.

Ask and Discuss:

- How can you start to demonstrate love outside your comfort area?
Smile
Help people
- Why is it important to “love more than the ordinary”?
Real love is when you love someone without them showing love to you first, or without loving back
- How much do you love your community?
- How much do you help your community?
- Do you just focus on the people close to you, or do you have a broader focus? How do you demonstrate this?
- Only if we do more than others, society will turn to be better than before. What should you now do more than others and more than you’ve done before to make a significant impact?



UBABALO eAFRICA WHOLE LIFE COACHING

SESSION 20 “GRASP THE OPPORTUNITY”

Rugby Training *Long Pass/Dummy Pass*

Cross-over to Life Skill Coaching

- There is an opportunity for scoring points each time there is a gap between opponents or an overlap.
- You must be alert to that opportunity and be courageous to try and take the gap to score points or gain significant ground (territory) even when you make a mistake.

Purpose: *To help players be aware of opportunities and take them*

Life Skill: *To be alert for opportunities and be bold to take them*

Outcomes: 1. *To change the players attitude towards school / work – to view it as an opportunity to provide / create a better future*

Life Skill Activity Preparation

1. Rugby Ball
2. Construct a small rugby field (rectangular) using 6 cones.

Life Skill Activity Instructions

1. The game/activity is like ultimate Frisbee but played with a rugby ball.
2. Divide the players into 2 teams. The objective of the game is to catch the rugby ball in your opponent's try zone.
3. The players that have possession of the ball are only allowed to give one step in any direction.
4. The rest of the players on the team can create opportunities by running around and get in open spaces to catch the ball. This is not a contact game.
5. The players on defense can use any part of their body to regain or block the ball. They are not allowed to get closer than one meter to the person with the ball.

6. When the ball touches the ground or is intercepted by the defending team, the possession switches over to the other team.
7. The team with the most tries wins the game.

Life Skill Insights & Application

Ask and Discuss:

1. What did you have to do to achieve the highest team score?
Be brave
Watch the ball
2. Was every ball thrown an opportunity to score or gain ground?
Yes
3. In life, what are the opportunities that can lead to future success?
Going to school
Studying hard and studying smart
Doing your homework
Being obedient to those in authority
4. What can taking these opportunities lead to?
5. What causes us to stop from grasping these opportunities?
Fear of failure
Lack of confidence / courage
6. What can help us grasp the opportunities?
7. What opportunities in your life can you grasp this week?

Going Deeper

Bible Text: Ephesians 5:14-21

¹⁴ for it is light that makes everything visible. This is why it is said:

"Wake up, O sleeper,
rise from the dead,
and Christ will shine on you."

¹⁵ Be very careful, then, how you live—not as unwise but as wise,

¹⁶ making the most of every opportunity, because the days are evil.

¹⁷ Therefore do not be foolish, but understand what the Lord's will is.

¹⁸ Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.

¹⁹ Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord,

²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

²¹ Submit to one another out of reverence for Christ.

Remarks:

To make the most of every opportunity, you have to:

1. Wake up (v4)
2. Be watchful (v15) because the days are evil (v16)
3. Make sure you do what the Father wants (v17)
4. Be filled by the Holy Spirit (v18)
5. Find yourself amongst those that encourage you spiritually (v19)
6. Live appreciatively (v20)
7. Submit in service to others (v21)
8. Live in reverence of God (v21)

Ask and Discuss:

- Based on the list above, if you give yourself a mark out of 10, which ones get less than 4?
- How would the improvement of each of those with low scores add more opportunities for Kingdom building?
- What are the Kingdom opportunities that we should grab every day; once a month; once a lifetime?