

• **Staying Cool With The 4 R's**

- You're about to take your shot. You pick your target, set up to the ball, swing your club, and you miss. What happens now? You want to have fun and do your best, and sometimes, in order to play your best, you have to choose how to respond when you face challenging or frustrating situations. The good news is that you're in control! How you choose to respond is up to you! Will you learn from the challenge or will you get frustrated and give up? First Tee has a tip called the 4Rs to help players use good judgment and stay cool on and off the golfcourse whether things go your way or not.
- In this lesson, you are going to focus specifically on the first 2Rs: Relax and Replay. When specifically applied to the game of golf, you can use these Rs to help you start to develop your post-shot routine, which is what you think, say, or do immediately after hitting the ball. All of our shots won't be perfect or even good, but you can remember a few tips to help you use good judgment and respond in a way that is helpful.
- First, you want to Relax! Take a couple deep breaths and shake off the shot. You can count slowly to yourself while breathing to help you let go of any frustration you might feel in the moment.
- Next, you want to Replay what happened in your mind. What did you want to happen? What actually happened? Do they match? If so, awesome! Take a few seconds to enjoy what you did well and store it in your memory so you can try to do it again in the future. If you did not have the outcome you hoped for, replay that shot for just a second in your mind and think about what you might do differently next time and what you can learn from your shot today. Using good judgment and showing emotional control will help you learn from what you do and work to do even better the next time you attempt it. In golf and in life, practice makes progress, and your progress depends on you!

• **Follow Up Questions:**

- How can I relax on the golf course between shots?
- What is my Replay Routine?
- How does emotional control help me play better on the golf course?
- Where can I use the 4R's outside of golf?

GOLF SKILL QUESTIONS

• **What are the golf skills you focused on today?**

- Putting, Chipping, Pitching

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

- Target awareness: What is the distance to my target? How do we measure distance in golf? What did you learn about hitting targets that are close? Far away?

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

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