



## Unleash your Drive Medal Guidance for Team Managers

The Unleash Your Drive Medal is a special award designed to recognise Golf Sixes League players who embody the core mental toughness principles of the Golf Foundation's Unleash Your Drive programme.

As a League Manager, you can choose to award the medal either:

- **Fixture-by-fixture-** Rewarding outstanding effort or achievements after each event.

**End-of-season-** Honouring a player who has consistently demonstrated these qualities throughout the league.



### How to Award the Unleash Your Drive Medal

- During fixtures, watch for standout moments that align with the Four C's. Jot down examples of players demonstrating these traits.
- Collaborate with team coaches to gain additional insights into players' behaviours and attitudes during practice sessions and games.
- Ensure that every player has an equal chance to earn the medal based on their actions and not solely on performance or scores.
- Whether you present the medal at the end of a fixture or the season, take time to explain why the player is receiving the award. Share specific examples of how they embodied the Four C's to inspire others.

## Criteria for the Award

### Four C's of Mental Toughness:

**1. COMMITMENT-** Reflects a player's dedication to participating in Golf Sixes League fixtures and showing steady improvement.

#### What to look for:

- Players who attend all or most fixtures with enthusiasm.
- Evidence of growth in their golf skills over time.
- Consistent effort during practice and fixtures, regardless of obstacles.

**2. CONTROL-** Highlights a player's ability to stay composed, focused, and positive during setbacks.

#### What to look for:

- Players who recover quickly from mistakes and maintain focus.
- Demonstration of emotional control, staying calm under pressure.
- Encouragement of teammates, contributing to a positive and supportive environment.

**3. CHALLENGE-** Represents a player's drive to embrace challenges as opportunities for growth.

#### What to look for:

- Players who consistently strive to improve their skills in fixtures and practice.
- A willingness to take on new or difficult situations with a growth mindset.
- Adaptability to changes, such as weather conditions or tough opponents, with resilience and positivity.

**4. CONFIDENCE-** Demonstrates a player's belief in their own abilities and their capacity to inspire others.

#### What to look for:

- Players who bounce back quickly from setbacks and focus on their game.
- Leadership qualities, such as encouraging teammates or taking initiative during matches.
- Consistent self-belief that allows them to take responsibility and perform well under pressure.