
METHODOLOGY

PLAY HIGHER FC

A Saddleback Church outreach
soccer ministry.



SADDEBACK CHURCH

PSALM 33:3

"Sing to Him a new song; Play skillfully and shout for joy!"

**WE BELIEVE THAT SOCCER IS A
FORM OF WORSHIP**

COACHES MUST

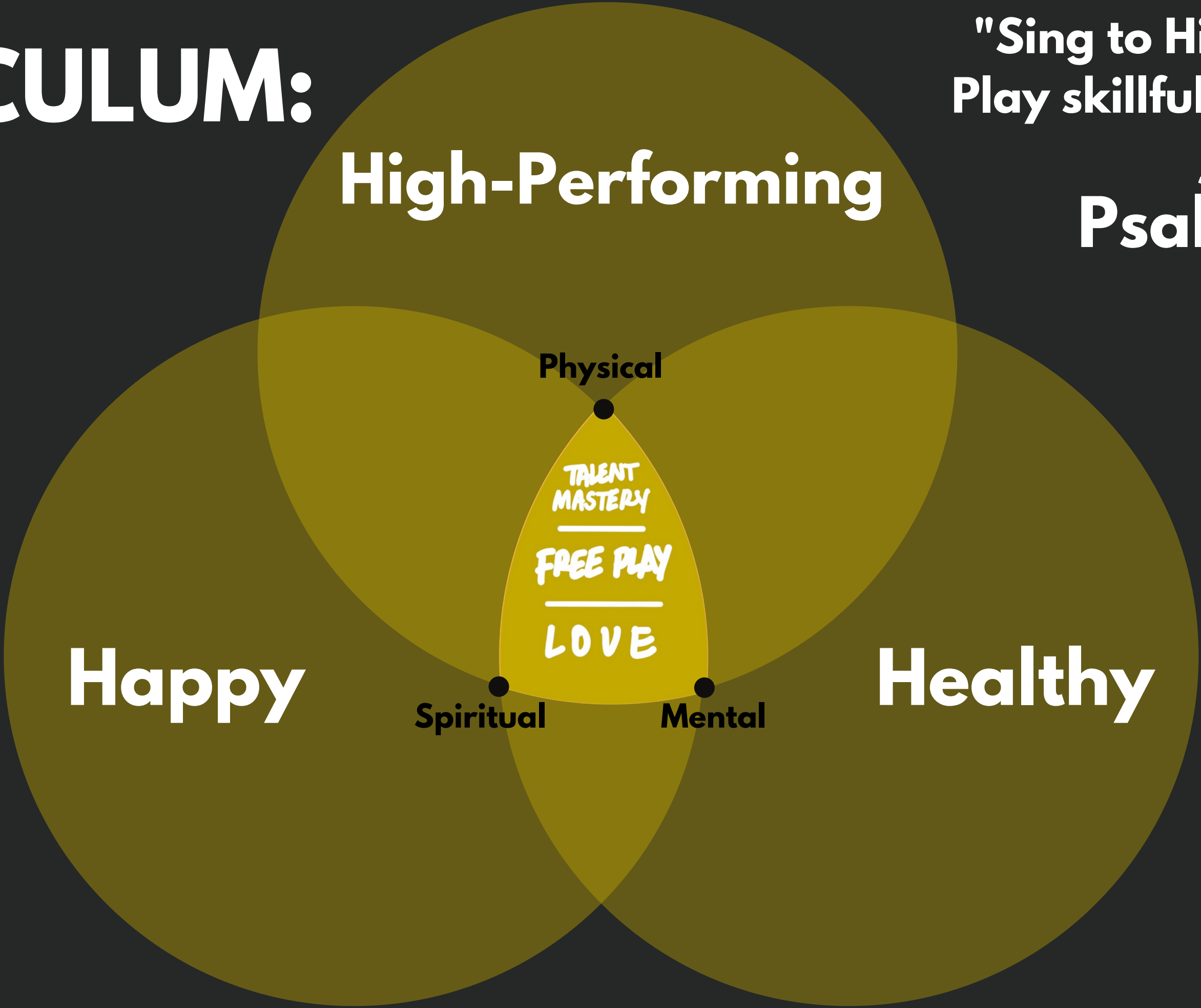
- Love the Lord
- Be high-level players
- Love the young athletes
- ★ Be certified in the Play Higher™ Methodology



OUR MISSION IS TO
DEVELOP HAPPY,
HEALTHY, AND
HIGH-PERFORMING
SOCCER PLAYERS.

CURRICULUM:

"Sing to Him a new song;
Play skillfully and shout for
joy!"
Psalm 33:3

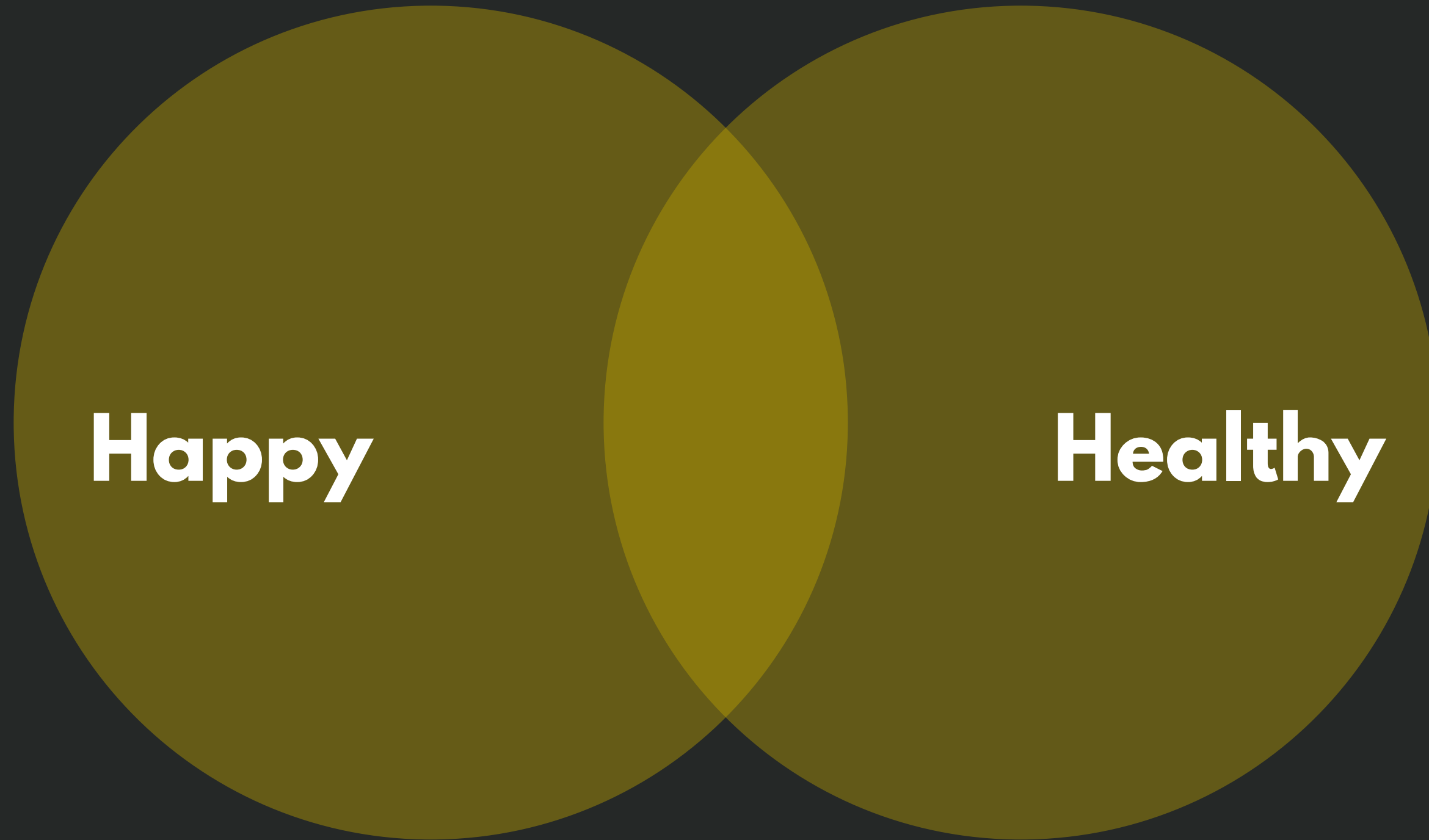


MISSION:



Happy

MISSION:



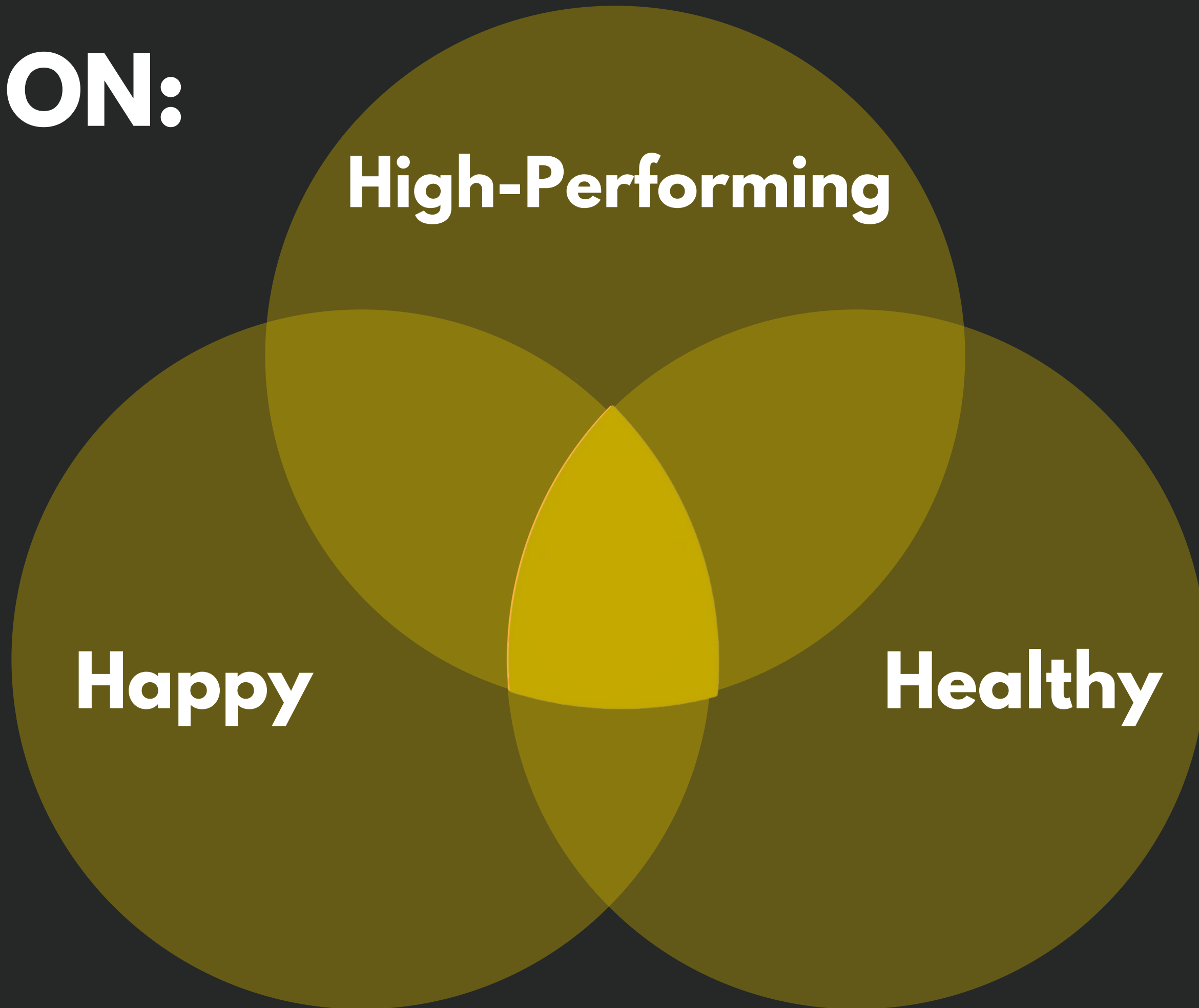
MISSION:

High-Performing

3

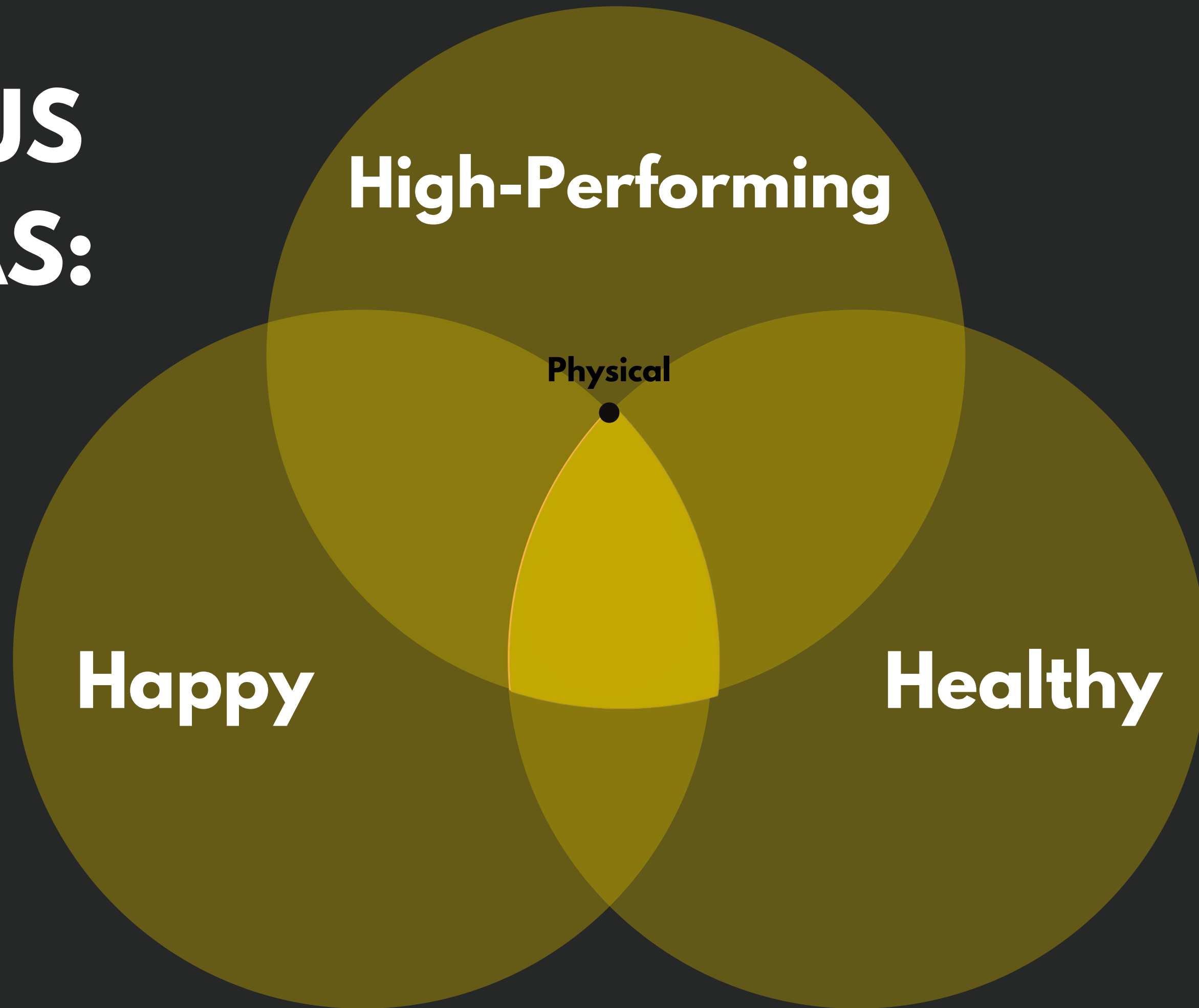
Happy

Healthy



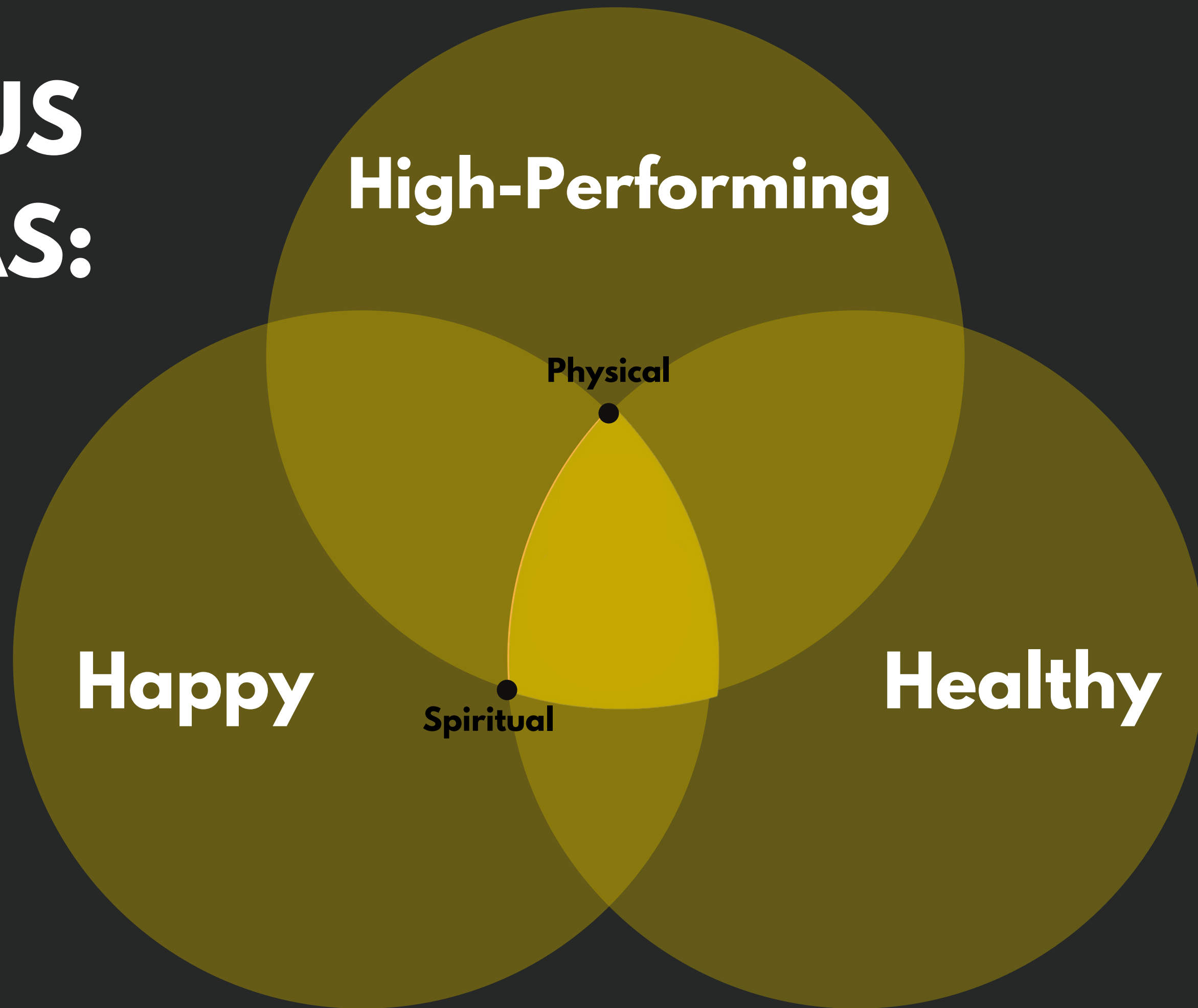
**FOCUS
AREAS:**

3



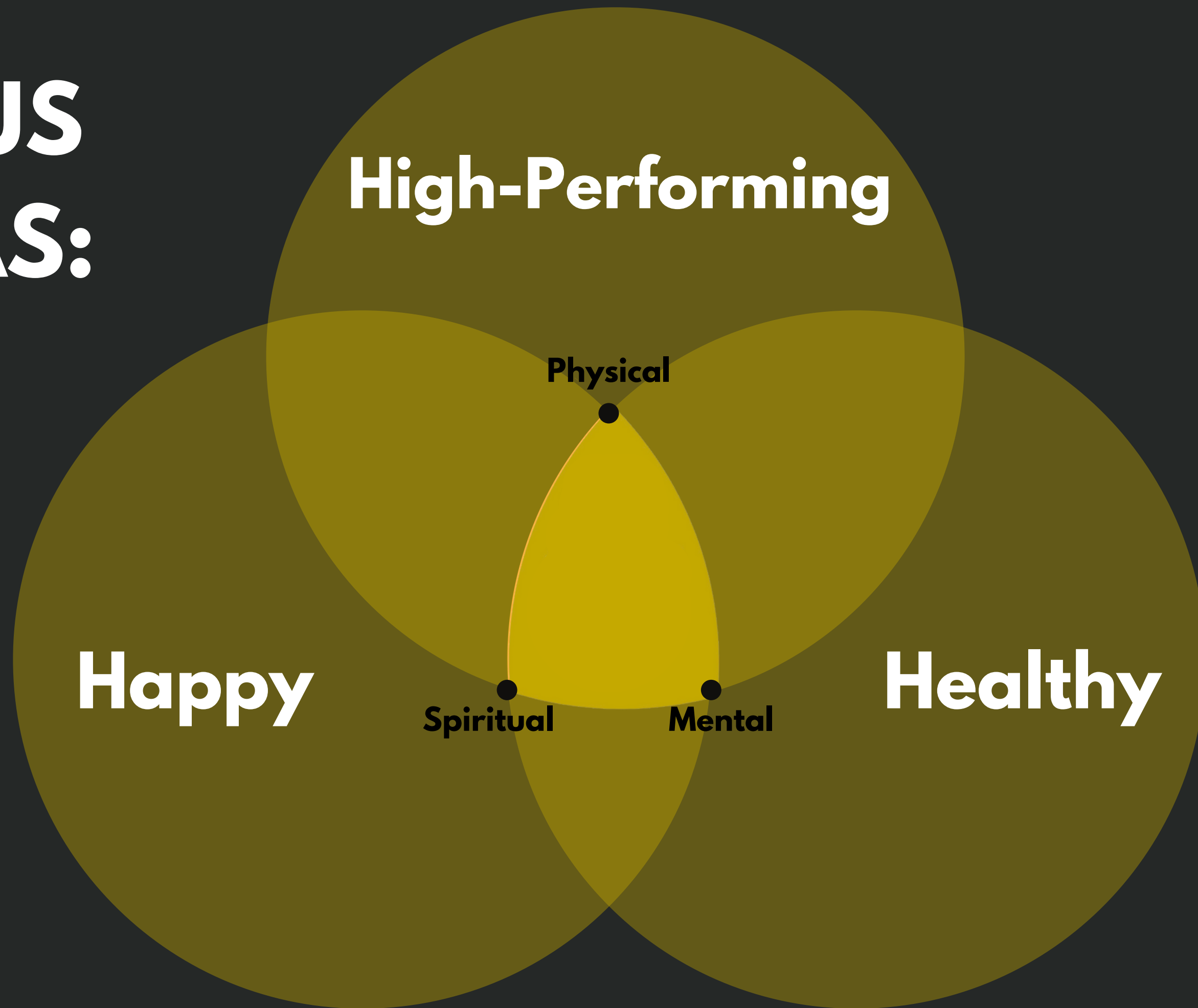
FOCUS AREAS:

3



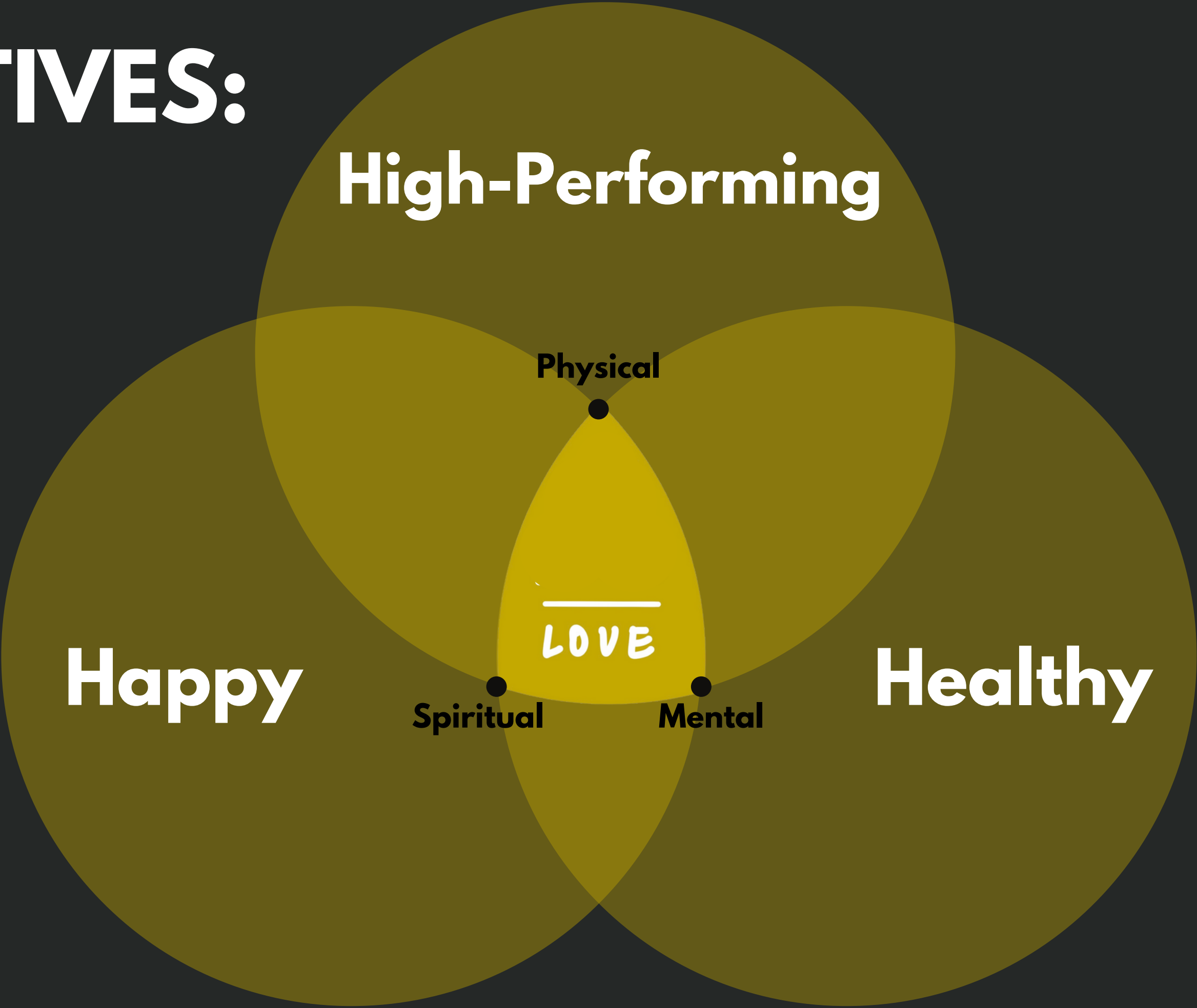
**FOCUS
AREAS:**

33



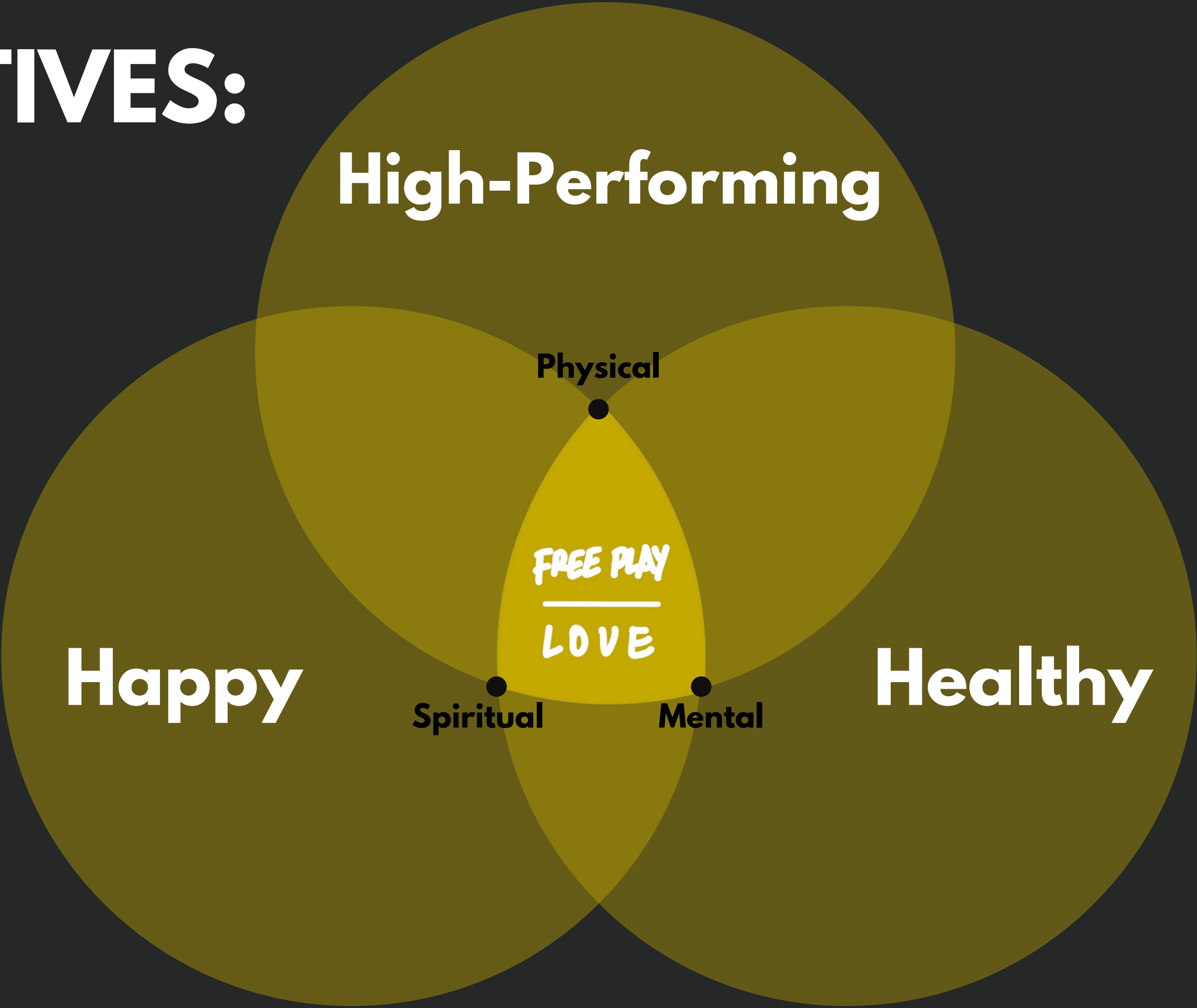
OBJECTIVES:

33



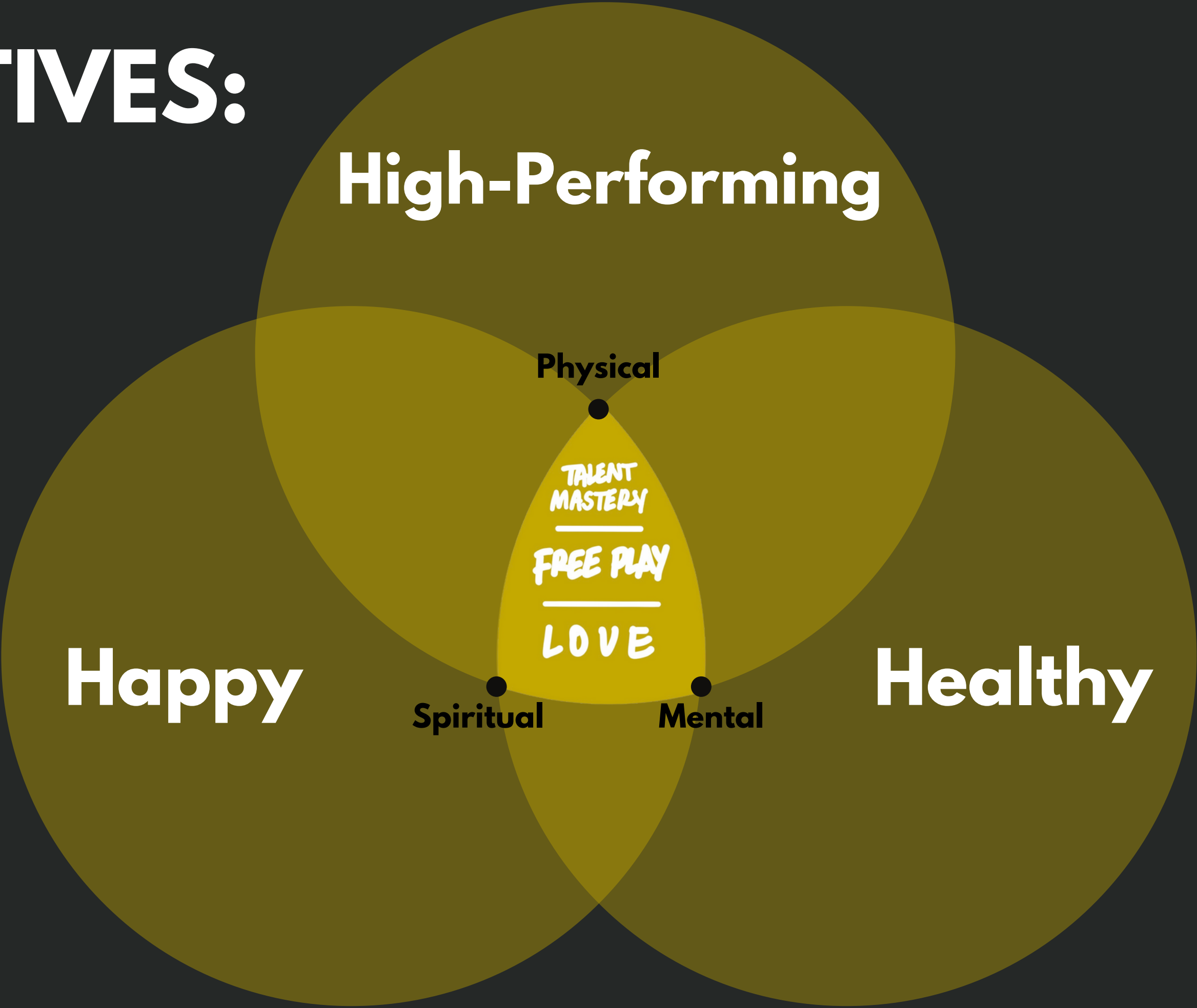
OBJECTIVES:

33

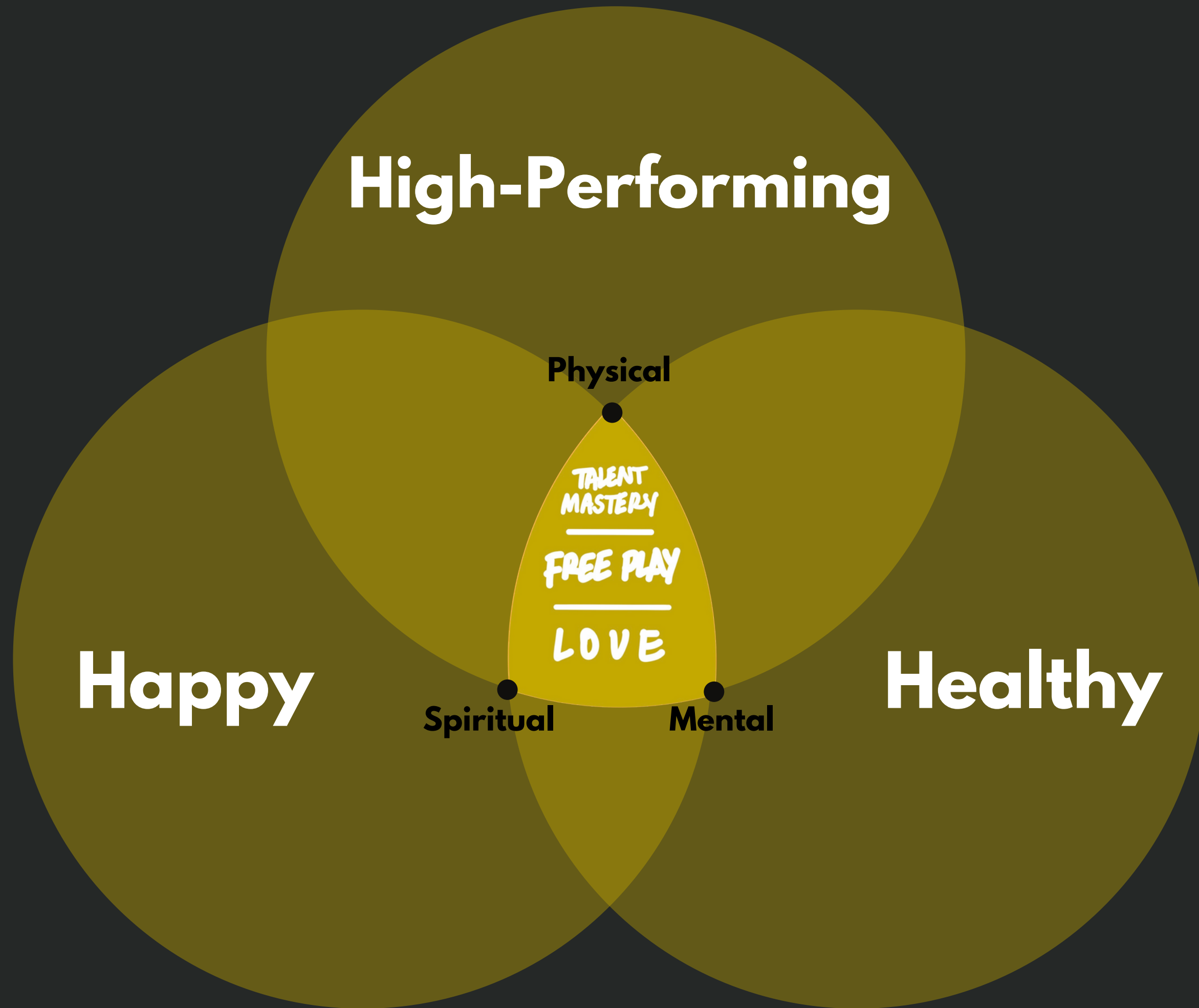


OBJECTIVES:

333



333



High-Performing

Happy

Healthy

Physical

Spiritual

Mental

TALENT
MASTERY
—
FREE PLAY
—
LOVE

Play Higher FC

- When a coach tells a player in soccer to “Play higher,” it means he or she is giving the player the freedom to create and move into a more attacking position.



- We believe Jesus tells us the same thing when he tore the veil of the temple.
- We want to give our players the opportunity to create, and to play and express themselves as worship.

EACH COACH MUST EXEMPLIFY:

PROCESS GOALS OF GOD'S LOVE

- Home
- Matterness
- Encouragement
- Welcome Greeting
- H3 mental skills training
- HS revelations
- Prayer
- Church/Bible Study invitations
- Foot Anointing
- Best Sports Psychology



EACH COACH MUST EXEMPLIFY:

PROCESS GOALS OF FREE PLAY

- Small-Sided Games
- Overload Sessions
- Underload Sessions
- Tempo Setting
- Fun, Freedom, & Flair



EACH COACH MUST EXEMPLIFY:

PROCESS GOALS OF TALENT MASTERY

- Strength and weakness training
- Spiritual care
- Positional training
- Film analysis
- Communication





WHAT ARE SOME OUTCOMES OF OUR PROCESS?

HAPPY, HEALTHY, AND HIGH-PERFORMING PLAYERS:

- *Baptisms & Salvations*
- *Professional players*
- *College scholarships*
- *Less stress and anxiety*
- *Decreased substance use*
- *Relationship with Jesus*
- *Enhanced performance on the field*
- *Enhanced performance in the classroom*
- *Dedication to the sport*
- *Return to volunteer*
- *Abundance of donations*

**WE PLAN TO MAKE
SOCCER AS
WORSHIP UNTIL
JESUS COMES
BACK!**



**THIS IS A SHORTENED
VERSION OF OUR
METHODOLOGY.**

**IF YOU WOULD LIKE TO
KNOW MORE,
PLEASE REACH OUT TO
JUSTICE@PLAYHIGHERFC.COM**

A black and white photograph of three soccer players in action on a grassy field. The player in the center is wearing a light-colored Nike jersey and is kicking the ball. He is being challenged by a shirtless player from behind. To the right, another player in a dark jersey is running towards the action. The background shows trees and a blurred crowd. The text "PLAY HIGHER™" is overlaid in large white letters across the center of the image. Two solid yellow vertical bars are on the left and right sides.

PLAY HIGHER™