

Coach Training

The First Tee of Fort Worth

2018

Our Mission

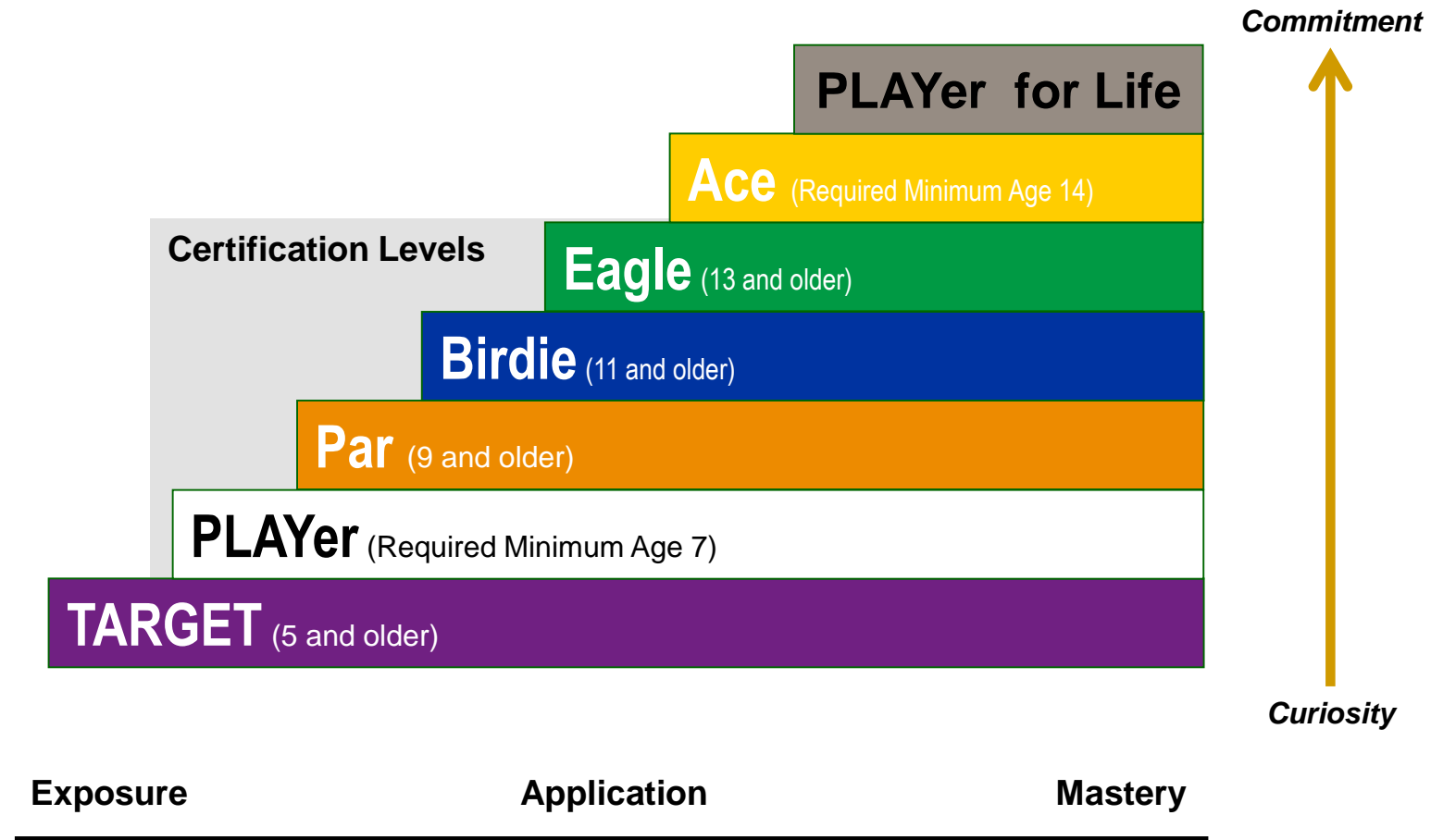
To impact the lives of all young people by providing participation in The First Tee's Life Skills Curriculum and its Nine Core Values through the game of golf, thereby instilling life enhancing values that encourage leadership, build character, foster community service and promote wellness.



Chapter Training Purposes

- Provide an experience that facilitates a baseline understanding of The First Tee organization
- Expose those involved directly with program delivery to the Life Skills Experience and the Coach Philosophy
- Create an opportunity for our coaches and volunteers to feel more comfortable in their role while working with youth in our program

Life Skills Experience Progression



“Why” We Do It

Today’s children and youth are growing up in a challenging time:

- Limited focus on social and emotional learning in the classroom.
- 11.3 million youth are either alone and unsupervised during the critical hours of 3-6 p.m.
- Concerns about children getting injured, the quality or behavior of coaches, and the emphasis on winning over having fun.
- 16 million American youth will reach the age of 19 without having had a mentor of any kind.
- 1 in 5 high school students are dropping out

The First Tee Nine Core Values

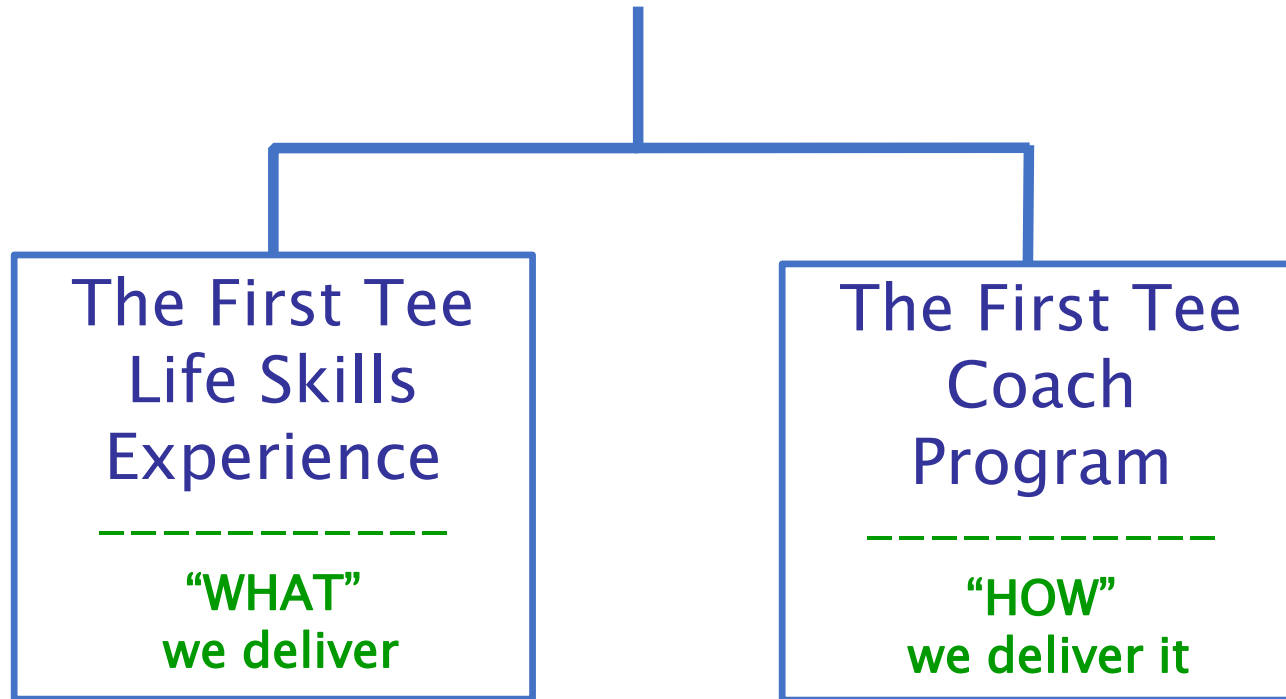
- Respect — to feel or show regard; esteem
- Courtesy — considerate behavior toward others; a polite remark or gesture
- Responsibility — accounting for one's actions; dependable
- Honesty — the quality or state of being truthful; not deceptive
- Sportsmanship— observing the rules of play; winning or losing with grace
- Confidence — reliance or trust in one's abilities; a feeling of self-assurance
- Judgment — the ability to make a decision or form an opinion; a decision reached after consideration
- Perseverance— to persist with an idea, purpose or task despite obstacles
- Integrity — strict adherence to a standard of value or conduct; personal honesty and independence

The First Tee Certification

Primary Purpose – Ensure every participant certified at the PLAYer, Par, Birdie and Eagle Levels has acquired a designated level of golf and life skills proficiency.

Secondary Purpose – To enhance consistency in the certification process across The First Tee Chapter Network.

The First Tee Life Skills Education



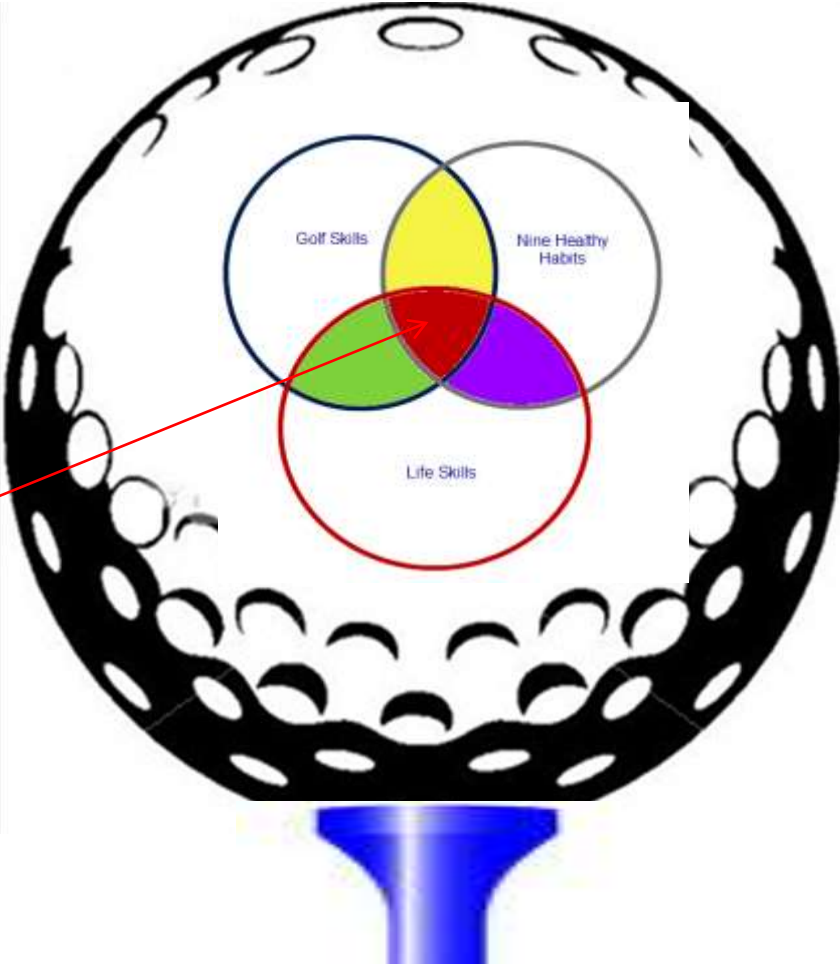
The First Tee Life Skills Education

The First Tee Life Skills

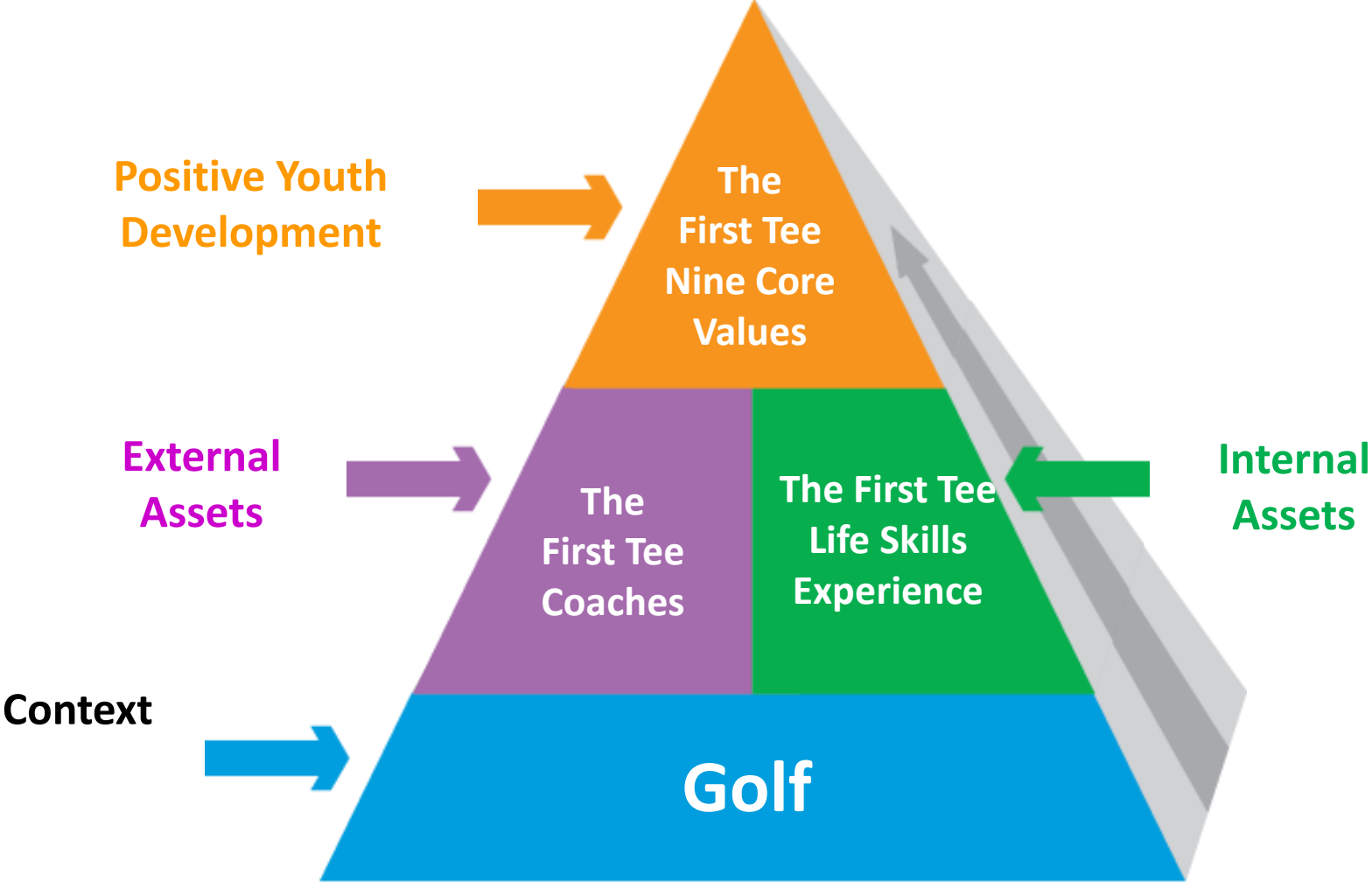
The First Tee Golf Skills

The First Tee Nine
Healthy Habits

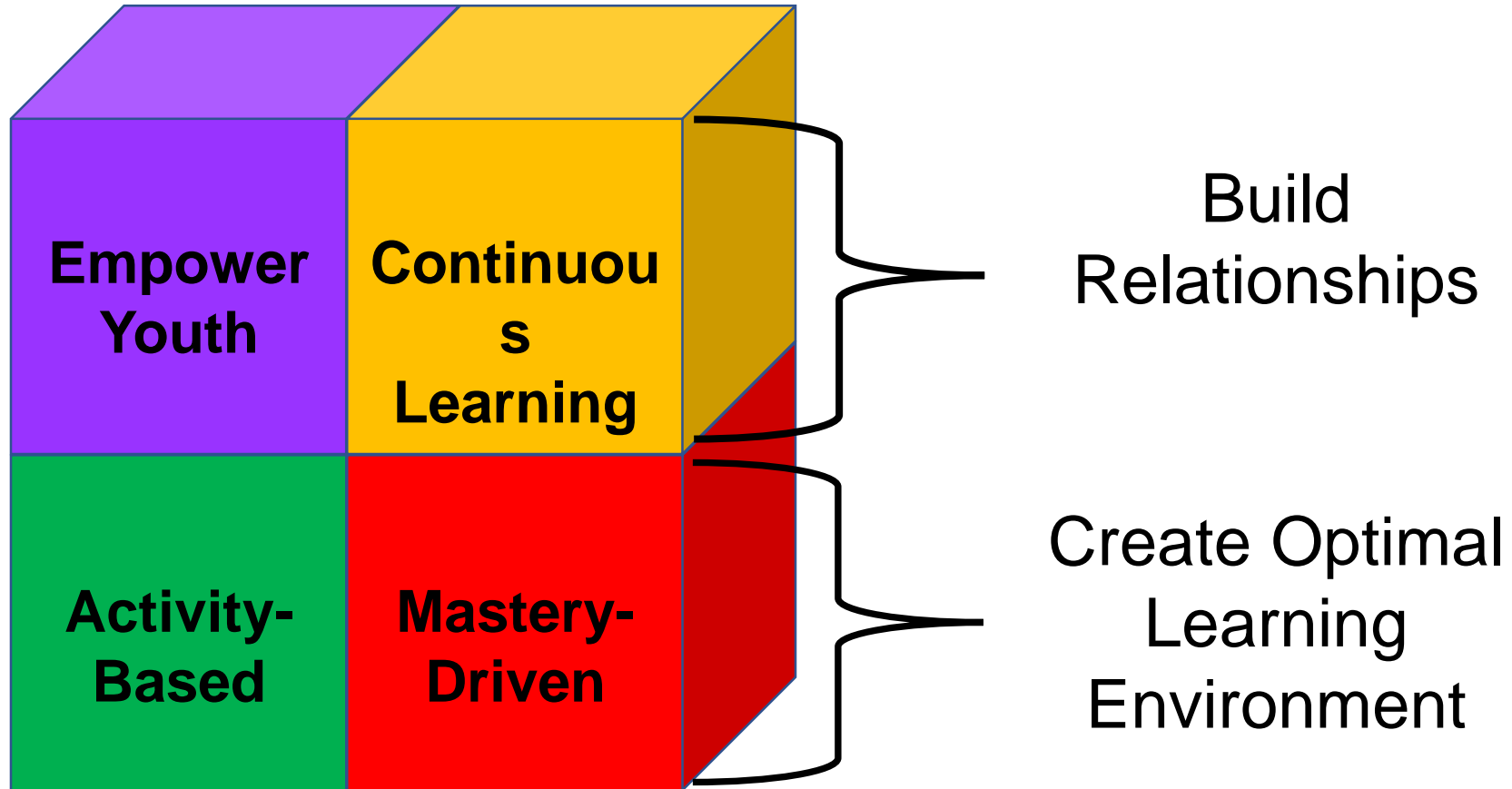
Seamless
Delivery



Positive Youth Development through The First Tee



The First Tee Building Blocks & Coach Philosophy



The First Tee Way

- Activity Based (Doing Vs. Telling)
- Mastery Driven (Attention to Intention)
- Empowering Youth (Let youth figure it out on their own)
- Continuous Learning (coachable moments and bridge to life)

Activity Based

- A cornerstone of coaching at The First Tee is making sure each class learning experience is full of activities.
- Seamless learning happens by Doing golf skill activities verses Telling how to do golf skills verbally.
- Each class time should consist of a warmup game and two golf location activities (putting, chipping, pitching and full swing areas)
- During GOOD, BETTER, HOW after class is over, ask yourself did we Talk more or Do more during each location activity.

Mastery Driven

- Another cornerstone of each class is making sure we focus on Attention to Intention.
- Attention to Intention, Each class has specific unique learning that we want to make sure our focus stays on during the class.
- Each class has specific etiquette, rules, healthy habit, life skill lesson, and golf fundamental.
- There is always coachable moments that will call for talk of other life skills and healthy habits or rules so don't feel like you are handcuffed to not say something if you see it happening. Ex. Someone shows Sportsmanship or Honesty on a day that is focused on Confidence. Please feel free to encourage these traits as you see them happen.

Empowering Youth

- Youth learn by trying and exploring with encouragement
- Youth will look to peers when struggling and will learn by watching others
- Expectations- If you give a first time golfer 10 tries at a chip they will hit one good one and that is not bad for just beginning.
- Caution- Reason to not Deviate from golf fundamental. If you try to give a golfer a tip to help them (even if it's a perfectly good tip) and they try it and it doesn't work. They will be less inclined to listen to advice you or someone else gives in the future.
- Also, if you want to give a tip. Instead of pointing it out to one participant, stop the entire group and make your tip known as something they may all benefit from trying.
- If you feel the need to offer a tip, ask the participant if they would be open to hearing a tip and if they say yes great, but if they say no then that is okay also.

Continuous Learning

- This is the Main Objective of every class session.
- How can we take the lessons learned during the class time and bridge these lessons into their lives as they leave The First Tee each week.
- Coachable moments are so important and they come up as each class is going on unexpectedly. Ex. A participant asks a question about double hitting his putt or chip. You may not have planned on explaining this rule but this is a coachable moment for the whole group.
- At the end of each class, make sure to ask the questions that were written on the lesson plans and make sure they are open-ended questions that will get the participants answering more than one word answers.

Lesson Plan Key Points

- Grid Locations
- Core Lesson
- Core Values
- Etiquette, Definitions, Rules
- Healthy Habits
- Warmup Activities (Let's get refocused)
- Life Skill Objectives
- Golf Skill Objectives and Factors of Influence
- Golf Skill Activity
- Wrap-up and Bridge to Life

Warmup Activities

- Designed to get the participants ready for activity.

5 Elements of a Warmup, Each lesson should try to do all 5 but at least 3!

1. Strength
2. Flexibility & Mobility
3. Agility & Coordination
4. Balance
5. Object Control

Strength Activities

- Wheelbarrow lunges
- Planks
- Push Ups
- Bicycles
- Frog Jumps
- Leap Frog
- Crab Walk
- Bear Crawl
- Jumping Jacks

Flexibility & Mobility

- Toe Touches
- Arms- Extend Out and Reach Up
- Arm Circles
- Over/Under with ball
- Knee to Opposite Elbow
- Hoop
- Jump and Turn
- Side to Side with ball

Agility & Coordination

- Sprint
- Shuttle Run
- Spot Jump / Hop
- Ladder Jump
- Ladder Hopstep

Hurdles

Locomotor

Simon Says

Balance

- Balance Beam
- Floor Stunts
- Standing Stunts
- Dribble
- Kick
- Pass
- Punt
- Simon Says
- Balance on each leg
- Balance eyes closed

Object Control

- Throw to Stationary Target
- Throw to Moving Control
- Catch while Stationary
- Catch while moving
- Short Implement
- Moving Ball Short Implement
- Stationary Ball Long Implement
- Moving Ball Long Implement

Coach Page

- www.thefirstteeftworth.org/coach
- This page is your location to access the curriculum grid and see lesson plans for classes, videos of games to be played, and diagrams of games.