



## **Car Talk for Player Week #5**

**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: Friends – Players maintain healthy relationships including surrounding one's self with friends and supportive people while effectively handling challenging situations. Players can help friends to develop confidence by encouraging them and congratulating them in their practice and play.**

**Today's Golf Fundamental: Target Awareness / Target Selection – See the target. Players learn to focus on the target and ways to alter the aim and direction of their intended shots. Players learn to see the target by standing behind their ball and finding their intended target line for every shot. "Every great golf shot starts from behind the ball."**

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**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 target awareness help you play better golf?
- How do you select your target in 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?