

## Learn and Grow with Grit

### Key Commitment- Growing Through Challenge

- I am discovering my inner strength.
- I am developing resilience.
- I can dig deep when things get tough
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### Overview

Sometimes learning a new lesson or skill can be challenging, whether you are on or off the golf course. You might feel like quitting or giving up but you have to show grit and dig deep! First Tee participants should remember these **Three Tips for Developing Grit**: be patient, be positive, and ask for help.

### Coaching Tips

- When helping participants develop these intangible qualities (grit, confidence, resilience, etc.), it can be helpful to share your own experiences.
- When coaching players whose gut reaction is to be negative, encourage them to at least be neutral and approach their efforts with a learning mindset.
- Part of positive youth development is understanding that making mistakes is okay. As a coach, ask open-ended questions, genuinely get to know your players, and make sure all participants feel safe making mistakes

### Golf Etiquette & Rules of the Game

- Players learn about the different levels of penalties
- Players learn that the tee box is the only place they can put the ball on a tee, but they do not have to do so
- Players learn that the tee markers cannot be moved by players

### Golf Skill

- Players will experience a new golf fundamental **Body Balance**- Balanced Finish
- Coaches should focus on having players hold their finish by having them “pose for a picture” or “count to 3”
- Coaches should also review **Get Ready to Swing**- hold, setup, aim and alignment

### Activities

#### Intro and Warm Up (10 Minutes):

- Ball Toss
- Stretches

**Activity 1 (25 minutes):** [LeapFrog \(Click here for video\)](#)

**Activity 2 (25 minutes):** [Golf Bocce \(Click here for video\)](#)

**Activity 3 (25 minutes):** Range  
**Wrap Up (5 minutes)**

### Guiding Questions

1. What does grit mean to you?
2. How can the Three Tips for Developing Grit help you on and off the golf course?
3. Is it easier to think positive thoughts or negative thoughts? Why?
4. How can you show grit away from the golf course?
5. Why is it important to ask for help in golf and in life?

**Lesson Length:** 90 minutes

**Number of Kids:** 8

**Key Commitment:** Growing Through Challenge

**Golf Skill(s):** chipping, putting, and full swings

**Golf Fundamental:** Body Balance -Balanced Finish

### Key Terms

Divot  
Clubhead  
Clubface  
Tee Markers  
Pace of Play  
Grit  
Resilience