

**PLAYer Car Talk Week 6**

Suggested questions for an engaging recap with your child/children about today’s experience at First Tee of Central Mississippi and practice suggestions to help between classes!

**Weekly Core Value:** Confidence-a feeling of “I can do it”.

**Weekly Healthy Habit:** Energy (drinking enough water to promote energy)

**Weekly Golf Skill:**  All

**Homework Assignment:** p. 25-27 in PLAYer Book.

**Guiding Questions:**

* What did you learn about Confidence
* How is Confidence connected to Courtesy, Respect, Honesty, Sportsmanship, and Responsibility?
* How does drinking water help you have energy?
* Remind me of your healthy snack options for energy?
* How do you show Confidence at First Tee?
* How do you show Confidence away from First Tee?
* What golf skill did you learn today?
  + We practiced all of them.

**Golf Skill Practice:** This week your child had the opportunity to practice all of their skills in a drive chip putt contest. Ask them which skill was their best and which skill needed the most improvement. Practice the following things to help each skill.

* Putting-ball toss game to a partner (from week 4).
* Chipping-Practice hold while rocking shoulders back and forth (see pictures below.
* Full Swing-Practice shoulder drill (from week 3).



