

## STAYING COOL

A player shows **Staying Cool** in their actions by:

- Having good golf etiquette even when in a frustrating situation.
- Taking a practice swing and holding a balanced finish to either remember shots they like or delete shots they don't.

WEEK 5



## HEALTHY HABIT FAMILY

- Keep your cool & love your family, even when they drive you crazy.

## THINGS TO THINK ABOUT

- Why is staying cool important in golf?
- When you are at school, how can you use the **4 Rs** to stay cool?
- How can staying cool help you when you are with your family?

## GOLF SKILL

When putting, every stroke should have the same tempo. With the same tempo, just change the length of your stroke (back and through) to help you hit putts of different lengths.

- If there was a paint brush on the bottom of your putter, then just think of:
  - Painting a short line for short putts
  - Painting longer lines for longer putts

## GOLF RULE

### **Rule 9 - Ball Played as It Lies; Ball at Rest Lifted or Moved**

- If the player's ball comes to rest and is then moved by natural forces such as wind or water, the player normally must play it from its new spot.
- If a ball at rest is lifted or moved by anyone or any outside influence before the stroke is made, the ball must be replaced on its original spot.

## STAYING COOL

The 4Rs can help you stay cool and control yourself in anything you do; in golf, other sports, home or school.



**Replay** Think about what you did and what you wanted to do. *Do they match?* If they do, then take a second to enjoy what you did well and store it in your memory. If they don't, then go through the second, third and fourth Rs.



**Relax** Feel yourself taking a deep breath, with a slow exhale.



**Ready** Think about what you will do differently next time.



**Redo** Imagine yourself doing it better. You can also take a physical practice swing or stroke that matches what you imagine.

Reminder: You can use the 4Rs to remember what you are doing well!

### PUTTING GAME: JOKER'S WILD

With 12 playing cards laid end to end, make a large square. From 3 feet, try to stop the ball inside the square. If the ball rolled out or didn't get there, stop and use the 4R's and think how you might do it differently. Once you get good at 3 feet, move back to 6 feet, then 12 feet, then 20 feet, using the 4R's every time you miss.