

PROGRAMME DELIVERY GUIDE

GOLF CLUBS / FACILITIES

We introduce children to golf • from all backgrounds • creating golfers
We do this because golf changes lives



ABOUT UNLEASH YOUR DRIVE

The Golf Foundation's Unleash Your Drive programme is focused on helping young people develop mental toughness tools as they learn to play golf.

Mental toughness is a measure of how well a person deals with stress, pressure and challenge and is closely related to qualities such as character, resilience, and grit.

Through trialling the Unleash Your Drive programme our charity has been able to demonstrate and evaluate how mental toughness tools can be learnt and improved.

WHY SHOULD YOUR GOLF CLUB/FACILITY DELIVER UNLEASH YOUR DRIVE?

- Developing resilience plays an important role in promoting and maintaining good health and wellbeing.
- Building resilience helps young people to deal with the ups and downs of life.
- Unleash Your Drive has evidenced impact on the development of mental toughness in young people - your programme can too!
- Golf has a favourable impact on the development of resilience due to its lack of direct opponents and comparatively low time pressure (Drane & Block, 2006).



WHO IS THE PROGRAMME FOR?

The programme is for children and young people ideally aimed at ages 10+.

However those with low/moderate mental health conditions already receiving additional support maybe targeted.

Sign Up



WHAT IS IN THE PROGRAMME?

- 10-week programme with 10 lesson plans.
- Training for coaches online and/or face to face workshops.
- Juniors are taught 9 life skills based around mental toughness.
- Juniors learn fundamental golf skills through engaging activities (no previous experience needed).
- Juniors add to a personal Unleash Your Drive Participants' Playbook alongside the lessons.
- Juniors achieve the Unleash Your Drive Certificate of Completion.
- Physical resources provided by the Golf Foundation.

WHEN & WHERE CAN UYD BE DELIVERED?

- Unleash Your Drive can be delivered in a golf setting during regular junior group coaching or promoted as a stand-alone course of lessons.
- It is advised that the Unleash Your Drive programme in golf clubs is delivered over 10 consecutive weeks. Get in touch with the Golf Foundation to discuss further delivery ideas.
- Lessons are delivered using the practice areas (range, short-game area, putting green).



HOW CAN MY CLUB GET INVOLVED?

- Register your interest (via link below).
- Complete the 1-hour online Unleash Your Drive Theory (mental toughness) Workshop.
- Complete the Unleash Your Drive Practical Delivery Workshop (online or face-to-face).
- Access the Unleash Your Drive Coaches' Hub for lesson plans and resources.
- Register each course with the Golf Foundation to receive Participants' Playbooks and certificates.



Sign Up