

Spring 2025, Week 5: Ages 12+

- **ON THE COURSE! PUT IT ALL TOGETHER! BE A GAME CHANGER!**

- We are back on the course tonight! The best way to see how much we have learned, is to take our skills out on to the course. How much have I learned? What do I need to get better at? Am I using my Key Commitments to make good choices? Am I using what my coaches taught me to be better? We will find out tonight!
- What are some of the Key Commitments we have been working on this season?
 - Grit - Having Grit means you push through all the tough times. Grit is useful on the course if we are in a tricky spot, but also at home and school. Do I have what it takes to keep going?
 - Star - Stop. Think. Anticipate. Respond. Following this process allows us to gather our thoughts in times of difficulty. The mental/visual aspects of golf play into how well we can do. If I take time to visualize my next shot, not only do I slow myself down, but I build confidence each time I see the shot go from my head to the course.
 - 4R's - Relax. Replay. Ready. Redo. Adding this process with Star helps us when we are frustrated. If we play angry, we play poorly. Taking the time to calm my body and brain will help me reset before moving on.
 - Personal Goal Ladder - Understanding how to make and plan for goals is almost as important as the goals themselves! How do I plan for a goal? Short steps just like a ladder help me grow at my own speed. Make sure your goals are Positive!

- **Follow Up Questions:**

- How did you play today?
- Do you feel more/less confident in your playing ability?
- What are you going to improve on for next time on the course?
- What was the best part about golfing today?
- What was a not so good thing about golfing today?

GOLF SKILL QUESTIONS

- **What are the three golf skills you focused on today?**

- Putting, Chipping, Pitching, Full Swing

- **What area did you focus on with the three golf skills?**

- Get ready to swing - What is my pre shot routine? Swing tempo - How does my swing speed effect my shots? Club Face Awareness - How does my path and my club face effect my shot?

- **What is one skill you learned that you did not know before? How does this skill help your golf game?**

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