

# 3 LEARN TO GOLF

**Ages:** Boys 9-12 and Girls 8-11

## **What a Parent Should Know**

Parents should educate themselves about the local golf programs at this stage, parents should look for progression programming and specifically for how their child is progressing with skill development. Introduce local competition if your child chooses and speak about sport preferences. As a child begins to compete, parents should support with positivity and focus on their child's behavior, experience and process for personal improvement. They should not focus on the result.

## **Athletic Skills**

Agility, footwork, dynamic balance, complex coordination, strength and flexibility.

## **Technical Development**

Continue to progress in proficiency of putting, chipping and full swing. Introduce bunker play, green reading and pitching. Note that children can be introduced to bunkers earlier from a play and fun perspective.

## **Psychological Development**

Love of the sport, coach-ability, concentration, problem solving, becoming confident, making good choices, learning fairness, taking responsibility.

## **Social Behavioral Development**

Learning to compete against other golfers. Learning the values of golf, independence and also how to work together as a team. Developing self-awareness, children start to be aware of what they don't know and what they can't do. Like to assist others and listen well to instruction.

## **Practice**

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

## **Competition**

Fun competition can start to be introduced at this stage with junior events, leagues or interclub and junior tours. 9 holes is a great start with progression to 18.

## **Equipment**

Age appropriate clubs should include putter, wedge, 9 iron, 7 iron and fairway metal or 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.

## **Support System in Hawaii For This Stage**

The First Tee of Hawaii

US Kids Golf Association – Introduction to local competition if ready.

Island Golf Associations – Varied programming, events and lessons.

Hawaii State Junior Golf Association – Varied programming and statewide competition when ready

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.