

CORE LESSON 7: USING GOOD JUDGMENT

Using good judgment is represented in The First Tee Code of Conduct and primarily falls under the sub-category of respect for myself. PLAYers at the 9-hole sub-level are exposed purposely to games/activities that reinforce using good judgment.

For each PLAYer class on using good judgment, coaches are encouraged to create multiple opportunities for participants to play the game, learn behaviors that are reflective of good judgment, learn the golf fundamental of distance-response, and appreciate the etiquette and Rules of Golf. More specifically, Core Lesson 7 focuses on helping PLAYers appreciate areas of the golf course called water hazards and lateral water hazards.



Upon completion of Core Lesson 7 at the 9-hole sub-level, PLAYers should understand, demonstrate and exhibit behaviors that show good judgment.

COACHES' TIP

PLAYer Core Lesson 7 helps provide a foundation for Par Core Lesson 14: Staying Cool; and Par Core Lesson 15: Finding Your Personal Par.

GENERAL LEARNER OBJECTIVES

After completing classes at the 9-hole sub-level on Core Lesson 7, PLAYers should be able to:

- State the meaning of judgment
- Understand that The First Tee Code of Conduct emphasizes judgment and the importance of this core value
- Understand, demonstrate and exhibit (9-hole) that they make healthy choices at the golf course, such as being physically active (walking the course), drinking water and eating healthy snacks
- Understand, demonstrate and exhibit (9-hole) that they can make decisions about which clubs to use on a variety of golf shots
- Utilize judgment away from The First Tee and be able to share/explain how it was put into action
- Understand the importance of distance-response when playing golf
- Understand the game, its etiquette and the Rules of Golf related to scoring
- Understand, demonstrate and exhibit (9-hole) the physical healthy habits of energy, play and safety

CORE LESSON 7



LEARN

LIFE SKILL CATEGORY ADDRESSED

- Self-management

BEHAVIORS REFLECTIVE OF THE CODE OF CONDUCT AND NINE CORE VALUES


JUDGMENT — to make a decision or form an opinion

A PLAYer learns about the Code of Conduct and shows good judgment by:

1. Making healthy choices at the golf course, such as being physically active (walking the course), drinking water and eating healthy snacks
2. Making decisions about which clubs to use on a variety of golf shots

SUGGESTED PLAYER PROGRESSION FOR GOLF SKILL CATEGORIES AND GOLF FUNDAMENTAL

For more information on the Golf Skill Categories and progression of the Golf Fundamentals at the PLAYer level, coaches are encouraged to review the Golf Skills section of this guide. Core Lesson 7 for PLAYer 9-hole sub-level focuses on the following:

- Golf Skill Categories—Select two or more from putt, chip, pitch and full-swing
- Golf Fundamental— Distance-response (size or length of motion)

An example of a game you can play for this is the *Football Pitching in the PLAYer Yardage Book*.



Go to the members' side of www.thefirsttee.org to find PDFs that can be downloaded from the PLAYer Yardage Book.

SEE 9-HOLE SAMPLE LESSON PLAN ON THE MEMBERS' SIDE OF WWW.THEFIRSTTEE.ORG.





APPRECIATE

Whether in golf or in life, PLAYers at The First Tee will have many opportunities to make decisions based solely on the information they have at hand or have previously experienced. When playing by the rules and etiquette of the game of golf, PLAYers learn to appreciate the decisions they make when they use good judgment. Good judgment requires PLAYers to understand the potential consequences of their behaviors when they take chances, decide on a strategy or fail to adhere to the Rules of Golf—all prior to making a decision. Upon weighing the risks/rewards associated with those decisions, PLAYers refine their decision-making skills to arrive at the best decision for the situation they are facing at the time. Those skills are like “tools in their toolbox” they can reflect on when faced with a similar situation on or off the course in the future.

During the core lessons on using good judgment, PLAYers will face situations that require them to have a firm understanding of and appreciation for the Rules of Golf and etiquette of the game. It is only then that they can make informed decisions while playing and finding themselves in less than favorable areas on the course—hazards.

SUGGESTED CONTENT TO APPRECIATE — THE GAME, ETIQUETTE AND THE RULES OF GOLF

9-HOLE SUB-LEVEL

9-HOLE		
THE GAME	ETIQUETTE	RULES OF GOLF
Areas of the Course <ul style="list-style-type: none"> On-course scoring 	Safety <ul style="list-style-type: none"> PLAYers are aware of fellow competitors' position in group 	<ul style="list-style-type: none"> The Player (6-1): <i>Does the PLAYer know and abide by the rules?</i> The PLAYer (6-6,7) Practice — Before Round (7-1); During Round (7-2)
Terminology/Procedures <ul style="list-style-type: none"> Casual water Loft, stance 	Pace of Play <ul style="list-style-type: none"> Searching for lost ball 	
	Care for the Course <ul style="list-style-type: none"> Properly raking bunkers 	