

# First Tee Program

Age 10-11



# Commitment to **Being a Game Changer**



## ***Pursuing Goals***

I am excited to grow and learn.

I am not afraid to fail.

I am learning from both my achievements and setbacks.



## ***Growing through Challenge***

I am discovering my inner strength.

I am developing resilience.

I can dig deep when things get tough.



## ***Collaborating with Others***

I respect other perspectives, especially when they are different from mine.

I show kindness, consideration, and care for others.

I know that my attitude and how I treat others have an impact.



## ***Building Positive Self-Identity***

I am finding my self-confidence.

I am discovering what I'm capable of.

I feel safe to be myself.



## ***Using Good Judgment***

I respect rules in golf and in life.













I am honest with myself and with others.

I have the courage to do what's right, even when it's hard.

I can change the game and change the world  
by simply being the best version of myself.

**I am a Game Changer.**

Core Lesson Title	Game Changing Behaviors	Key Commitments	Golf Fundamentals	Suggested Golf Skills	Rules of Golf
<b>9</b> Meeting & Greeting with A-L-R	Showing kindness, consideration, and care for others.	Collaborating with Others	Distance Response: size or length of motion & club selection	Putt, Chip, Pitch	1.1, 1.3a, 1.3b, 1.3c, 3.1a, 4.1b, 6.3a
<b>10</b> Learn & Grow with Grit	Discovering Inner strength. Digging deep when things get tough. Finding Grit.	Growing through Challenge	Body Balance: balanced finish	Chip, Pitch, Full Swing	5.3a, 5.4, 5.6a, 6.1b, 6.2b
<b>11</b> Staying Cool	Using good judgment. Demonstrating emotional control.	Using Good Judgment	Target Awareness: distance to target	Putt, Chip, Pitch	6.6, 8.1a, 8.1b, 8.1c, 8.2, 8.3, 9.4, 10.1a, 10.1d
Playing the Course	Learning what it means to be a Game Changer.	Growing through Challenge, Collaborating with Others, Using Good Judgment	Review Target Awareness-target selection and Get Ready to Swing Aim and Alignment	All	12.1, 13.1c, 13.1d, 13.2a, 13.3a, 13.3b
<b>12</b> Finding your Personal Par	Discovering what they are capable of. Growing self-confidence.	Building a Positive Self-Identity	Clubface Awareness-clubface direction at contact	Putt, Chip, Pitch	14.1a, 14.1b, 17.1b, 17.1c, 17.1d
<b>13</b> Dreams & Goals	Growing and learning by setting goals.	Pursuing Goals	Combine Distance Response-club selection and Body Balance-balanced finish	Chip, Pitch, Full Swing	7.4, 19.1, 19.2a, 19.2b, 19.2c
<b>14</b> Appreciating & Valuing Diversity	Appreciating differences. Respecting other perspectives.	Collaborating with Others	Clubface Awareness-clubface direction at contact	Chip, Pitch, Full-swing	6.3c, 18.3a, 18.3b, 18.3c
Staying the Course	Learning what it means to be a Game Changer.	Building Positive Self-Identity, Pursuing Goals, Collaborating with Others	All	All-recommended Play Day	15.1a, 15.2a (1), 15.2a (2), 15.a (3), 16.1a, 16.1b, 16.1d

Core Lesson Title	Pursuing Goals	Growing through Challenge	Collaborating with Others	Building Positive Self-Identity	Using Good Judgment
<b>9</b> Meeting & Greeting with A-L-R					
<b>10</b> Learn & Grow with Grit					
<b>11</b> Staying Cool					
Playing the Course					
<b>12</b> Finding your Personal Par					
<b>13</b> Dreams & Goals					
<b>14</b> Appreciating & Valuing Diversity					
Staying the Course					

Recommended Lesson Length: 60–90 Minutes

# Golf Skills for Age 10–11

Participants in this age group are still exploring and sampling a variety of sports. Some players will start to pick golf as their sport, and others may shift their focus to other games and activities. The goal at this level is to still make golf fun and engaging while adding a few more fundamentals and factors of influence to advance their golf skill.

Most participants in this age group are still in the beginning stages of learning the game, whether they started with First Tee in the Age 7-9 level or they are beginning here at the Age 10-11 level. Coaches can expect that players at this level will still need to be given consistent feedback on golf swing cues, aim and alignment, hold and set up. Coaches will also observe players starting to become more proficient in their golf skills. Their golf swing will start to become more fluid as they continue to master new elements of First Tee’s golf fundamentals and factors of influence.



Fundamental	Factor of Influence		
Distance Response	Size or Length of Motion	Club Selection	
Target Awareness	Target Selection	Distance to Target	
Get Ready to Swing	Hold	Set up	Aim and Alignment
Body Balance	Balanced Finish		
Clubface Awareness	Prerequisite: Target Selection, Aim and Alignment	Clubface Direction at Contact	