

Developing Confidence: I can

Do It!

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

Overview

Self-confidence is a belief in yourself and in your abilities. Confidence is not something you are born with; it is something that develops over time. When you have self-confidence, you appreciate your unique skills and talents, and you accept yourself as you are. In the game of golf and in life, confidence in yourself and your abilities comes when you have the chance to try new things, learn new skills, and then practice what you have learned successfully.

Coaching Tips/Seamless Integration

- Remind participants that their first try probably won't be perfect
- Help participants set small and realistic goals
- Allow participants to learn from their mistakes "What could you have done differently here What might you try next time?"
- Provide opportunities for participants to work with and teach other participants

Golf Skill

- Develop Routine for Get Ready to Swing
- Hold, Set Up, Aim and Alignment

Activities

Intro and Warm Up (5 Minutes):

- Quick introduction to lesson
- Warm Up: Stretches and ball toss with partner

Activity 1 (25 minutes): [PolySpot Putting](#)

Activity 2 (25 minutes): Range

Wrap Up (5 minutes): Recap lesson and bridge key commitment to life

Guiding Questions

1. What are you good at? How do you become good at doing those things?
2. Why do you think believing that "You Can" is important?
3. How can you help others develop their own self-confidence?
4. How can having self-confidence help you in golf and in life?
5. Which golf skills did you use today?

Lesson Length: 60 minutes

Number of Kids: 6

Key Commitment: Building Positive Self-Identity

Golf Skill(s): All

Golf Fundamental:

-Get Ready to Swing

Key Terms

Self-Confidence