



Names: _____

Date: _____

Ages 10-11: Written Assessment

1. What are the 5 commitments to being a game changer?

1. _____
2. _____
3. _____
4. _____
5. _____

2. Talk with your group! What is one way you used one of these 5 commitments this week? Share with a coach & another group!

3. Show a coach how you mark your golf ball on the putting green!

4. What does the first tee acronym "A-L-R" stand for?

- A. Ask, Listen, Respond
- B. Ask, Listen, Retract
- C. Assume, Look, Repeat
- D. Ankle, Leg, Retina

5. What are the "3 tips for developing grit"?

1. _____
2. _____
3. _____

6. What does it mean to set a "personal par"?

7. Discuss with your group a dream & goal that you have for any area of your life! Share with a Coach!

8. What is the correct order for the "4 Rs"?

- A. Redo, Relax, Replay, Ready
- B. Rhinestones, Ruff, Rhino, Rabies
- C. Relax, Replay, Ready, Redo

9. The "4 Rs" can be used as a "post shot routine" to help you stay cool. **True or False**

10. Share an example with your group on how you used integrity recently. Write an example down!

11. How long are you allowed to search for a "lost ball"?

- A. 5 minutes
- B. 3 minutes
- C. 6 minutes
- D. 10 minutes

12. Name 7 parts of a golf club. Show a coach!

13. What color is out of bounds stakes?

- A. Red or Yellow
- B. White
- C. Purple
- D. Green

14. What happens if your golf ball goes out of bounds? (Hint: you may use a rule book)

15. Play 5 chipping & putting holes (up & down course) as a team scramble. Set a personal par for your team. Did you achieve your personal par? What was your goal?

16. What is the maximum number of golf clubs you can have in your bag?

- A. 10
- B. 12
- C. 14
- D. 15

17. What is the shortest grass on the golf course called?

- A. Fairway
- B. Rough
- C. Putting Green
- D. Fringe

18. Repair a ball mark on the putting green 😊

19. How long should it take you to play 1 hole of golf?

- A. 25 minutes
- B. 18.5 minutes
- C. More than 60 minutes
- D. Less than 12 minutes

20. What is the penalty for taking a drop off a cart path?

- A. 2
- B. 1
- C. There is no penalty, this is a free drop
- D. Stroke & Distance

21. What is an unplayable lie? Who decides if a ball is unplayable?

22. Go to the driving range. Hit 19 shots each & set a goal for your group to accomplish (for example: "My group's goal is to make 6 shots into a net!").

23. Draw a golf hole below. Label these parts of the course: Putting Green, Bunker, Fairway, Rough, Tee Box, Penalty Area

24. Show a coach your options if your ball goes into a red penalty area.

25. Play a 5-hole putting "match" against someone on your team (or another team). If you do not know what match play format is, ask a friend (or coach)!

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