

Make Good Choices: Doing the Right Thing

Key Commitment #3- Using Good Judgment

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

Overview

Life is full of choices. Each and every day, you have the opportunity to practice Using Good Judgment and choosing honest behaviors. What does this mean? It means you choose to do and say things that are truthful, to yourself and others, being honest means acting in a way that you know is right. Sometimes acting and behaving honestly isn't fun or easy, but it's the right thing to do. When you have the courage to do what's right even when no one is watching, you have integrity. Acting with both **honesty** and **integrity** is one of the most important commitments you can make as a Game Changer both on and off the course.

Coaching Tips/Seamless Integration

- Coaches are encouraged to refer to the First Tee key Commitments for **Using Good Judgment**.
- Take the opportunity to reinforce using good judgment and showing responsibility through games and activities

Life Skill Concept

- Participants can demonstrate good judgment through responsible actions and constructive choices

Golf Skill

- Distance Response/Size or Length of Motion
 - Players will experiment with small, medium, and large swings.

Activities

Intro and Warm Up (10 Minutes):

Activity 1 (25 minutes): [Cow Pasture Putting](#)

Activity 2 (25 minutes): [Lily Pads Chipping](#)

Activity 3 (25 minutes): Range

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

Guiding Questions:

1. What does being honest look like?
2. Why do you think it sometimes takes courage to do what is right?
3. How do players demonstrate honesty and integrity when playing golf?

Lesson Length: 90 minutes
Number of Kids: 8
Key Commitment: Using Good Judgment
Golf Skill(s): Putting, Chipping, & Full Swing
Golf Fundamental:
-Distance Response
-Make different size swings to see find your distances

Key Terms:

Using Good Judgment
Respect
Responsibility
Commitment