

First Tee Program

Age 12-13



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 12-13 Quick Glance

| Core Lesson Title | Game Changing Behaviors | Key Commitments | Golf Fundamentals | Suggested Golf Skills | Rules of Golf |
|---|--|---|---|-------------------------------|--|
| 15 Setting Goals: Process & Purpose | Understand the process and purpose of goal-setting | Pursuing Goals | Target Awareness-Distance to Target | Putt, Chip, Pitch | 1.2a, 1.2b, 1.3a, 1.3b, 1.3c, 2.2a, 3.2a, 3.2b, 3.2d, 3.3b |
| 16 Getting to Your Goal: Plan to Achieve | Learning from the process of pursuing goals. Creating plans to achieve goals | Pursuing Goals | Distance Response-Club Selection and Swing Rhythm-Swing Tempo | Chip, Pitch, Full Swing | 4.1b, 5.3a, 5.3b, 5.5a, 5.5b, 5.6a, 5.6b, 6.1a, 6.1b, 6.3a, 6.4a, 6.4b |
| 17 Dealing with Challenges On and Off the Course | Addressing challenges on and off the course | Growing through Challenge | Post-Shot Routine: Ideal Emotional Response | Putt, Chip, Pitch, Full Swing | 7.1a, 7.1b, 9.1a, 9.1b, 9.2a, 9.2b, 9.3, 9.5, 9.7a, 9.7b |
| Playing the Course: Review & Reflect | Learning what it means to be a Game Changer | Growing through Challenge, Pursuing Goals | Review Target Awareness-Distance to Target, Distance Response-Club Selection and Swing Rhythm-Swing Tempo and Post-Shot Routine: Ideal Emotional Response | All | 10.2a, 10.2b, 11.1a, 11.2a, 11.2b, 11.3 |

first tee® Age 12-13 Quick Glance

| Core Lesson Title | Game Changing Behaviors | Key Commitments | Golf Fundamentals | Suggested Golf Skills | Rules of Golf |
|--|--|---|--|-------------------------------|---|
| 18 Embracing Your Identity & Building Your Confidence | Finding Self-Confidence. Discovering what you are capable of. | Building a Positive Self-Identity | Clubface Awareness-Clubface direction at contact | Putt, Chip, Pitch | 12.1, 12.2a, 12.2b, 13.1d, 13.1e, 13.2b, 14.1c, 14.2a, 14.2b, 14.2c, 14.2e, 14.3a, 14.3b, 14.3c |
| 19 Respecting & Valuing Diversity | Respecting and valuing other perspectives. | Collaborating with Others | Clubface Awareness-Centeredness of Hit | Chip, Pitch, Full Swing | 15.2a (1), 15.2 a(2), 15.2b, 15.3a, 16.1a, 16.1b, 16.1c, 16.1d, 16.1e, 16.2a, 16.2b, 16.4 |
| 20 Being a Go-To Person & Building a Go-To Team | Being honest with yourself and others. Demonstrating respect for rules in golf and in life | Using Good Judgment | Body Balance-Balanced Start | Putt, Chip, Pitch, Full Swing | 17.1a, 17.1b, 17.1c, 17.1d, 18.1, 18.3a, 18.3b, 18.3c |
| Staying the Course: Review & Reflect | Learning what it means to be a Game Changer | Building Positive Self-Identity, Collaborating with Others, Using Good Judgment | All | All – Recommended Play Day | 19.1, 19.2a, 19.2b, 19.2c, 19.3a, 19.3b |

Recommended Lesson Length: 90-120 Minutes

| Core Lesson Title | Pursuing Goals | Growing through Challenge | Collaborating with Others | Building Positive Self-Identity | Using Good Judgment |
|--|--|--|--|---|---|
| 15 Setting Goals: Process & Purpose |  | | | | |
| 16 Getting to Your Goal: Plan to Achieve |  | | | | |
| 17 Dealing with Challenges On and Off the Course | |  | | | |
| Playing the Course: Review & Reflect |  |  | | | |
| 18 Embracing Your Identity & Building Your Confidence | | | |  | |
| 19 Respecting & Valuing Diversity | | |  | | |
| 20 Being a Go-To Person & Building a Go-To Team | | | | |  |
| Staying the Course: Review & Reflect | | |  |  |  |

Recommended Lesson Length: 90–120 Minutes

Golf Skills for Age 12–13

The majority of players in this age group are now beginning to pick golf as their sport. Coaches will notice that players' golf skill movements are more fluid and they may see players start to self-diagnose or explain their golf skills in technical terms. For example, a player may ask a coach to check their alignment as it “feels” like they are lined up to the left or right of their target. As a result of this shift, this age group sees the addition of several new and more complex golf fundamentals and factors of influence. The goal of this level is to keep players engaged in the game while helping them develop their own unique processes on and off the golf course.

Coaches will begin to see a skill gap emerge in this level. Players who have been in the First Tee Program for several years will be more advanced than newcomers who begin at this level. Coaches should keep in mind that, in general, players at this age have more general sports knowledge and tend to pick skills up more quickly as a result. To help bridge this gap, the more advanced golf fundamentals and factors of influence have been given prerequisites to help coaches review previously covered concepts. Remember, reviewing fundamental skills is important at every level.



| 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 | Balanced Start | |
| Clubface Awareness | Prerequisite: Target Selection, Aim and Alignment | Clubface Direction at Contact | Centeredness of Hit |
| Swing Rhythm | Prerequisite: Distance Response, Size or Length of Motion | Swing Tempo | |
| Routines: Pre-shot | Prerequisite: Physical aspects- Get Ready to Swing and Target Awareness-Target Selection/Distance to Target and Distance Response-Club Selection | Mental and Emotional Aspects using STAR | |
| Routines: Post-shot | Prerequisite: Introduced to the 4 Rs | Ideal Emotional Response: Emotionally neutral response to an undesirable process and/or outcome | |