

## • Take it to the course!

- One of the most important aspects of golf, is being able to apply what we learn in practice on an actual golf course. Practicing skills is great, repetition is great, but it is not until we are put in a position to use the skills in a real world situation, that we can accurately reflect on our abilities, and determine our progress. Thus far, we have been working on 4 different areas of golf – Full swing/Pitching/Chipping/Putting. In a single round of Golf, we will encounter all 4 skills, at least once, if not more. Beyond those foundational skills, we have some of the more specific items we have looked at – Tempo/Balance/Pre-shot Routine. Golf requires us to impliment these more specific skills, along side the over arching concepts of styles of swings. This is a perfect representation of The First Tee Key Commitments.
- Each of the commitments can be directly connected to golf, but more importantly, can be connected to life. Golf is the perfect vehicle to teach life lessons to young and old alike.
- Golf is not about being better than someone. It is about being better than you were the day before...
- This concept is a beautiful representation of what it means to advance our golf skills, but also advance ourselves as Game Changers. Here at The First Tee, we are building Game Changers. The Key Commitments we learn from our conversations, allow us to change the game of life. While the skills we learn from our golf practice, allows us to change the game of golf.
- This week is our first chance to see how much we have improved on the course, but to also take note of how much we have changed in the game of Life.

## GOLF SKILL QUESTIONS

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

- Putting, Chipping, Pitching, Full Swing

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

- Pre-Shot Routine:Ideal emotional response, Body Balance, Tempo/Swing Speed

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

#### • Follow Up Questions:

- How do I feel my round on the course went today?
- What areas/skills do I need to work on?
- Was I able to apply what I have been learning into playing?
- What areas/skills did I have success with?
- Am I making connections between Golf and the Key Commitments?
- Was I a Game Changer today?

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