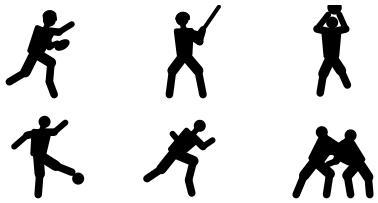
THE PREGAME CARD

FREE · PRINT IT

Print it, fold it, and stick it in your bag or your locker. Use it on the bus, in the tunnel, or right before you play.

✂ CUT ON THE DASHED LINE · FOLD ON THE CENTER LINE

YOUR THREE-LINE GAME PLAN



THE 90-DAY CHRISTIAN SPORTS DEVOTIONAL FOR TEEN BOYS
DR. JEREMY ROBERTS · JEREMYROBERTS.ORG

1 LINE ONE IS A BREATH AND A WORD.
Breathe out slowly, one time. Then say your word, the one from the verse you picked.

MY WORD: _____

2 LINE TWO IS A PRAYER.
Keep it to a sentence or two. Tell God where you are, and ask for help on the next play.

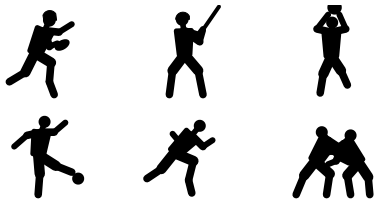
MY PRAYER: _____

3 LINE THREE IS YOUR NEXT-PLAY SENTENCE.
Say what you'll do next, like "Get back on defense" or "Thank my coach."

MY NEXT PLAY: _____

✂ SPARE CARD

YOUR THREE-LINE GAME PLAN



THE 90-DAY CHRISTIAN SPORTS DEVOTIONAL FOR TEEN BOYS
DR. JEREMY ROBERTS · JEREMYROBERTS.ORG

1 LINE ONE IS A BREATH AND A WORD.
Breathe out slowly, one time. Then say your word, the one from the verse you picked.

MY WORD: _____

2 LINE TWO IS A PRAYER.
Keep it to a sentence or two. Tell God where you are, and ask for help on the next play.

MY PRAYER: _____

3 LINE THREE IS YOUR NEXT-PLAY SENTENCE.
Say what you'll do next, like "Get back on defense" or "Thank my coach."

MY NEXT PLAY: _____

Run it before a game, before a test, or before a hard talk with a parent. It works on bad days too. The goal is to remember you're not alone out there, even on days you don't feel brave.

THE PREGAME CARD

FREE · PRINT IT

AFTER THE GAME:

FIVE QUESTIONS FOR PARENTS AND COACHES

Hold off on the replay. Give him time to cool down, then pick one or two of these. Listen more than you talk.

1 What was your favorite moment today?

2 When did you feel the most pressure, and what helped you get through it?

3 Was there a play you'd like to do over? What did you learn from it?

4 How did you treat your teammates, coaches, and the other team today?

5 Where did you notice God today, on the field or off it?

Whatever the score, end with "I love watching you play."



Free card and more at JeremyRoberts.org/Books