First Tee Fundamentals: Starting Strong with Confidence

Key Concepts Covered

- Choose the right club based on distance and course layout-driver for max distance, or fairway wood, hybrid, or iron for control.
- Decide who tees off first-either flip a tee or make a casual agreement.
- Always tee the ball behind the tee markers-never in front.
- Tee height matters: high for driver, low for irons, in between for woods or hybrids.
- Focus on a smooth backswing with shoulder rotation and arms extended.
- On the downswing, initiate with your lower body-let the hips lead toward the target.
- Your goal is to put the ball in play-not to crush it.
- Confirm which tee box to play from (usually white tees at business outings).

Pro Tips

- A smooth, confident start sets the tone-don't overthink the first swing.
- Use your warm-up swing to build rhythm and calm nerves.
- Choosing the right tee box shows self-awareness and respect for pace of play.

Next Step: Watch the 'First Tee Fundamentals' video in your Golf4Biz Learning Center