



Learn to Play

AGE: Girls 8-11 | Boys 9-12

Athletic skills:

Agility, footwork, dynamic balance, complex coordination, speed of coordination, strength, flexibility.

Technical skills:

Continued progress in putting, chipping and full swing. Introduce bunker play, green reading and pitching.

Psychological Development:

Love of the sport, coach-ability, concentration, problem solving, confidence, good choices, fairness, responsibility.

Social Development:

Learning to compete against other players. Learning the values of golf. Both independence and teamwork. Self-awareness.

Practice:

Randomized practice for 30-60 minute sessions. Promote practice with other juniors in activities and fun games. Include on course practice for the fun aspect. No more than 1 to 5 hours a week.

Competition:

Fun competition can start to be introduced at this stage (junior club events, local league, interclub events or junior tours). 9 holes to start with progression to 18.

Equipment:

At a minimum: putter, wedge, 7 iron, 9 iron, hybrid, driver.

Where to play:

When ready, 1,000 yard Par 3 courses. 9 holes.
Male: 18 holes up to 5,500 yards.
Female: 18 holes up to 4,750 yards
(note these are maximum recommendations)