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Set Your Youth for Achievement by Teaching Them Good Golf Basics

For all the younger golfers that desire to play the game, we want to set a few points on what sort of training ought to be carried out at what ages. Each junior golfer requirements should be taken on their own, nonetheless I feel some generalities exist with physical and mental guidance for junior golfers.

Since children will vary a great deal in both mental and physical development, setting levels of achievement on the age teaching for junior golfers should be executed becomes tricky. I'll use the following as a general guide:

1. Under 10 years. During this time, we need to be taking a look at appreciating the general golf game and its "enjoyment" side. Training therefore will not need to become entirely structured, and if too structured could instigate greater long-term damage over benefit. When the involvement with the game is merely like a distasteful job, and never an activity which is good fun, the junior golfer's staying power with the activity might not persist long-term.

Boosting motor patterns as well as co-ordination skills is what we try to achieve at this time, not strictness and self-sacrifice. Encouragement is vital, but poor behavior must in no way be tolerated. At this time learning the fundamentals of the [Golf Short Game](#) would be considered pleasurable.

2. Age 10 to 16 years. Groundwork for junior golfers at this a period of time should put stress on superior [Golf Swing Basics](#) and correct method, the the basics for the future improvement as a golfer. I am a firm believer in cross training with sports; which is, participating in the skills of additional sporting activities, for instance the footwork and equilibrium necessary in basketball or soccer, or the hand-eye control of baseball, to focus on and further to enhance the talents for the budding golfer. The large growth spurt that's taking place at this period requires the necessity to achieve "posture awareness", and a lot of the youthful player's preparation should revolve around this. Self-control in training for the golf game should become ever more prominent.

3. Age 16 to 20 years. Now is the time to specialize, but also a balanced life remains fundamental. Becoming a top flight golfer remains a marathon, not just a dash, consequently developing a program for young golfers at an stable, steady pace in which progress is created week in and week out is a crucial ingredient. At this time self-regulation is getting essential, because you could have particular days when working out will not be an activity the junior golfer in fact wants to do, nevertheless has to push through and attain something that day in the direction of his development.

Without a doubt, the body is going to still require a period of time to recuperate after rigorous training sessions, or irritating accidental injuries will rear up, as a result setting the training program back. I recall reading where Andre Agassi, when asked how he got through training times that he didn't have the strength to undertake, said that he continually tried to keep equivalent high-level intensity, but merely cut back on the period of time of the workout. Scarcely anyone would be able to duplicate similar drive for their craft every day.

The necessity to maintain balance in your life, both from physical exertion (not overloading the body with physical activity), and mental overload (to avoid burnout), is of great significance. Contrary to what people may think, professional golfers more often than not aren't made while they are junior golfers. Guidance for junior golfers is just laying the foundations, but the real building of the truly accomplished golfer will come later. Still, when the foundations are rushed, or aren't appropriately set, the best outcome won't ever occur.

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