



Car Talk for Player Week #7

Today's Core Value: Developing Confidence

Specific Behaviors Reflective of Today's Core Value: A Player shows Confidence in himself/herself by noticing something he/she is doing well regardless of the result and by keeping a positive attitude no matter how he/she is playing.

Today's Healthy Habit: Energy – It is important to understand and make healthy choices about when to eat, how much to eat, and the types of food and drinks to provide the body the most useful energy. It is a person's Responsibility to eat and drink the proper foods and to get plenty of rest in order to have sufficient energy for daily activities and life in general.

Today's Golf Fundamental: Distance Response / Size or Length of Motion – A good way to control the distance that your golf ball travels is to modify the size of your stroke or swing. Small stroke/swing – small distance. Medium stroke/swing – medium distance. Large stroke/swing – Long or large distance.

Guiding questions for parents to ask their child:

- What was fun/challenging/interesting today at The First Tee?
- What kinds of things did you learn today? About golf? About a core value? About a healthy habit?
- How does knowing the distance in between you and the hole help you play better golf?
- Tell me more about Confidence?
- How can you develop more confidence in golf? In other areas of your life?
- How will I know when you are more confident in yourself?