

## Embracing Your Identity & Building Your Confidence

### Key Commitment- Building Positive Self-Identity

- I am finding my self confidence
- I am discovering what I am capable of
- I feel safe to be myself
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### Overview

Regardless of your talents and abilities, life will throw challenges your way. First Tee recommends players utilize **STAR** to help build confidence as you deal with challenges in golf and daily life.

**Stop** and take a breath

**Think** of all your choices

**Anticipate** what could happen (good or bad) as a result of each

**Respond** by selecting the best choice for you

### On Course Play and Coaching Tips

- STAR can be used as a pre-shot routine
- Every child will have a different choice that is best for them based on their abilities and needs
- Op36 distances allow kids to set up their favorite distance into the green and get familiar with different ways to handle the same length shot

### Guiding Questions

1. How can your unique talent and abilities contribute to your success on the course?
2. Is your pre-shot routine the same for every shot? Why might your pre-shot routine change from shot to shot?
- 3.

### 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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