

Dealing with Challenges On and Off the Course

Key Commitment- Growing Through Challenge

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

Overview

First Tee uses the **4R's: Relax, Replay, Ready, Redo** as a technique to stay cool and learn from, rather than being critical of, your efforts.

Relax: Relax after shot despite the outcome

Replay: Think through the previous shot

Ready: Prepare mentally for you need to do next time

Redo: Imagine yourself doing it better

On Course Play and Coaching Tips

- The 4R's can be used as part of a post-shot routine on every shot
- Encourage students to "save" each shot. If it was the ideal outcome, they should try to recreate the feel and if was not the ideal outcome, they should try to make adjustments and improve on the next try

Guiding Questions

1. How can the 4Rs be applied to your post-shot routine?
2. What can you learn from the challenges you face?

Schedule

2:30-3:00 - Warm up putting, chipping, and on the range as needed

3:00-5:00 - Play 9 holes

5:00- Collect scorecards

Playing Distances, Levels, and Flag Colors	
Standard Levels	
Level 1- Orange	25 Yards (225 Yards)
Level 2- Yellow	50 Yards (450 Yards)
Level 3- Green	100 Yards (900 Yards)
Level 4- Blue	150 Yards (1350 Yards)
Level 5- Purple	200 Yards (1800 Yards)
Full Tee Box Levels	
Level 6- Orange	1801-2300 Yards
Level 7- Yellow	2301-2600 Yards
Level 8- Green	2601-2900 Yards
Level 9- Blue	2901-3200 Yards
Level 10- Purple	3201+ Yards

Number of Players: 6; 3 per group with 1 pro

Ages: 12+

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