

# Life Skills Coach Training

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## Coach Philosophy

Value acquisition and positive youth development are most likely to occur when young people are in an appropriate **context** for self-discovery, surrounded by positive **external assets**. More specifically, The First Tee Coach believes that if you (a) expose young people to the inherent values of the game of golf (i.e., context), (b) surround them with caring The First Tee Coaches (i.e., external assets) and (c) teach them life skills (i.e., internal assets), then you increase the probability that they will acquire and demonstrate The First Tee Nine Core Values.

## Implementation of the Coach Philosophy

The First Tee Coach philosophy is implemented through four "building blocks" that are evident in the form of specific coaching strategies and behaviors. As coaches increase their awareness and effective use of these strategies and behaviors, they increase the probability that optimal learning environments are created and positive youth development takes place.

### **1: Activity Based**

The First Tee Coach emphasizes doing versus telling. The First Tee Coach mentors and instructs participants in fun, golf-related activities that help them learn new skills used in golf and transfer them to their daily lives. Fun is a product of an environment that encourages participation and enhances self-worth.

### **2: Mastery Driven**

The First Tee Coach creates an environment that encourages participants to focus on their own experiences and seek challenging tasks that help develop new skills. The First Tee Coach helps participants monitor their own progress, allowing them to focus primarily on the process, and secondarily, on the outcome of the activities.

### **3: Empower Youth**

The First Tee Coach is youth centered and establishes positive relationships with participants. He/she focuses on developing the complete person by getting to know each individual's goals, both in golf and life. The First Tee Coach values youth involvement and encourages participants to actively participate in the decision-making process. Remember, kids don't care what you know until they know you care!

### **4: Continuous Learning**

The First Tee Coach uses a Good-Better-How technique for self-monitoring, providing feedback and creating an environment that fosters a long-term solution rather than short-term fix. The First Tee Coach gives feedback that emphasizes and creates awareness of what participants are doing "right" while seeking opportunities to encourage and reinforce learning.