

Warm Up

Class begins with a Golf Fitness Warm-up to:

- Promote motor skill development

First 5-10 minutes of class

Seamless Games and Activities

Fun games/activities that incorporate:

- Key Commitment
- Golf Skills
- Golf Fundamentals
- Rules/Etiquette

Bulk of class

Wrap Up

Class ends with wrap-up and Bridge to Life

Coach asks open-ended questions to connect lessons learned on the course to their application off the course

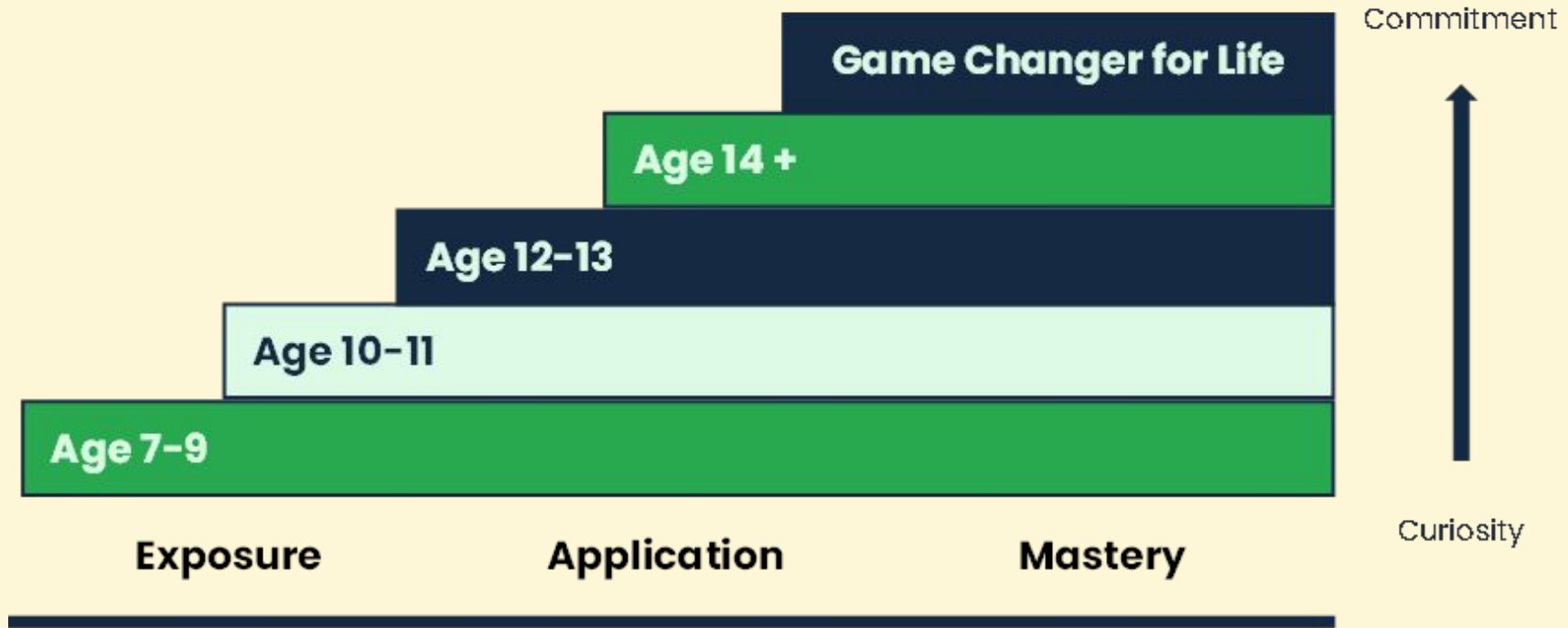
Last 5-10 min of class

Good-Better-How

Coaches gather to assess class experience

Identify:

- 3 Goods
- 1 Better
- 1 How



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.

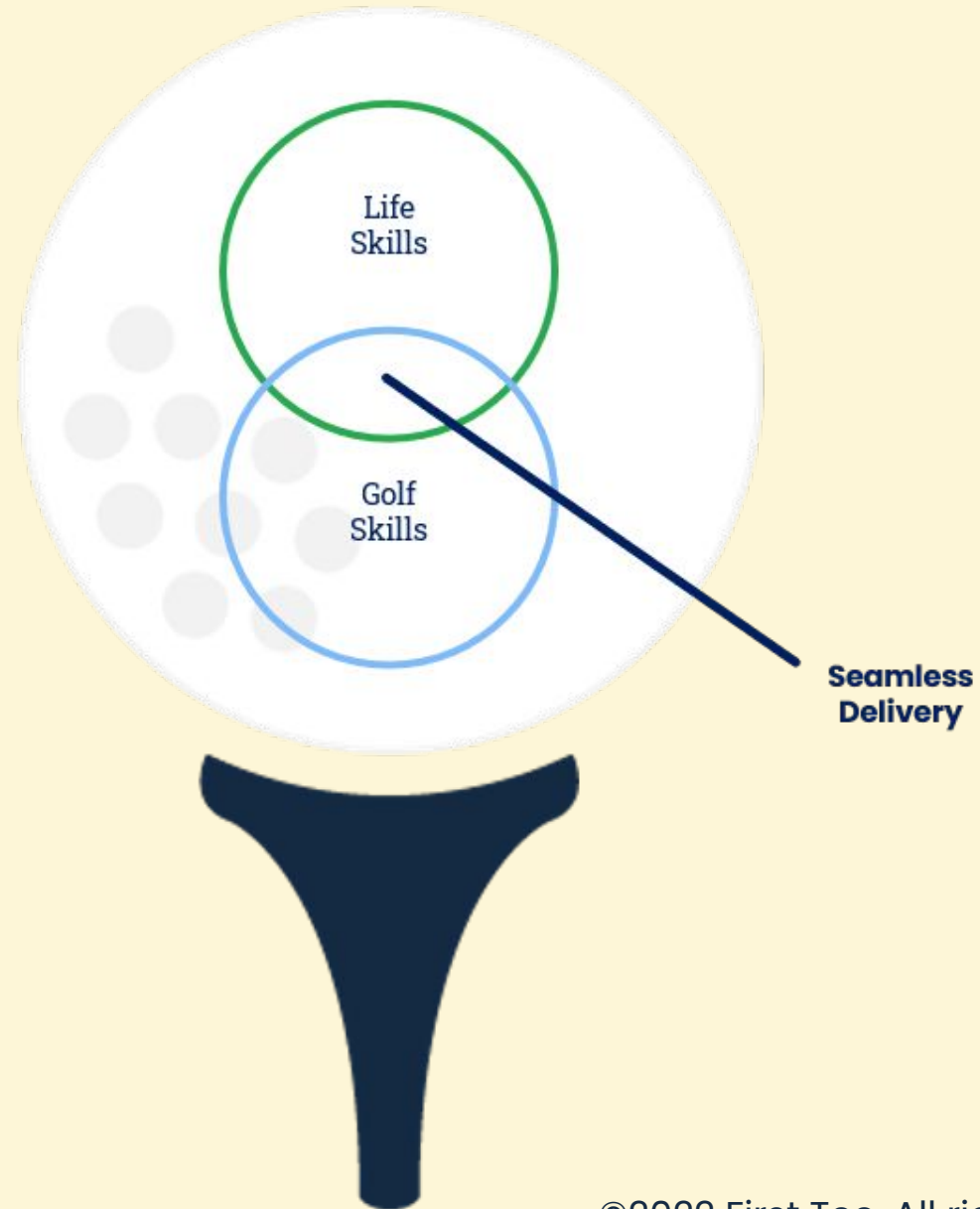
- Pursuing Goals
- Growing through Challenge
- Collaborating with Others
- Building Positive Self-Identity
- Using Good Judgment

First Tee Program

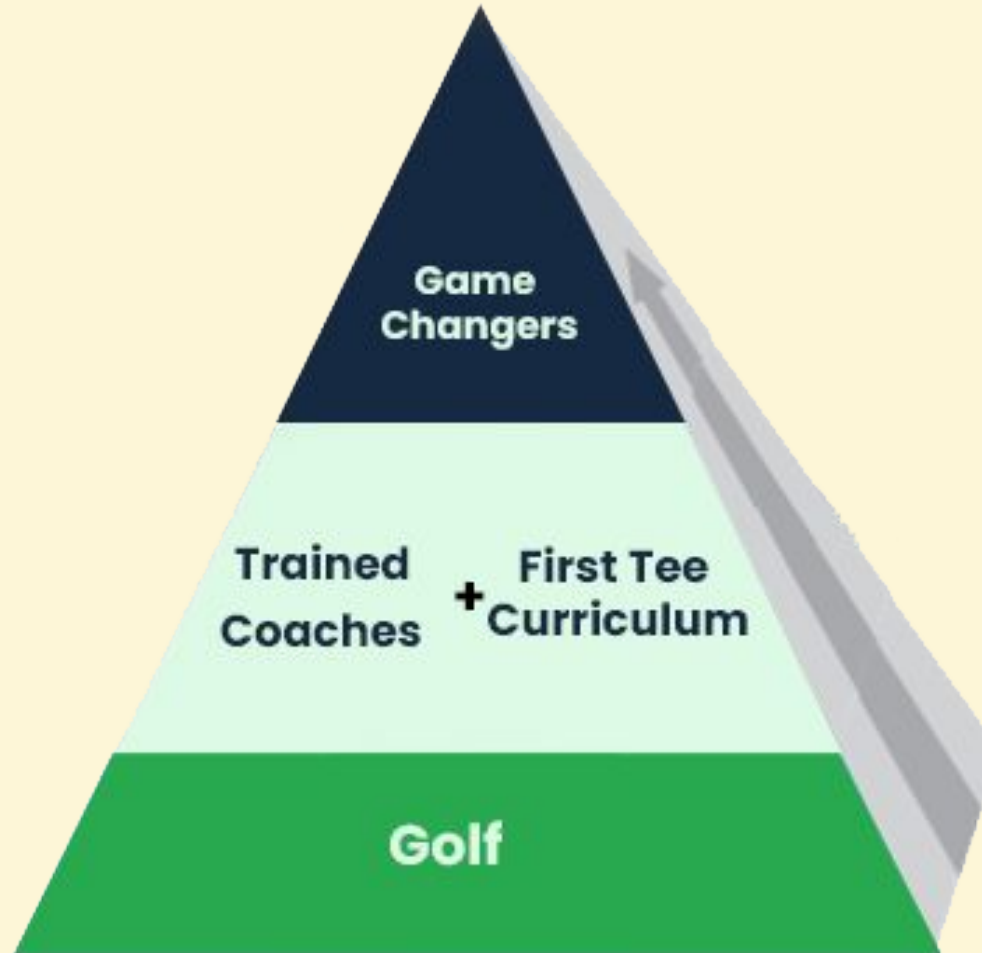
**“WHAT”
we deliver**

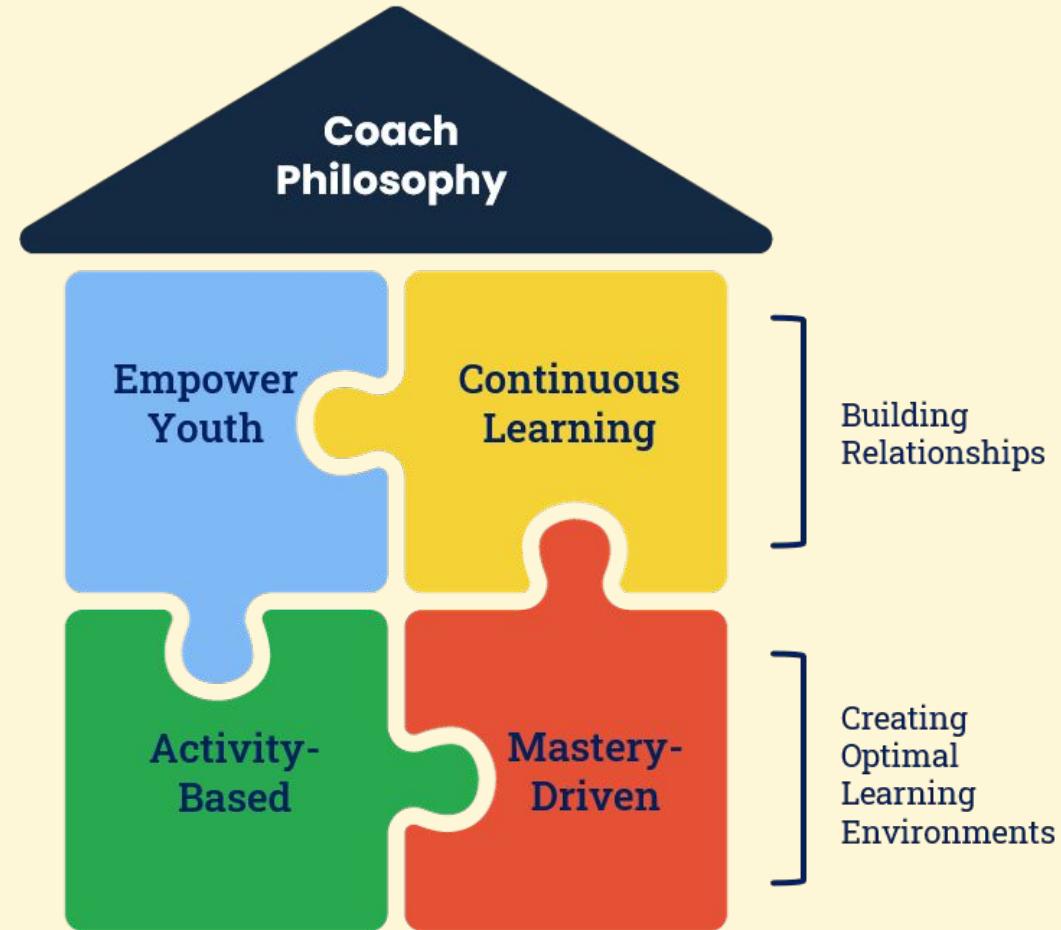
First Tee Coach Program

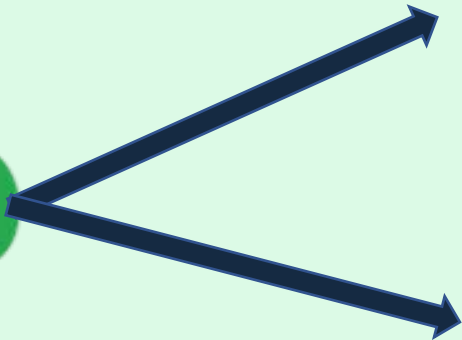
**“HOW”
we deliver it**



Positive Youth Development







**Fun and
Seamless**

**Doing
Vs.
Telling**

First Tee Program Content

Fundamental
Movement
Skills

Strength, Flexibility and Mobility, Agility and Coordination,
Balance, Object Control

Life Skills

Pursuing Goals, Growing through Challenge, Collaborating
with Others, Building Positive Self Identity, Using Good
Judgment









Golf Skills

Putt, Chip, Pitch, Full-Swing













Golf
Fundamental
Skills

Target Awareness, Distance Response, Get Ready to Swing,
Body Balance, Clubface Awareness, Swing Rhythm, Routines
Pre Shot, Routines Post Shot, Ball Flight, On Course Strategies












First Tee Program Age 7-9

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!					













First Tee Program Age 10-11

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

First Tee Program Age 12-13

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					

First Tee Program Age 14+

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

Risk Management & Child Protection

Our Ongoing Commitment to **Keeping Kids Safe**

We are committed to creating and maintaining a safe and welcoming environment for all participants and individuals affiliated with the organization.

The three mandatory components of the First Tee Safe Sport Policy:

- Prevention-background checks
- Training-SafeSport Training
- Mandatory reporting

[Risk Management and Youth Safety Guide](#)



One-on-One Interaction Guidelines

- All interactions (including electronic communication) should occur at in an **observable** and **interruptible** environment.
- When conducting a **meeting**, ask **another adult** to join.
- If another adult is **not available**, the meeting should take place in an **unlocked, open office** that has **windows with open blinds/shutters/curtains**.
- Individual lessons are allowed, but guardians must be allowed to observe.
- It is recommended that you monitor one-on-one interactions by knowing when and where they're happening and randomly dropping in.

