



Coach Philosophy

First Tee understands that when young people are (a) exposed to the inherent values of the game of golf, (b) surrounded by caring First Tee Coaches, and (c) taught life skills through the First Tee Program, the probability increases that they will acquire and demonstrate First Tee's Key Commitments.



Golf

Context

Golf is an ideal context for character development. It is a fun and engaging activity that provides challenges, requires commitment and effort over time, and has clear rules. First Tee ensures that this context enhances youth development by using our coach philosophy to create a youth-centered, mastery climate in which kids and teens are empowered to explore options and make decisions for themselves.

Trained Coaches

External Assets

First Tee recognizes the importance of providing young people with caring mentors. First Tee's Coach Program ensures participants are working directly with adults who understand how to build constructive relationships with them. First Tee Coaches, at all levels, guide participants to understand and use the Key Commitments through coaching, feedback, modeling, and other processes inherent to the game of golf.

First Tee Curriculum

Internal Assets

First Tee participants are exposed to lessons dedicated to each Key Commitment in an age-appropriate way. They develop skills that enable them to dig deep when things get tough, respect the perspectives of others, discover what they are capable of, learn from their achievements and setbacks, and have the courage to do what is right, even when it's not easy. These skills enable them to face challenges on and off the course.

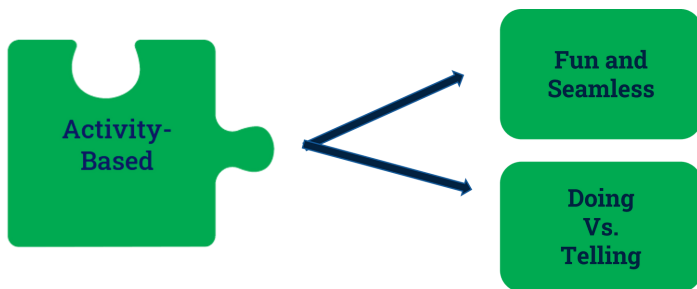
When combined, these components contribute to Building Game Changers.

Coach Building Blocks

First Tee's Coach philosophy is implemented through four building blocks. Coaches are introduced to them progressively across training. As coaches increase awareness and effective use of the strategies and behaviors, they create optimal learning environments for positive youth development.

Activity-Based

First Tee Coaches mentor and instruct players in golf-related activities that help them learn golf skills and transfer those skills to their daily lives. Fun is a product of an environment which facilitates interest, encourages participation, and enhances self-worth.



Fun and Seamless

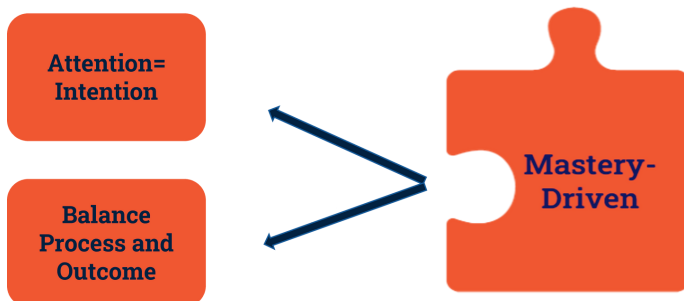
Coaches enthusiastically engage players to promote curiosity while integrating life and golf skills into games and activities.

Doing vs. Telling

Players do more and coaches talk less. Coaches recognize learning is experiential and structure activities that integrate life and golf skills seamlessly.

Mastery Driven

First Tee Coaches encourages participants to pay attention to their own experiences and seek challenging tasks—just beyond their current skill level—to help develop new skills. Coaches help players monitor their progress, focusing primarily on the process, rather than solely on the outcome.



Attention = Intention

Each lesson has an intention (Key Commitments and Golf Fundamentals). Coaches keep their attention on this intention to create a learning environment that focuses on engaging players in the learning process

Balance Process and Outcome

Coaches define success as learning and improving. Feedback focuses on a player's learning pace and abilities plus tying the process to the outcome, empowering players to trust the process.

Empower Youth

Coaches focus on developing the complete person by learning players' goals in golf and life. Coaches value involvement and encourage players to participate in decision-making. The impact our Coaches have on the lives of kids and teens is rooted in the relationships they form.



Relationship Focused

Youth Centered

Relationship Focused

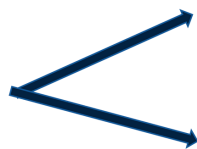
Coaches build rapport and effective relationships. Quality relationships provide a foundation, enabling players to enjoy activities and enhance development.

Youth-Centered

Coaches focus on players' goals and strive to understand situations from their perspectives when learning golf and life skills.

Continuous Learning

Coaches encourage participants to pay attention to their own experiences and seek challenging tasks to help develop new skills. Coaches help players monitor progress, focusing primarily on the process, rather than the outcome, of activities.



Coachable Moments

Good - Better - How

Coachable Moments

Coaches use spontaneous situations that help players learn, refine and apply skills. Building relationships and optimal learning environments increases the chance of impactful moments.

Good-Better-How

Players need to understand, store, and recall the thoughts, emotions, movements and behaviors which helped them improve. Good-Better-How is a positive self-reflection technique.

The quality relationships that our Coaches develop with participants and the optimal learning environments that are created ensure that Coaches make a positive impact.

