

1 ACTIVE START

Ages: Boys and Girls 0-6

What a Parent Should Know

Parents play the most important role at this stage by immersing their children in various sports and activities. They must assume this responsibility and pave a path toward life long activity. Failure to do so could lead to an inactive lifestyle for their kids. Nutrition is also important at this stage and parents should start healthy eating habits. Golf is also an excellent opportunity for the family to spend time together and never too early to start.

Athletic Skills

Running, jumping, hopping, twisting, turning, stopping, starting, static balance, catching a ball with two hands.

Technical Development

Experimentation with body, club and ball, important to remember that kids don't learn like adults.

Psychological Development

Trying new challenges, effort, following simple instructions.

Social Behavioral Development

Learning to share, say thank you, like to be around other kids, parents are central for praise and approval, need balance and a variety of new and familiar activities in short doses.

Practice

No formal guidelines for practice. At this age, it's about positive experience and participation based on a child's interest level.

Competition

None, not applicable or appropriate at this stage.

Equipment

Age appropriate equipment. Safety is first and foremost concern at this stage.

Where to Play

Everywhere in line with ability (golf course, park, gymnasium, mini golf, backyard, playground, living room etc).

Support System in Hawaii For This Stage

The First Tee of Hawaii

Aloha Section PGA - PGA Professionals at facilities throughout the state (see interactive map),

Hawaii Junior Golf Day – Free of charge and held annually throughout the state.