first tee
golden isles

Lesson 24- Being a Trustworthy Person & Building a Trustworthy Team

Key Commitment- Using Good Judgement

Overview

It's important to have people around us who will help us make good decisions and use good judgement. At First Tee, we refer to those individuals as our Go-To Team. It's important to be a Go-To person, one that others can turn to for support.
To trust yourself and to be trusted by others, you must be accountable in all areas of your life, and this might include trusting your own instincts or intuition.

Character Behaviors

- Participants can define what it means to be trustworthy.
- Participants can identify trustworthy individuals as members of their Go-To Team.
- Participants understand what it means to trust themselves and their intuition.
- Participants embrace being trustworthy as a responsibility of being a Go-To person.

Coaching Tips

Coaches are encouraged to refer to the First Tee Commitment to **Being a Game Changer** and the Key Commitments for **Using Good Judgement**.

- I respect rules in golf and in life.
- I am honest with myself and with others.
- I have the courage to do what's right, even when it's hard.

Golf Skill

- In this lesson, players will combine all factors of influence to create **Clubface Awareness**. Clubface direction at impact combines with the centeredness of hit to influence impact position.
- Create activities that allow players to experience proper impact positions with different clubs. These can include examples of what an improper impact position entails so that players can learn to feel the difference.

Activities

Activity 1: Last Man Standing
Activity 2: Birds on a Wire
Activity 3: Range

Wrap-Up

Essential Questions:

- What does it mean to be trustworthy?
- What are some qualities of trustworthy people?
- Why is it important to surround yourself with a Go-To- Team you can trust?
- Why is it important to listen to your intuition and trust your instincts as a Go-To Person?
- What does an optimal impact position feel like with a driver? With an iron?
- Why is clubface awareness important?
- When can you play two balls on a hole?
- What do you do when your ball comes to rest on the wrong green?