

Published based on [Education for Junior Golfers - Physical as well as Mental Instruction](#)

Education for Junior Golfers - Physical as well as Mental Instruction

For all the youthful golfers that want to take up the game, we would like to set a number of points on how much training ought to be completed at what ages. Every junior golfer requirements should be taken on their own, but I think a number of generalities exist with physical and psychological instruction for junior golfers.

As children differ a lot in both mental and physical experience, setting phases of success for what age instruction for junior golfers should be done gets difficult . I'll make use of the following as your broad guide:

1. Less than 10 years. During this time, we need to be taking a look at understanding the general game of golf and its "enjoyment" side. Training therefore does not need to be completely structured, and if too structured might cause more long-term damage as opposed to benefit. When the connection with golf is merely sort of a disagreeable job, and never an activity that's first-rate fun, the junior golfer's staying power with the game may not continue long-term.

Boosting motor patterns as well as co-ordination proficiency is now what we try to accomplish at this age, definately not strictness and self-sacrifice. Encouragement is significant, but poor manners must by no means be tolerated. At this time learning the fundamentals of the [Golf Short Game](#) will be thought pleasant.

2. Age 10 to 16 years. Preparation for junior golfers at this time should place emphasis on superior [Golf Swing Basics](#) and proper technique, the the basics for your future enhancement to be a golfer. I am a solid believer in cross training with sports; which is, participating in the abilities of other sporting activities, such as the footwork and balance necessary in soccer or basketball, or the hand-eye coordination of baseball, to focus on and further to enhance the abilities of the budding golfer. The huge growth burst that is going down at this period calls for the necessity to achieve "posture awareness", and much of the young player's preparation must revolve around this. Self-control in training in their game should become more and more prominent.

3. Age 16 to 20 years. Now's when to specialize, but a balanced life remains essential. Becoming a top flight golfer is still a marathon, not merely a sprint, consequently developing a program for young golfers at an stable, steady pace in which progress is created week in and week out is a essential ingredient. At this time self-regulation is becoming very important, because you may have certain days when working out is not going to be an activity the junior golfer really desires to do, nevertheless has to push through and achieve a little that day in the direction of his development.

Clearly, the body is going to in spite of everything require time to recover after rigorous training periods, or irritating injuries could rear up, thus setting the training program back. I recollect reading where Andre Agassi, when asked the way he got through training periods that he didn't have the energy to undertake, said that he always tried to maintain equivalent high-level intensity, but just reduce the period of time with the workout. Hardly any person can replicate a similar drive for their craft every day.

The necessity to maintain stability in your life, both from physical exertion (not overloading the body with physical activity), and psychological overload (avoiding burnout), is of significant significance. Contrary to what folks may believe, professional golfers typically aren't made while they are junior golfers. Guidance for junior golfers is just laying the cornerstones, with the actual building of the really skilled golfer will come later. Still, when the foundations are rushed, or aren't appropriately set, the ultimate outcome will not ever occur.

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