

CORE LESSON 6: DEVELOPING CONFIDENCE

Developing confidence is represented in The First Tee Code of Conduct and primarily falls under the sub-category of respect for myself. Whether PLAYers are starting at the 6-hole or 9-hole sub-levels, they are exposed purposely to games/activities that reinforce showing confidence.

For each PLAYer class on developing confidence, coaches should create multiple opportunities for participants to play the game, learn behaviors that are reflective of confidence, learn the golf fundamental of get ready to swing, and appreciate the etiquette and Rules of Golf. More specifically, Core Lesson 6 focuses on helping PLAYers appreciate areas on the golf course called the fairway and greenside bunkers.

Upon completion of Core Lesson 6 at the 9-hole sub-level, PLAYers should understand, demonstrate and exhibit behaviors that show confidence.



COACHES' TIP

PLAYer Core Lesson 6 helps provide a foundation for Par Core Lesson 13: Having Fun While You Learn (especially Be Positive); Par Core Lesson 14: Staying Cool; and Par Core Lesson 15: Finding Your Personal Par.

GENERAL LEARNER OBJECTIVES

After completing multiple classes across 6-hole and 9-hole sub-levels on Core Lesson 6, PLAYers should be able to:

- State the meaning of confidence
- Understand that The First Tee Code of Conduct emphasizes confidence and the importance of this core value
- Understand, demonstrate (6-hole) and exhibit (9-hole) that they identify what they are doing well regardless of the outcome
- Understand, demonstrate (6-hole) and exhibit (9-hole) that they maintain a positive attitude regardless of how they are playing
- Utilize confidence away from The First Tee and be able to share/explain how it was put into action
- Experience and understand the importance of getting ready to swing (hold, set-up, aim & alignment) when playing golf
- Understand the game, its etiquette, and the Rules of Golf related to fairway and greenside bunkers
- Follow the etiquette and Rules of Golf related to fairway and greenside bunkers while playing golf
- Understand, demonstrate (6-hole) and exhibit (9-hole) the physical healthy habits of energy, play and safety

CORE LESSON 6



LEARN

LIFE SKILL CATEGORY ADDRESSED

- Self-management

BEHAVIORS REFLECTIVE OF THE CODE OF CONDUCT AND NINE CORE VALUES


CONFIDENCE — a feeling of 'I can do it!'

A PLAYer learns about the Code of Conduct and shows confidence in himself/herself by:

1. Noticing something s/he is doing well no matter what the result
2. Keeping a positive attitude no matter how s/he is playing

SUGGESTED PLAYER PROGRESSION FOR GOLF SKILL CATEGORIES AND GOLF FUNDAMENTAL

For more detailed information on the Golf Skill Categories and PLAYer progression for the Golf Fundamentals, coaches should review the Golf Skills section of this guide. Core Lesson 6 for PLAYer 6-hole sub-level focuses on the following:

- Golf Skill Categories—Select two or more from putt, chip, pitch and full-swing
- Golf Fundamental— Get Ready to Swing (hold, set-up, aim & alignment)



Go to the members' side of www.thefirsttee.org to find PDFs that can be downloaded from the PLAYer Yardage Book.

**SEE 6-HOLE AND 9-HOLE SAMPLE LESSON PLANS
ON THE MEMBERS' SIDE OF WWW.THEFIRSTTEE.ORG.**





APPRECIATE

Simply stated, confidence is the belief in one's ability to complete the task at hand. PLAYers who know the rules and etiquette of the game will have a higher level of confidence in knowing what to do when faced with decisions out on the course, whether they are playing well or if they are struggling with their game.

Confidence is developed through a consistent effort to maintain a positive attitude, valuing small improvements in one's own game through purposeful practice, and paying attention to thoughts, feelings and types of situations that help strengthen one's level of confidence. PLAYers should reflect on all aspects of their game to determine where they have a high level of confidence or where they could spend time to develop their game to the fullest potential.

SUGGESTED CONTENT TO APPRECIATE — THE GAME, ETIQUETTE AND THE RULES OF GOLF

6-HOLE SUB-LEVEL

6-HOLE		
THE GAME	ETIQUETTE	RULES OF GOLF
Areas of the Course	Safety	<ul style="list-style-type: none"> • Balls in Hazard (13-4) • Striking Ball (14-1) • Loose Impediments (23-1)
<ul style="list-style-type: none"> • Understand areas of the course that have less favorable consequences—<i>Hazards, bunkers (greenside)</i> 	<ul style="list-style-type: none"> • Understand and demonstrate what to do if you hear "FORE" as a warning 	
Terminology/Procedures	Pace of Play	
<ul style="list-style-type: none"> • Tools of the Trade—<i>Rake</i> • Bunker, loose impediments 	<ul style="list-style-type: none"> • Keep up with the group ahead of you 	
	Consideration for Other PLAYers	
	<ul style="list-style-type: none"> • Be aware and remain still while others are hitting 	
	Care for the Course	
	<ul style="list-style-type: none"> • Properly raking bunkers 	

CORE LESSON 6

9-HOLE SUB-LEVEL

9-HOLE		
THE GAME	ETIQUETTE	RULES OF GOLF
Areas of the Course <ul style="list-style-type: none"> • Understand areas of the course that have less favorable consequences—<i>Hazards, bunkers (greenside)</i> 	Safety <ul style="list-style-type: none"> • Staying in proper position while playing golf 	<ul style="list-style-type: none"> • The PLAYER (6-1) • Strokes Taken (9-3) • Playing the Ball as it Lies (13-4)
Terminology/Procedures	Care for the Course	
<ul style="list-style-type: none"> • Tools of the Trade—<i>Sand wedge</i> • Hazard, Stance 	<ul style="list-style-type: none"> • Entering/exiting bunkers 	

