

Changing the lives of young people
by introducing them to golf

GOLF ROOTS
Skills for Life



UNLEASH
Your **DRIVE**

How to practically teach life skills to young people



What is Your UNLEASH DRIVE

Unleash your Drive is a new initiative developed by the Golf Foundation that trains coaches, volunteers and teachers to introduce life skills to young people through golf and measures the impact of the change.

The programme works by equipping coaches and teachers with the practical tools to help youngsters develop both their playing and personal skills. Asking great questions, committing to a task and encouraging the youngsters to reflect on their learning are some of the coaching skills that are taught alongside mental toughness skills such as breathing control, self-reflection and focus exercises. These are introduced to young people as part of a normal golf session.

Benefits to Young People

- Enjoyment and engagement with golf
- Better academic and career performance
- Emotional wellbeing

Benefits to you as a Coach / Teacher

- Popular with parents – a great selling point compared to other sports
- Application to adult coaching and staff management
- Coaching skills to help motivate and communicate with young people

What you will learn on the workshop

- How to integrate Mental Toughness Techniques into your normal junior golf session
- New games and ideas for junior sessions
- Key coaching skills for working with young people



Outstanding Results

The pilot project was developed by a group of junior focused PGA Professionals with the help of mental toughness experts, Yeast. Working with groups of young people over a 10-week period, the PGA Professionals delivered sessions with a focus on coaching skills and mental toughness skills. The results showed significant improvements in the confidence, commitment and overall mental toughness of the young people involved. It is the first of its kind in the UK.

Tom's Testimony



Tom Hide, Head PGA Professional at Coastal Golf Academy in Essex, was one of 4 PGA Professional Coaches that helped design and test the programme:

"We were able to make the practice sessions fun and stimulating, whilst also challenging the juniors along the way. It was great that I didn't really have to change my fundamental approach to coaching golf, and I was able to easily incorporate the techniques of Mental Toughness that I'd learned as part of the programme."

"Probably the biggest change for me was my increased use of questioning; rather than simply telling a participant what to do, I worked with them to help them to figure it out for themselves, albeit with guidance from me. I learned to use different language to connect with each of my juniors and to really personalise my approach to help bring out the best in each of them."

Impact on the Young People

"Breathing techniques helped me calm down in exams"

"I'm a happier person"

"It's helped me with difficult maths questions"

"Out on the golf course I won't give up, at home I won't give up, at school I won't give up"

"The belief in Skills for Life has underpinned the programmes of the Golf Foundation for a number of years – however, the results of this study are so exciting because for the first time we can evidence that golf does enhance the wider lives of young people and, thanks to Yeast Ltd and the PGA Coaches involved, we now have a practical and common sense method of helping more PGA Coaches to teach the skills in a normal golf session."

Brendon Pyle, CEO, Golf Foundation

UNLEASH
Your DRIVE

To find out more about the programme and attend an Unleash your Drive workshop, please contact your Regional Development Officer or the Golf Foundation's Head Office.

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