

# First Tee Program

Age 14+



# 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>21</b> Dealing with Conflicts: Making a Positive Impact	Respecting other perspectives. Understanding our personal impact.	Collaborating with Others	Body Balance – Balanced start, balanced finish, balance during swing + Distance Response-size or length of motion, variable amount of speed or energy	All	1.2a, 1.2b, 1.3b, 1.3c, 2.2a, 3.2a, 3.2b, 3.2c, 3.2d, 3.3b
<b>22</b> Learning from Failure & Dealing with Adversity	Developing resilience. Discovering inner strength. Learning to dig deep and overcome adversity.	Growing through Challenge	Swing Rhythm: swing tempo, swing sequencing	All	4.1a, 4.1b, 4.1c, 4.2, 5.7d, 6.2b, 6.3c
<b>23</b> Getting to Your Goal: Take Ownership Over Goal Achievement	Learning from both achievements and setbacks. Focusing on different types of goals.	Pursuing Goals	Target Awareness: target selection, distance to target, reaction to target + Distance Response: club selection	All	7.1a, 7.1b, 8.1d, 9.5
Playing the Course: Review & Reflect	Learning what it means to be a Game Changer.	Collaborating with Others, Growing through Challenge, Pursuing Goals	Use On-Course Strategies to review and analyze performance regarding golf fundamentals	All	10.3a, 10.3b, 10.3c, 11.1b, 11.2a, 11.2b, 11.2c

# first tee® Age 14+ Quick Glance

Core Lesson Title	Game Changing Behaviors	Key Commitments	Golf Fundamentals	Suggested Golf Skills	Rules of Golf
<b>24</b> Being a Trustworthy Person & Building a Trustworthy Team	Having courage to do what is right. Respecting rules in golf and in life. Being trustworthy and trusting your instincts.	Using Good Judgment	Clubface Awareness: clubface direction at contact, centeredness of hit, and impact position.	All	13.1f, 13.2c, 14.7
<b>25</b> Who am I? Embracing Identity & Developing an Understanding of Self	Building Self-Confidence. Discovering what is possible. Demonstrate comfort and safety in expressing identity.	Building Positive Self-Identity	Ball Flight: trajectory, curvature	All	15.3a, 15.3b, 15.3c, 16.3a, 16.3b, 16.4
<b>26</b> Planning for the Future: A Game Changer's Game Plan	Demonstrating excitement to grow and learn without fear of failure. Envisioning your Future.	Pursuing Goals	Routines: Pre- and Post-Shot	All	17.2a, 17.2b, 18.3a, 18.3b, 18.3c
Staying the Course: Review & Reflect	Understanding what it means to be a Game Changer.	Building Positive Self-Identity, Collaborating with Others, Using Good Judgment	Use On Course Strategies to review and analyze performance regarding golf fundamentals	All – Recommended Play Day	Review

Recommended Lesson Length: 90-120 Minutes

Core Lesson Title	Pursuing Goals	Growing through Challenge	Collaborating with Others	Building Positive Self-Identity	Using Good Judgment
<b>21</b> Dealing with Conflicts: Making a Positive Impact					
<b>22</b> Learning from Failure & Dealing with Adversity					
<b>23</b> Getting to Your Goal: Take Ownership over Goal Achievement					
Playing the Course: Review & Reflect					
<b>24</b> Being a Trustworthy Person & Building a Trustworthy Team					
<b>25</b> Who am I? Embracing Identity & Demonstrating an Understanding of Self					
<b>26</b> Planning for the Future: A Game Changer's Game Plan					
Staying the Course: Review & Reflect					

Recommended Lesson Length: 90-120 Minutes



## Golf Skills for Age 14+

The majority of players in this age group may have picked golf as their sport. Players may be competing in tournaments and increasing their golf-specific knowledge rapidly. Coaches will notice that players' golf skill movements are more fluid, and they may see players continue to self-diagnose or explain swing flaws in technical terms. Because of this advanced skill, many of the golf fundamentals and factors of influence that were previously taught separately are combined at this age level. The goal is to keep players engaged in the game while helping them develop their own unique processes and plan for the future on and off the golf course.

Coaches will see a rather large skill gap when new players come in at this age group. 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 age so there is no harm in revisiting a previously learned concept. Additionally, coaches can add another layer of learning by having advanced players mentor or coach their peers. Coaches should also remember that players in this group enjoy spending time with friends their own age. This enjoyment will help bridge the skill gap and keep teens engaged by creating an optimal social environment.



Fundamental	Factor of Influence		
<b>Distance Response</b>	Size or Length of Motion	Club Selection	Speed or Energy
<b>Target Awareness</b>	Target Selection	Distance to Target	Reaction to Target
<b>Get Ready to Swing</b>	Hold	Set up	Aim and Alignment
<b>Body Balance</b>	Balanced Start	Balanced Finish	Balance During Swing
<b>Clubface Awareness</b>	Clubface Direction at Contact	Centeredness of Hit	Impact Position
<b>Swing Rhythm</b>	Prerequisite: Distance Response, Size or Length of Motion	Swing Tempo	Swing Sequencing
<b>Routines: Pre-shot</b>	Prerequisite: Physical Aspects – Get Ready to Swing	Mental and Emotional Aspects	Analyzing Variable Playing Conditions
<b>Routines: Post-shot</b>	Prerequisite: Introduced to the 4 Rs	Ideal Emotional Response: Emotionally neutral response to an undesirable process and/or outcome	Good Memory Storage: Learn to use the 4Rs to store memories of desirable processes and outcomes
<b>Ball Flight</b>	Prerequisite: Clubface Direction at Contact, Centeredness of Hit	Trajectory	Curvature
<b>On-Course Strategies</b>	Prerequisite: Get Ready to Swing	Self-Management	Course Management