

CORE LESSON #14

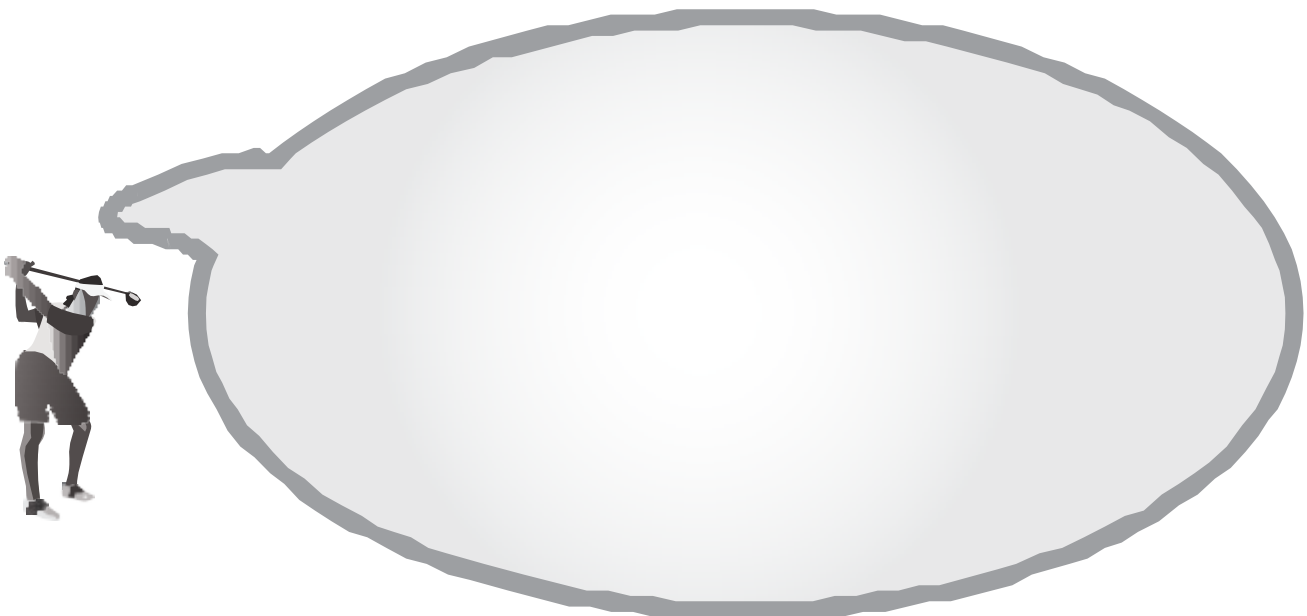
STAYING COOL

A PLAYEr shows Staying Cool in his/her actions by:

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

What does keeping my cool look like to me?

(Write or draw in the space below.)



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!