



SHOW UP. | SPEAK LIFE. | BRING PEOPLE IN. | BUILD RELATIONSHIPS. | MAKE DISCIPLES.

FOR THE EIGHT

The Coach's Playbook

Everything you need to run your Squad for 8 weeks.

WHAT A COACH IS

A Coach runs a Squad of 3 to 5 members through the 8-week Pull Up campaign. You are the section leader of your Squad. Not the preacher. Not the counselor. You do not have to have all the answers. You have to be the person who shows up, who makes the call when somebody goes quiet, who prays your Squad by name every day, and who does not lose the plot when things get hard.

WHAT A COACH IS NOT

Not a substitute pastor. Not a substitute counselor. Not the Bible answer man. Not the person who converts anybody. That is God's job. Your job is presence.

THE FOUR COMMITMENTS

Every Coach commits to these before the campaign begins.

- 1 Weekly Huddle — 20 minutes with your Squad, same time every week, for 8 weeks.
- 2 The Four Wins by Week 6 — Assessments taken. Testimonies drafted. Threes named. Table invitations issued.
- 3 Three-line weekly report — text the Coordinator every week. Who is in. Who is out. What needs prayer.
- 4 Name your own Three — you do not ask your Squad to do what you have not done.

SECTION 1

Your Squad. The First Huddle.

YOUR SQUAD

Write your Squad members below. Text each of them personally within 48 hours of receiving this Playbook.

- | | | |
|----|-------|--------------|
| 1. | _____ | PHONE: _____ |
| 2. | _____ | PHONE: _____ |
| 3. | _____ | PHONE: _____ |
| 4. | _____ | PHONE: _____ |
| 5. | _____ | PHONE: _____ |

THE FIRST HUDDLE · 30 MINUTES

Run this exactly the first time. Adjust as your Squad's rhythm settles in.

- | | |
|----------------------|---|
| 0:00
5 min | OPEN
Prayer. Read Luke 5:16 — Jesus often withdrew to lonely places and prayed. Then read the four commitments from page 1 aloud. |
| 0:05
8 min | INTRODUCE
Every member says: their name, one word about how they came to Jesus, and what they hope to see happen by Pull Up Sunday. You go first. |
| 0:13
5 min | WALK THE TOOLS
Show them the Tools Hub. Point them to (a) the Personality Assessment, (b) Name Your Three, (c) the Story Worksheet. Their homework. |
| 0:18
7 min | NAME THE THREE
Every member writes three names on a card. First names or nicknames are fine. This is the assignment for Week 1. |
| 0:25
3 min | SET THE HUDDLE
Lock the standing day and time for the next 7 weekly Huddles. Get them on every calendar before the meeting ends. |
| 0:28
2 min | CLOSE
Pray by name over every Squad member. Close with 'Show up. Speak life. Bring them in.' |

SECTION 2

The Weekly Huddle. Standing Agenda.

The weekly Huddle is 20 minutes. Same time every week. This is not a Bible study. This is a working session where members report on their Three and Coaches pray them into the next week.

STANDING AGENDA · 20 MIN**PRAY** · 3 min

Open with prayer. Name each of the Three that your Squad is working on. Do not skip this.

REPORT · 6 min

Each member takes 60 seconds: what happened with your Three this week? One touch? One conversation? One breakthrough? One block?

EQUIP · 5 min

Coach shares one thing from the book relevant to what came up. Point them to the Chapter Reader on the Tools Hub if needed.

COMMIT · 4 min

Each member names one specific move they will make with one of their Three before next Huddle. Coach writes it down.

CLOSE · 2 min

Coach prays over the specific commitments. End on time. Consistency over intensity.

YOUR WEEKLY THREE-LINE REPORT

Text the Coordinator every Tuesday. Three lines. That is all.

1. *IN* — who was at Huddle and moved on their Three this week
2. *OUT* — anyone who missed, anyone quiet more than 10 days
3. *PRAYER* — one specific need from your Squad this week

SECTION 3

The Four Wins by Week 6.

If every member of your Squad completes these four moves by Week 6, we win. If they do not, we do not. This is the whole checklist. Track it in your Coach's notebook.

WIN 1 PERSONALITY ASSESSMENT

Every member takes the Pull-Up Personality Self-Assessment on the Tools Hub. Takes 6 minutes. Results show on the spot. Coach reviews with member so they know their primary and secondary style — Street Preacher, Professor, Witness, Friend, Inviter, or Servant.

Deadline: end of Week 8 (first week of campaign)

WIN 2 NAME YOUR THREE

Every member names three specific people in their oikos who do not have a relationship with Jesus. First names or nicknames — private to their device. Saved in the Name Your Three tool. Coach knows the count, not the names.

Deadline: end of Week 7

WIN 3 30-SECOND TESTIMONY

Every member drafts their BC-MET-SINCE testimony in three lengths using the Story Worksheet tool. The 30-second version is the one they carry into every conversation with their Three.

Deadline: end of Week 5 (before the buzz phase)

WIN 4 ONE INVITATION ISSUED

Every member issues at least one Table invitation — dinner at home, coffee, backyard cookout, prayer for a specific need — to one of their Three. Not a church invitation yet. A relational one.

Deadline: end of Week 4

SECTION 4

Escalation Pathway.

You are not on the hook to solve everything. Here is what escalates, to whom, and how fast. When in doubt, raise it.

GREEN You handle it.

EXAMPLES

Member missed a Huddle. Member is stuck on their 30-second testimony. Member is unsure how to invite. A theological question you can answer from the book.

RESPONSE

Response: call, text, walk them through the Chapter Reader. No escalation.

YELLOW Loop in the Coordinator.

EXAMPLES

Member has been silent for 10+ days. Member's Three has stalled and they are discouraged. Member wants to bring a guest and needs logistics support. A theological question you cannot answer.

RESPONSE

Response: three-line report + one extra sentence. Coordinator picks it up within 48 hours.

RED Call the Pastor directly.

EXAMPLES

Member in crisis (health, family, financial). Member's Three has experienced a loss or crisis. Member wants to make a spiritual decision NOW. Anything involving abuse, addiction, or urgent care.

RESPONSE

Response: text the Pastor within 24 hours. Do not wait for the next Huddle. Pastoral care is not your job.

SECTION 5 · THE COACH'S PRAYER CARD

How to pray for your Squad.

The most important thing you do all week is pray for your Squad by name. Not the Tuesday Huddle. Not the texts. The prayer. Print this page. Keep it in your Bible.

SCRIPTURES FOR YOUR SQUAD

- Luke 5:16** *Jesus often withdrew to lonely places and prayed.*
John 15:5 *Apart from me you can do nothing.*
Acts 1:14 *They were constantly in prayer.*
Colossians 4:2 *Devote yourselves to prayer, being watchful and thankful.*
James 5:16 *The prayer of a righteous person is powerful and effective.*
Ephesians 6:18 *Pray in the Spirit on all occasions with all kinds of prayers and requests.*

A PRAYER TO PRAY OVER YOUR SQUAD

Every morning of the campaign. Read it aloud. Insert your Squad names.

Lord, I lift my Squad before you today —
[NAME], [NAME], [NAME], [NAME], [NAME].

You know each of them by name and you know each of their Three.
You know the barriers, the wounds, the hesitations, the fear.
You know the openings you are already creating in their week.

Give them courage to show up.
Give them ears to listen more than they speak.
Give them stories to tell that only they can tell.
And give them peace that the conversion is your work, not theirs.

Guard my mouth. Guard my pride. Guard my calendar.
Keep me faithful when the results are slow.
Keep me humble when the results come.

In Jesus' name. Amen.

Now go pull up.