

WELCOME IDEAS

The purpose of the WELCOME is to create an atmosphere of fellowship for the meeting, and it is a time to make all feel welcomed. Leaders should be the people who set the tone for the meeting and should focus on being relational as they interact with people that they do not necessarily know very well. Leaders should NEVER be hanging out with other leaders as meetings begin. You should focus on creating a place where people want to be and want to keep coming back. Some ideas of how to welcome people to meetings are as follows:

1. Tape up

Supplies: Athletic Tape, Markers

Instructions: As people walk into the meetings, have your leaders standing by the door to meet and greet. Ask them their name and write it with marker on the tape, rip it off and give it to them. People feel welcome because they met leaders and now have a sporty nametag.

2. Food/Snacks/Gatorade

Supplies: you decide

Instructions: Food creates an atmosphere of fellowship that allows people to interact. Try to have something each meeting.

3. TV/Videos/Video Games/Music

Supplies: you decide

Instructions: Having different forms of media that student athletes already love doing is beneficial in creating a relaxed atmosphere. Be sure to monitor how much or how little you should have available.

4. Sign in

Supplies: Sign in sheets or sign in cards

Instructions: Have people sign in when they come to each meeting on a sign in sheet OR create sign in cards that ask people pertinent information (name, email, phone number, bday, sport(s), grade, etc). Use these to follow up with people.

5. Welcome & Open in prayer

Instructions: Choose someone to lead a welcome and opening prayer before the meeting begins. By having someone already picked out, you are making people feel like it is an organized meeting. This leader will welcome people to FCA, briefly explain FCA and what it is for any newcomers, and pray to open the meeting.

WARM-UP IDEAS

The WARM UP should be an activity that encourages interaction with the goal of people getting to know each other on a deeper level. Use discretion as you plan warm ups for your group based on what you are trying to accomplish. If it is a group that doesn't know each other well, try icebreakers that will foster that growth. If it is a group that knows each other, but needs more interaction, try a general icebreaker where teams must work together. Warm up's are a key to your meeting as they help set the tone for the group.

Get to Know You Games

1. Rock, Paper, Scissors—Bear, Hunter, Woman

Supplies: None

Instructions: This game is played just like Rock, Paper, Scissors. Each person will have a partner and go back to back. On the count of 3, they will face each other and either be a bear, hunter, or woman. The woman (hand on hip and other hand in the air), beats the hunter (hands should pretend to be holding a hunting rifle), the hunter beats the bear (arms held high in the air resembling a bear), the bear beats the woman. Repeat this until all players are eliminated, but one.

2. Two truths and a lie

Supplies: None

Instructions: You can either play this game in small groups, or each person can walk around to other people individually. Each person must come up with 2 facts and 1 lie about themselves (Try to think of facts that people do not know already). Each person will introduce themselves and share the 2 truths and 1 lie in no particular order. Other people must try to guess which one is the lie.

3. Five Interesting facts and remember

Supplies: None

Instructions: This game is best played in a large group. Each person needs to meet 4 people and remember 5 facts about them (for example—full name, age/grade in school, favorite sports team, favorite cereal, favorite movie). After about 5 minutes, come back together as a group and test everyone's memory skills. Have a prize for the person who can remember the most facts. You can always change the number of facts and the types of facts.

4. Alphabetical Battle

Supplies: None

Instructions: This game can be played in a large group or can be played with 2 people at a time. Think of any random topic that has a lot of possible answers (for example—Universities, Mascots, Cities, Types of Candy, Book Titles, etc). Each person must provide an answer to the topic going in alphabetical order (If I say Arizona State University, my opponent must say a college starting with the letter "B," and so on) . There should be no longer than a 5 second pause, or they are eliminated. This game is fun, challenging, and quick moving.

5. Human Bingo

Supplies: Pre made bingo sheets

Instructions: This game is great for a group of 15 or more. Give each person a premade bingo paper (you can have a few different bingo sheets on hand to make it more diverse so people can't copy from each other, or you can tell people they are only allowed to use someone's name once). Make sure to leave enough room for people to write names in each box. The bingo sheet will ask say things like "can speak another language," "was born in another country," "drives a truck," etc. Decide what kind of bingo they should get (blackout, "T," one row, "X," etc). This game is great because people find similarities and get to know each other.

6. No Way, Me Too!

Supplies: None

Instructions: In small groups or one large group, have one person start talking about themself in short statements about anything relating to them (for example, "I play football, my favorite food is hamburgers, I was born in another country, I hate animals..."). When someone hears something that is true for them also, they say "No way, me too!" and begin sharing facts about themselves. Keep doing this until everyone has a chance to share something about themself.

Icebreakers

1. Team Catchphrase:

Supplies: Catchphrase game

Instructions: This game is great for a group of 15 or more. Split up into 3 or 4 small groups. Bring one person from each team into the middle. Each person will try to get their team to guess the word (just like catchphrase). They will pass the game to the people in the middle until time runs out. If the timer stops in your hands, your team does not get a point. The other teams get one point each. Repeat until game over.

2. Name that Tune

Supplies: Ipod with speakers or radio

Instructions: This game can be played in small groups or large groups. Split up into teams and make sure everyone can hear the speakers. Choose a word or action that must be done in order to be able to answer first (buzzer, hand in the air, yelling out a word, etc). Play a portion of an FCA appropriate song and have teams guess when they know it. Keep track of points and play until you have a winner.

3. Tackle Trivia

Supplies: Trivia questions, buzzer or other object to take to answer first

Instructions: Prepare various trivia questions beforehand. Place a buzzer or other object in the middle of the room. Split teams or players up so they are equal distance from the buzzer. Ask the question and whoever knows the answer must buzz the buzzer or grab the object before anyone else and answer correctly to earn a point. Make sure everyone is safe; this game can get dangerous.

4. Small Group Pictionary

Supplies: Paper, writing utensils

Instructions: Split up into small groups, 4 is ideal. Each group should have a writing utensil and paper for drawing. Prepare words for teams to draw ahead of time. Have the people in the small groups take turns drawing. Whoever is drawing from each team must go to the game leader and get the word, then go back to their small group and draw it without speaking at all. Whatever group yells out the correct word first, wins that round.

5. Reverse Charades

Supplies: None

Instructions: Charades is fun, but reverse charades is even more fun. Split up into groups, 3-4 groups is ideal depending on the total number present. Prepare words for teams to act out ahead of time. Choose one person from each team to go outside of the room where they cannot hear. Then the game leader will tell everyone else the word. When the person comes back, each group must act out the word for the person who doesn't know it. Whatever group guesses the word first, wins that round. Everyone must be acting in order for this to work.

6. Musical Tennis

Supplies: None

Instructions: This game is really fun for 2 teams or boys against girls. In this game, the game leader must choose random words that are often found in songs (baby, love, Jesus, etc). Each group must sing a portion of the song in which the word of choice is mentioned. Then the opposing team must immediately follow with a different song, and continue this until the team runs out of song ideas. If the opposing team doesn't sing a song within 6 seconds, they lose that round.

7. Human Knot

Supplies: none

Instructions: Gather people into group of 6 or more and circle up facing each other. Everyone needs to grab a hand of someone across from them (they can't grab both hands of someone; it must be 2 different people). From there, the group must unwind the knot without letting go of anyone's hands.

Sports –Themed Warm-ups

1. Bump Out

Supplies: 2 basketballs and one basketball hoop

Instructions: Start by standing in a single file line from the free throw line or other designated spot of your choice, and the first 2 people in line should have a ball. The first person in line shoots and if they make it they go to the back of the line. If it is missed, the person directly behind them can eliminate them from the game by making a basket before the person in front of them. Repeat until there is only one person left.

2. Dodgeball

Supplies: Dodgeballs, court

Instructions: This game can be modified to suit your group size/preferences. Start by lining up balls in the middle of the court. The teams are split up onto either side of the court. When the game begins, each side tries to grab the dodgeballs from the middle of the court to throw at the opposing players. Once a player is hit by a ball from the opposing team, they are out. They can dodge a ball with a ball that is already in their hand as long as they don't drop it. If they catch a ball that was thrown at them, the person who threw it is out. Play until one team is out.

3. Volleyball Tournament

Supplies: Volleyballs, nets, gym

Instructions: Depending upon the number of people you have, split into an even amount of teams. Create a round robin tournament where each team gets to play each

other. Keep track of wins and losses and allow the final teams to play a championship game.

4. 3 on 3 bball tourney

Supplies: Basketballs, gym with bball hoops

Instructions: Place people into teams of 3, or allow them to choose their own team. Create a round robin tournament where each team gets to play each other. Keep track of wins and losses and allow the final teams to play a championship game.

5. Rocketball

Supplies: football, field, cones

Instructions: This game is played with 2 teams. The goal of the game is to get to the endzone, just like football, safely. You can throw the ball in any direction to get closer to the goal. You can run with the ball, but must stop where you are and pass within 3 seconds once you've been touched by one hand. If the pass is caught out of bounds or if the ball is dropped, it is a turnover. You can intercept any pass. Play until the desired amount of time.

6. Wiffle ball

Supplies: wiffle ball, bat, bases, field

Instructions: This game is played just like baseball. Split up into 2 teams. One team hits while the other is on defense for 3 outs. Players hit and run to the bases and attempt to score. There is no bunting, or stealing.

7. Kickball

Supplies: kickball, bases, field or court

Instructions: This game is played just like baseball. Split up into 2 teams. One team kicks while the other one is on defense for 3 outs. Players kick and run to the bases and attempt to score. There is no stealing.

8. Ultimate Frisbee

Supplies: Frisbee, cones, field

Instructions: This game is played with 2 teams. The goal of the game is to get to the endzone, just like football, safely. You can throw the frisbee in any direction to get closer to the goal. You can run with the frisbee, but must stop where you are and pass within 3 seconds once you've been touched by two hands. If the pass is caught out of bounds or if the Frisbee is dropped, it is a turnover. You can intercept any pass. Play until the desired amount of time.

9. Capture the Flag

Supplies: 2 flags, field or gym

Instructions: This game can be played in 2 or more teams. Each team must place their flag in a designated spot (it should not be hidden). Each team is trying to capture the other team's flag by taking it across the center line into their territory. If you are caught (touched by 2 hands) by anyone on the other team, you must go to jail (a designated area off of the playing field). The only way out of jail is by another teammate rescuing you and taking you across the center line before you can attempt to reach the opposing flag again.

10. Team Handball

Supplies: Handball (or volleyball), 2 goals, gym or outside field

Instructions: This game is played with 2 teams. The goal of the game is to get the ball into the goal by throwing it. You can throw the ball in any direction to get closer to the goal. You can run with the ball, but must stop where you are and pass within 3 seconds once you've been touched by two hands. If the pass is caught out of bounds or if the ball is dropped, it is a turnover. You can intercept any pass. In order to score a goal, you must be behind the designated line. It is illegal attempt a goal in front of a line that is at least 10 feet from the goal. Play until the desired amount of time.

11. Group by number

Supplies: Music (optional)

Instructions: This game is great for a large group of people. Have everyone walk in a designated area, no standing still or right next to anyone. Play the music while everyone is walking. When the music stops, the game leader yells out a number. You must group yourself with that number of people by interlocking arms. Whoever is left out of a group is out after that round. Repeat until you are out of participants.

WORKOUT IDEAS

The purpose of the workout is to encourage spiritual growth within the group. This is the bulk of your meeting and should be a time that is challenging and life-applicable as it relates to sports and faith. There are several ways to approach a workout and different ideas should be implemented throughout the school year. Some examples of workout ideas are as follows:

1. Guest Speaker

Instructions: Have your leadership team work with local FCA staff, huddle coaches, and local churches to find appropriate guest speakers for an FCA meeting. Give guest speakers adequate notice of meeting dates, amount of time to speak, and message you

would like them to cover. Be sure to be prepared with a short biography to introduce them.

2. Small Group Discussion Questions

Instructions: Have a student leader introduce the topic for the day. Split up into small groups and make sure there is a leader in each group. Discussion questions should be prepared in advance, and should be relevant to sport and faith. Leaders should facilitate discussion in small groups. Have a student leader discuss answers with the whole group and give a conclusion to the topic.

3. Panel Discussion

Instructions: Invite/organize a panel of people (could even be student athletes/coaches) and have them participate in a panel discussion. Ask attendees to come prepared with questions or ask them as they think of a question that they may have for someone on the panel. Have your student leadership team also be prepared with questions that are relevant to faith and sport.

4. Video

Instructions: Show a video (from the FCA DVD or another video) that relates to faith and sport. Come prepared with questions that encourage discussion in small or large groups.

5. Testimonies

Instructions: Ask students, coaches, or guests to give their testimony at a meeting. Make sure that presenters explain their life before Christ, how they came to know Christ, and something that God is doing in their life right now. Also have them share a favorite or meaningful Bible verse and why. Allow time for questions and discussion afterwards.

6. Game Night

Instructions: Instead of a typical huddle meeting, choose a fun activity to change things up and get people to interact. Some fun ideas include dodgeball tournaments, 3 on 3 bball tournaments, movie nights, etc. Maybe allow ten minutes for someone to give a short message.

7. Student Led

Instructions: FCA has provided meeting topic ideas for you at FCAresources.com, or use the FCA Bible.

WRAP-UP IDEAS

The purpose of the WRAP-UP is to bring the meeting to a close in a smooth way, as well as being able to offer some sort of “takeaway” or challenge related to the workout. During the wrap up, you should be able to present clear directions for upcoming events, as well as creating community by praying for needs within the group. Some examples of wrap-up ideas are as follows:

1. Circle/prayer-take prayer requests

Instructions: Circle up as a group, grab hands, and take prayer requests from anyone that has them. Ask people to pray for each of those requests. If no one steps up, leaders should volunteer to pray.

2. Music

Instructions: Play music as people are leaving. This is another great opportunity to create an inviting atmosphere.

3. Announcements/Flyers/Calendars

Instructions: Have your announcements prepared ahead of time. Have someone read off announcements and hand out calendars or flyers that have been made ahead of time.

4. Memory verse card

Instructions: Provide a weekly memory verse card that they can take with them and challenge them to come back with that verse memorized next week. Maybe provide a small prize for people who memorize it.

5. Clear Takeaway

Instructions: Either ask the speaker or presenter of the workout to come prepared with a statement, challenge, or invitation related to the message. This provides an opportunity for people to have something to think about or do until the next meeting. (Example—the workout was about serving our teammates and putting them first. The challenge is to come back with an example of how you did that this week).