 **Shielding – Guard Your Hearts**

***Impacting the lives of people around the world with the message of hope...leaving them forever changed.***

**Scripture: Proverbs 4:23**

Above all else, guard your heart, for everything you do flows from it.

**Coaching Concepts**

* We must guard the soccer ball by using the concept of shielding.
* Showing the correct form of shielding.
* Feet shoulder width apart, knees bent. Arms out for balance.
* Move away from the opponent and getting away.
* **Life Lessons**
* Guard your hearts the same way you guard the soccer ball.
* Protecting it from people and things that want to ruin it. Drugs, alcohol, bad music and movies, language, etc.
* Get away from the people and things who want to steal our hearts, don’t stay in it.

**Teach**

* Greet the team and explain that you will be working on shielding and guarding your soccer ball from opponents.
* Teach the correct way to shield the ball. The correct form and stance.
* Have each child practice the form as the coaches go around and try to take the ball. Reinforce the correct form and encourage players to get away from trouble.
* Bring the team in close and share the verse. Share how we need to guard our hearts the same way we guard our soccer balls.
* Give an example of how you have needed to guard your heart and had to get away from trouble.
* Put everyone in the circle and explain the drill “Knockout”. Everyone is guarding their soccer ball while trying to kick each other’s out. Once your ball goes out, retrieve it and wait in soccer stance until only one is left! If the game is going to long, do a countdown from 10 to push the kids to get each other.
* At the end, encourage each child to guard their hearts the same way they were taught to guard the soccer ball. To get away from trouble and not stay in harm’s way.