

First Tee Program

Age 7-9



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.



Age 7-9 Quick Glance

Core Lesson Title	Game Changing Behaviors	Key Commitments	Golf Fundamentals	Suggested Golf Skills	Rules of Golf
1 Welcome to First Tee: Let's Work Together!	Respect other perspectives. Show kindness, consideration and care for others.	Collaborating with Others	Get Ready to Swing - Hold/ Grip	Putt and Chip	1.1, 1.3a, 1.3b, 6.1b, 6.2b, 6.4b, 6.5
2 I Can Be Responsible: Respecting the Rules	Respect rules in golf and in life	Using Good Judgment	Target Awareness/ Target Selection	Pitch and Full Swing	1.2a, 1.3c, 6.1b, 6.2b, 6.4b, 6.5
3 Make Good Choices: Doing the Right Thing	Being honest with self and with others. Having the courage to do what's right.	Using Good Judgment	Distance Response/Size or Length of Motion	Putt and Full Swing	3.3 a, c
4 I'm a Good Sport: Being a Team Player	Respecting other perspectives. Respecting rules.	Collaborating with Others	Get Ready to Swing - Set Up	Putt and Chip	8.2, 8.3, 9.1a, 10.1a, 10.1d
5 Developing Confidence: I Can Do It!	Developing Self-Confidence. Discovering your capabilities.	Building Positive Self-Identity	Develop Routine for Get Ready to Swing	All - Recommended Play Day	13.1a, b, 15.1 a, b
6 Using Good Judgment and Making Smart Decisions	Making good choices. Showing discernment.	Using Good Judgment	Target Awareness/ Target Selection	Chip and Pitch	17.1a, 18.2a, 18.2 b
7 On Your Mark, Get Set, Goals!	Learning from achievements and setbacks.	Pursuing Goals	Target Awareness/ Distance to Target	Pitch and Full Swing	7.2, 7.3
8 Play with Perseverance: Commit, Don't Quit!	Developing Resilience	Growing through Challenge		All - Recommended Play Day	5.3a, 5.6a, b

Recommended Lesson Length: 60-90 Minutes

Core Lesson Title	Pursuing Goals	Growing through Challenge	Collaborating with Others	Building Positive Self-Identity	Using Good Judgment
1 Welcome to First Tee: Let's Work Together!					
2 I Can Be Responsible: Respecting the Rules					
3 Make Good Choices: Doing the Right Thing					
4 I'm a Good Sport: Being a Team Player					
5 Developing Confidence: I Can Do It!					
6 Using Good Judgment and Making Smart Decisions					
7 On Your Mark, Get Set, Goals!					
8 Play with Perseverance: Commit, Don't Quit!					

Recommended Lesson Length: 60-90 Minutes

Golf Skills for Age 7-9

Participants in the 7-9-year-old age group are sampling different sports. First Tee recommends that players in this age group focus on mastering three golf fundamentals and factors of influence:

- **Distance Response:** size or length of motion
- **Target Awareness:** target selection
- **Get Ready to Swing:** hold, set-up, aim, and alignment

As coaches teach these golf fundamentals, they should keep in mind that players are just beginning to learn golf swing movements. As a result, their movements can be uncoordinated and jerky, and they may require consistent reminders to follow their swing cues. This is OK. It is recommended that coaches balance skill exploration with technical feedback to help develop skills in this age group. As participants progress through the program, we will build upon these fundamental skills by adding more advanced golf fundamentals and factors of influence. Mastering these golf fundamentals will provide a golf skill foundation for coaches to build upon as they advance within the program.



Fundamental	Factor of Influence		
Target Awareness	Target Selection		
Distance Response	Size or Length of Motion		
Get Ready to Swing	Hold	Set Up	Aim and Alignment