

2 FUNDAMENTALS

Ages: Boys 6-9 and Girls 6-8

What a Parent Should Know

Parents should educate themselves about the local golf programs at this stage and decide which are best for their child. During this stage it is vital to participate in a number of sports. Parents should also provide time for unstructured “fun” play with their friends or siblings.

Athletic Skills

Agility, balance, coordination, skipping, hopping, throwing and catching away from body with either hand, flexibility, strength.

Technical Development

An emphasis should be put on fundamental movement skills and basics of athleticism. Develop putting, chipping and full swing skills

Psychological Development

Concentration, teach-ability, learning to make choices, respect, understanding rules, how to cope with success and failure, learning to solve problems.

Social Behavioral Development

Learning to cooperate with and help other children, learning to consider other people, learning through familiar activities, want to do their best and can show responsibility through completing simple tasks and requests.

Practice

No formal guidelines for practice. At this age, it’s about positive experience and participation based on a child’s interest level. Practice can include on course time to ensure fun and games for further engagement.

Competition

Focus at this stage is continuing to have fun and improving on skills as a focus and not competition for score or against one another. Fun activities in a group environment are recommended.

Equipment

Age appropriate clubs should include, putter, lofted iron, appropriate loft and length driver or fairway metal.

Where to Play

Everywhere! Recommended 3, 6 or 9 holes when on course at shortened yardages, par three courses, putting and chipping practice recommended.

Support System in Hawaii For This Stage

The First Tee of Hawaii

US Kids Golf Association – introduction to competition if ready

Island Golf Associations – Varied programming including with some associations including lessons.

Aloha Section PGA - PGA Professionals at facilities throughout the state (see interactive map), PGA Junior League, Drive Chip & Putt.

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