

# The Ultimate Junior Golf Guide

First Edition

AMEL MEHENAOU

## The Ultimate Junior Golf Guide A Dedicated Parent's Guide

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## Important Note

The goal of this book is to give you advice on all aspects of the game, from buying equipment and taking lessons to growing the game in your child's heart and soul.

I'll take you along slowly, starting with the simple skills and gradually moving you along into the more advanced areas of the game.

Please note that when I am talking about children in this book, I will refer to them as a male. However, the topics I cover here can be used to teach both your son and daughter about the fundamentals of golf. Girls can love this sport just as much as boys can. I simply chose to use the male gender to make it easier for you to read this book.

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## About the Author



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My name is Amel, and I'm a mother of 2 wonderful kids. I have created the Junior-Golf-Guide website to share my passion for golf with you.

I am a passionate golfer and I have always been impressed and fascinated by Tiger Woods, who won his first competition at just eight years old during the Junior World Tournament in 1984.

So, during summer 2005, and with Tiger Woods' example in mind, I started to think about getting my 3 year old daughter into golf. I spent so much time researching and reading articles and programs about golf for children that...I came to the following conclusion: Why not compile my experience, all the research, reviews, and interviews, and share them with parents and people interested in junior golf like me?...Yes, this is how the Junior-Golf-Guide website and book came to life!

## Why Should Your Child Golf?

Playing golf is a wonderful way to get out in the fresh air, enjoy nature, and have a little playful competition with friends. If you have always wanted to start your child in golf and let him experience the passion that sweeps thousands of men and women on the golf course every day, there is really nothing stopping you from doing that. You should think about this book as a personal parent's guide to Junior Golf.

Before I started playing golf, I had no idea why so many of my friends took so much interest in this seemingly boring sport. Of course that all changed once I took the plunge and started playing golf myself. Golf has now taken on a lifelong interest for my family and me. I'm sure it will do the same for you when you will show your child just how rewarding golf can be.

Golf is one of the most rewarding and enjoyable sports that you will ever play in your lifetime. It is relaxing, you get to play outdoors and enjoy the sunshine, and the beauty of nature always surrounds you.

However, as any longtime golfer will tell you, the game itself is not as easy as you may think. It takes a long time for most beginning golfers to actually stick with the game and overcome the challenges that golf offers.

### **This Sport Takes Focus**

When you think about other sports such as basketball, baseball, or football, you will notice that these games are a bit more physical and are primarily built around taking action with physical effort. Yes, strategy does count for something in these sports; however, with golf you need a much higher level of focus and concentration, which can prove to be more difficult than other sports.

Golf is a game where, although you are playing with and competing against other players, you are always competing against yourself. I think that this is what draws many people into the sport.

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The golf ball sits there in front of you, waiting, motionless – you are in control and it's up to you to move forward with the game. You control all movement, all of the action, everything. This is where focus and concentration comes in. With other sports, such as baseball or tennis, the ball comes to you and you allow your trained reactions and reflexes to take over.

Beginning young golfers often think too much. They may become nervous or jittery, which causes them to make poor shots. This is why your child must focus and relax. He must learn how to create the mental intensity needed to concentrate on the ball for that perfect shot, yet at the same time relax and follow through with his swing.

## What Your Child Should Expect As A New Golfer

The attraction to golf appeals differently to each person, but we all enjoy the challenges, the unpredictability of the game, and learning the power of focus and concentration.

For children, the fun starts when they are simply trying to make contact with the ball, and as they get more experience, learning to steer the shot in a specific direction becomes even more rewarding for them.

As with any new hobby, getting your child involved in something he is not familiar with can create anxiety and nervousness. So, to give you a better idea of what you and your child should expect, here are a few facts:

1- Golf is probably the hardest sport to learn. Although it may seem that the only goal is to hit the ball into a small hole, there is so much more to the game. It may take your child a few months just to learn how to make proper contact with the ball.

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**2-** Golf takes patience and unlike other sports, your junior golfer needs to give himself plenty of time to learn how to play well. That is what is so wonderful about this game; your child can focus at his own pace until he is ready to advance.

However, if patience is not one of your child's better characteristics, golf may not suit him. Of course, patience and focus can be learned in time when playing golf, but far too many beginning young players take their mistakes seriously and end up quitting out of frustration.

**3-** Golf takes an investment of time, and lots of it. If you are going to get your child started in this sport then you must realize that skill will not happen overnight. Expect your child to make hundreds, even thousands of bad shots as he becomes a better and more experienced player.

**4-** Golf may not be the easiest sport to learn but there is something about the game that no other sport can offer: The ability for your child to enjoy playing golf well into their golden years.

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Think about other sports that you may have been involved in. Most of us stopped playing baseball, soccer, etc. after high school or college. The reasons can vary, but mostly it is because those sports became too vigorous and strenuous.

Golf, on the other hand, is a physically passive game. It is the only sport I know where both your 12-year-old son and your 70-year-old father can play with you.

#### **A Calmer Mindset**

Golf is a humbling sport. The fact of the matter is that you will never beat the course. It's not meant to be "won". Golf is a personal game, one in which you simply strive to make fewer mistakes each time you play.

Brute force and aggressiveness has no room on the golf course. Instead, your child will learn that humility, grace, and his ability to concentrate are the number one components to the game of golf.

Although golf can be a difficult game to play for the junior golfers, you should remind them that they are only competing against themselves. Your child will learn in time how to use his mind and body to control all of the possible outcomes that his shot could make.

## **Enjoy Failures As Much As Victories**

When your child makes a great shot over a sand bunker or onto the green, he will brag with their friends about how wonderful the shot was.

He will be drawn to the course day after day, weekend after weekend, to experience the joy of playing just a little bit better than he did the last time. You should remind your child to think about his mistakes made on the course and be eager to get back as soon as possible to master each and every move.

Junior golfers should expect a lifelong enjoyment on any golf course; anywhere they travel, for as long as they want.

## The Basic Anatomy Of The Golf Club

If you are new to the game of golf and are unsure about a few of the basic tools your child will need to enjoy the game, the first thing you need to become educated on is the golf club. The golf club is the primary piece of equipment that your child will use on the course. These clubs come in all sizes; yet have the same standard characteristics, as explained below:

**The Grip:** The grip is the area in which you hold the golf club. Most grips are designed by using rubber material, while others use leather. The grip covers the top section of the shaft.

**The Shaft:** The shaft is considered the “engine” of the golf club. This section is typically made of steel or graphite. The shaft will offer you leverage in power, which is what makes the ball fly once impact with the clubhead occurs.

As a general rule of thumb, you will be able to hit the ball further if the shaft is designed longer. You could compare the anatomy of the shaft to a basic dust broom. A longer handle will offer you more leverage to sweep, as the same holds true with a golf club. A shorter handle (or shaft) gives you less power and is designed for shorter distances.

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**The Clubhead:** At the end of the shaft you will find the clubhead. It is the clubhead, which actually hits the ball. It has four distinct areas: clubface, hosel, the sole, and of course the top of the club.

**The club face:** is the section in which you are trying to hit the ball with. If you take a closer look you will see horizontal grooves etched into this area. These grooves help you put spin on the ball. A good spin will help the ball fly longer distances.

**The hosel:** is the opening area where the shaft and clubhead connect together. In the early days, the shaft was made of hickory and was attached to the clubhead by using very thin, but strong, string. Golf clubs of today utilize a unique strong glue to connect this section.

## Grip Explanations – The 3 Basic Club Grips

Let's talk a little bit about the basic golf club grips. There are essentially three common types: Overlapping, Interlocking, and the Baseball Grip.

And of course, each one is simply variations of one another. Whichever your child chooses will depend on the size of his or her hands, finger thickness, and hand strength.

### **Overlapping Grip:**

Made popular by an old-time famous golf instructor, Harry Vardon, the overlapping grip is when your child grips the club with his left hand, which will be the top. The club tip will rest near the area where the edge of your child's palm meets with the base of his pinky finger. The shaft will cross close to where your child's ring and middle fingers connect, and then across the middle of your child index finger.



Now ask your child to curl the fingers of his left hand around the club. His right pinky finger should be snugly placed into the groove between the index finger and the middle finger of his left hand.

The shaft should be resting naturally inside the channel that your child created by curling the fingers from his right hand around the grip.

Your child's right-hand thumb should be practically on top of the shaft and pointing straight down towards the club head. The left thumb should be resting right next to the right thumb, which is also pointing down towards the shaft.

### **Interlocking Grip:**

The interlocking grip is another version of the overlapping grip. Basically, your child utilizes the same steps as he would for the overlapping grip, except that with this grip he will rest the right pinky in the groove between his left index finger and middle finger.



Next your child should interlock the right pinky in the left index finger. The interlocking grip seems to suit people who have smaller hands and short fingers. Young players and many women tend to find this grip perfect when starting out.

### **Baseball Grip:**

The baseball grip is less conventional than the overlapping or interlocking grip. Another name for it is the “10 fingered grip” because all 10 fingers should be holding the club. Simply ask your child to grab the club with the left hand close to the body, and then to insert the right-hand to the grip.

The hands will be touching and all eight knuckles will be lined up on the under portion of the shaft.



The baseball grip is excellent for boy and girls who do not have strong hands. It is a little easier to hold the club with and makes it less troublesome to move their wrists around when making a shot.

## The Most Important Element Of A Proper Golf Grip

In most discussions of the golf grip, excessive attention is paid to how many knuckles should be visible or which eyeball the "Vs" should point at, but too little focus is advised on the fingers that are actually resting on the shaft.

For instance, take the so-called "trigger finger" of the right-hand. Many players, more through carelessness than by design, put their right hand on the club as if they were actually pulling a trigger. In other words, the trigger finger is stretched away from the middle finger.

A good grip has the hands working together, not as two separate entities fighting for control of the club. The more space the hands take up, the more difficult it will be for them to work together.

Remember, the less space, the more control your child will have. So remind him to resist the temptation to "reach for the trigger" the next time he grips a club. Instead, tell your child to keep all of his fingers snugly together.

## Choosing Which Club To Use

The club faces are made from either metal or wood. Different materials on a golf club will have different effects on how far the ball will travel, and how high it will go.

Generally speaking, the higher the number on the club, such as a 9-iron for example, the higher the ball will go into the air, but with much less distance than a lower-numbered club, such as a 3-iron. This requires that your child utilize different clubs for different shots.



As he progress each shot down the fairway, the distance between the ball and the flagstick becomes shorter and shorter. This means that your child's goal is to hit the ball as far as possible from the tee shot. Then on all subsequent shots he will need to adjust his swing for accuracy and precision, not distance.

## How To Shop For The Perfect Sized Golf Clubs For Your Child

Gone are the days of having to put your child through the awkward experience of using adult golf clubs. Now we have companies that will supply your child with a perfectly fitted set of golf clubs, just right for a kid's size.

As far as price is concerned, in most cases there is very little difference between junior golf clubs and standard size golf clubs. Depending upon the manufacturer, you could probably find cheaper golf clubs for kids by shopping around; however, it is always best to go for quality whenever possible. You want your child to have a decent set of clubs that will last at least a couple of years.

Your child should definitely be using junior clubs if he is 10 years or younger because they are very light, short, and balanced to fit a young child this age. These clubs should be the ones he learns the fundamentals of golf with.

Remember, quality golf clubs are expensive so the last thing you want to do is purchase a set of clubs for your child that will be outgrown in six to eight months.

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The number one factor to keep in mind, when shopping for golf clubs is to size up perfectly for height and also estimated growth.

The ideal goal is to ensure that these new junior golf clubs will last two years. Go for a little extra height even if your child has to choke up on the grip. Trust me, in six months to a year that grip will be perfectly level. Remember, children grow fast!

## How Parents Of Junior Golfers Can Make The Most Of Their Child's Game

I have seen dozens of junior golfers, kids that had excellent natural abilities on the golf course, have their joy for the game literally demolished by overzealous parents. But face it, all of us moms and dads want our children to excel and be successful at every sport they participate in, right?

If you are lucky enough to have kids that love golf, then you also have spent plenty of money on golf lessons and the essential equipment needed for them to play. These items do not come cheap, especially a reliable set of golf clubs.

In addition to money invested into your children, there is also the time that you put into playing with your kids and showing them the ropes of the game. It is a pleasure and a wonderful experience to be a part of.

Having said that, are you wasting all of your time and money by trying too hard to teach your children to be successful at golf?

### **Be A Partner, Not A Coach**

There is a fine line that can be drawn when you are trying to help your children learn something new. It happens all of the time. Whether it's golf, homework, or any other instructional activity, you both start out excited and happy to play the game, but it soon ends up with you acting like a "frustrated coach" trying to get your child to listen and obey your instructions over and over again.

### **Are You Qualified To Teach?**

Keep in mind that giving golf lessons takes a lot more than what most parents can provide (and a lot less in terms of attitude).

It is better to support your child and be a partner and friend, and let a real golf coach takeover the job of teaching your child how to play.

Because when you take on this job yourself the relationship between you and your child changes from a fun atmosphere to that of a boss/worker type of relationship.

## Keep It Fun

Golf is a mental game and the moment a child's mind starts to fill with fear and frustration from not "getting it right for Dad or Mom", the joy is gone. Try not to fall into this trap with your kids.

Golf is fun and it should be taught and played with excitement. No matter how poor your children may be performing or the lack of listening skills they may display, you cannot become frustrated.

All they will see is how you react, and when those reactions become more and more negative your child may decide not to continue playing golf in the future. Remember; hand over the lessons to a professional, and continue with your role as the supportive, loving, encouraging parent.

## Does Your Child Really Love Golf Or Are You Wasting Your Time?

One of the biggest advantages of golf is that anyone can start playing the game at a young age, regardless of their gender, physical abilities, and coordination.

Think about other sports that require an advantage in one or more areas that so many kids just do not have the skills for, even though they want badly to participate in these types of activities. However, golf suits perfectly children who cannot handle physical sports such as football or soccer.

### **Does Your Child Have Potential?**

Although golf is fitting for people of all ages, senior citizens and kids alike, not every youngster will readily pick up the game. If your child has shown an interest in golf and wants to learn how to play, how do you proceed with acknowledging their potential?

I would suggest that the first step you take in this process is to offer your child words of encouragement, no matter what the circumstances are.

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Your job is to encourage them to play no matter how bad they may seem, as long as they still show signs of enthusiasm toward their actions.

This encouragement can come in various forms. For starters, it is important to instill the confidence into your child's mind that he can learn the game and has potential to become good at it.

Second, by investing into a set of golf clubs and a few lessons, you will boost your child's morale to new heights. When your child sees how special you consider his endeavors about golf by bringing home a brand new set of clubs along with golf classes, it shows him that you believe in what he is doing. This support has more power for your kid...more than you could ever realize.

### **Every Child Is Different**

When it comes to looking for potential in children for playing golf, you have to understand that every child will learn and adjust at various speeds. Some kids who play golf may not score well because they lack power in hitting the ball long enough.

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Other children may lack coordination and while they have tremendous power to drive the ball at longer distances, they do not have the ability to control its direction.

Another consideration to keep in mind when looking for your child's potential for golf is to watch how he plays. Take a look at his individual shots such as their tee-off, chip shots, and [putting](#). Try to see what areas he excels in as well as the type of scenarios that are holding him back. Does he understand the game or just trying to hit the ball as hard as he can?

This information will help you to determine whether your child is seriously into the game of golf or is just going through another phase that will fizzle out in time.

## **When Your Child Gets Serious About Golf**

For those of you parents who are definitely raising a child that has built a passion for golf, he may become interested in junior golf competitions. Such events can be low profile such as a small tournament at your local golf course, or as popular as the American Junior Golf Association (AJGA).

This can be an exciting time for your child, as well as for you if you are a golfer yourself. The key here is to understand the difference between pushing your child into competing and simply supporting him.

Many overzealous parents have unfortunately soured their child's taste for golf by coming on too strong and forcing him into playing junior tournaments and other events when he did not really feel comfortable doing so.

## Nine Hole Golf Courses

### Perfect For The Beginner Junior Golfer

Most golf courses have 18 holes. However, in addition to these popular 18-hole courses, there are also locations that only have 9 holes.

A typical 18 hole full-size golf course can take five or more hours to play through, especially if you have a large group playing with you. The 9-hole course, on the other hand, can be finished in less than half that time.

For many players, especially beginner junior golfers, the 9-hole course offer more fun and enjoyment while in the beginning stages of their game.

For parents whom have busy lives, careers, and family, the 9-hole golf course offers a more realistic time period to get a decent game in. It's just not practical to spend five to seven hours a day playing through a full 18 hole course with a beginning junior golfer.

**Tip for Parents:** Even if you prefer playing on an 18-hole golf course, stop by the 9-hole location on the weekends. It is never quite as busy as full courses and you will have more time to concentrate on your game skills.

## How to Make the Most of the Driving Range

The driving range is where your child should be spending most of his time when just starting out with the game of golf. Furthermore, it offers your child the opportunity to learn the distance at which he can hit each of his golf clubs, for you to teach him to focus on a target, and help him make contact with the ball every time he swings.



Most driving ranges are very similar, which contain anywhere between 30 to 50 separate stalls so that you can have your own individual space and privacy, separated from the other golfers by barriers made from wood or steel.

You will find a tray inside every stall that contains golf balls and an artificial green turf mat, an approximately 6 feet square. The average cost for a bucket of balls, which contains anywhere from 50 to 100 golf balls, costs around \$5 to \$8.

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At the end of the artificial turf mat there should be a rubber tee that is sticking out on one side of the area. This is where each golf ball will be placed for your child's shots.

Larger golf clubs are typically used at the driving ranges, especially the driver. Many golf players may even make their shots from the mat instead of the tee, using their irons, because this resembles the feel of hitting from real grass.

Your local driving range should have measured markers located out into the field, which helps you to see the distance your child's ball reaches. These markers should be 75 yards, 100 yards, 125 yards, 150 yards, 175 yards, 200 yards, & 250 yards.

The purpose of these measurements can mean multiple functions for each golfer. Your child has an opportunity here to find out how far each of his clubs will hit the ball. This is essential knowledge to have when actually playing the game in the golf course.

## Goals of The Driving Ranges

### **1- Always Focus On A Target**

Some driving ranges offer simulated green areas that have flagsticks set up at different lengths. This will enable your child to swing right for the hole. However, regardless if there is a flagstick up for your child or not, always remind your child to have a target in mind when swinging. By hitting balls aimlessly, your child will not learn how to focus on a target and control his shots as needed.

### **2- Practicing The Short Game**

Many golf ranges also offer an opportunity to improve your child's short game skills. Some of these facilities offer one or two green areas that are set-aside for golfer to practice their shots, which require shorter distances.

If you are fortunate enough to have a local driving range that offers such an area, be sure to invest your child's time there as he would at the regular range.

Don't make this big mistake many parents of junior golfers (and even beginning golfers) make: they spend an enormous amount of time hitting long-range shots, but never practice their [short game](#). A great schedule would be to simply split your child practice time, like one day at the standard range and the next at the short game area.

### **3- Be Considerate When Hitting Balls On Real Grass**

Although hard to find in most locations, a driving range that offers real grass to practice on is invaluable. Most private clubs and high-end golf courses offer access to a driving range that has natural grass. The reason why real grass is preferred over turf is simply because it mimics the exact conditions your child will play in during a real game of golf at the local course.

While utilizing a driving range that offers real grass to hit the ball from is preferable, some beginners may not be ready to handle such a quality service due to their inability to control their swing.

Remind your child that it is good etiquette to take care of the grass as best possible. For example, when taking a nice shot with an iron, your child will almost always create a divot, which is simply a large chunk of grass cut out from their swing.

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Too many of these shots can ruin the turf temporarily, until the grounds keepers shut down the area and reseed with new grass. So, ask your child to try to hit every ball as close to where he hit the last ball. Doing so will reduce the areas of divots created to just one spot in particular.

It is inevitable that the grass will be damaged and the facility understands this, but your job is to teach your child how to minimize this damage as best as possible.

## Tips For Practicing Shots At The Driving Range

When your child is at the driving range practicing his golf shots, he should always have a plan. Before your child's practice day begins he should know exactly what the intended goal is for that day.

What part of his golf game needs most help? What issue has caused his score to increase over the last few golf games?

Ask your child to decide on one specific goal and then put forth his best effort towards achieving it. For example your child may choose to work hard at getting rid of that dreaded slice. If that is his number one goal for the day, help him to focus hard on just eliminating the slice.

After taking plenty of warm up wedge and some middle iron shots, tell him to go directly to the club that is giving him the most trouble and use it. For slicing problems, most clubs that typically give the majority of golfers problems will have more loft than that of the 7-iron.

### **Every Shot Should Have A Target**

When your child is on the driving range, he should always make it a goal to hit a specific target instead of simply knocking balls into the air. Randomly sending balls flying through the driving range may be fun, but it is extremely counterproductive to learning and correcting your child's golf game mistakes.

Without focusing on a specific target, how can your child ever tell if he is hitting the ball accurately or not? The driving range has absolutely no consequences to offer when your child makes a handful of bad shots.

While at the driving range, your child should pretend that he is actually on the golf course. Keep in mind that if he is hitting balls on the course in the same manner as he is on the driving range, with no focus or goals, he would probably spend the entire game walking through the rough or the out of bounds area.

So make sure that for every shot your child takes on the driving range, he selects a target to hit towards and to do his best to make it. How close your child come to his goal for each swing will let him know if his swing and overall striking technique is at the level it should be for his playing experience.

### **Relax, Learn When To Back Off**

Once your child has begun focusing on his shots and has hit a few with perfection, tell him to take a step back and stop working on that particular problem for a little while. Most golfers overdue their practice time and continue to work hard, too hard in fact, to the point where they are getting tired and start to make the same mistakes again and again.

Instead, remind your child to walk away after those perfect swings have been initiated and his shots are immaculate. He should allow his mind to soak in that wonderful feeling of hitting those perfectly straight shots. Relax his body and take a break. He should never overdo it.

Your child should let his mind and body flow at ease. He should always keep in mind that he will be playing golf for a very long time and nobody becomes a professional overnight. Remind him to keep it simple, relaxed, and have fun.

## Keeping The Game Fun

Go to any driving range these days and you will see plenty of younger golf players practicing while listening to music, using such popular products like the iPod.

The young players are not the only ones using music as a way to enjoy their swing sessions. Some professional golfers even listen to music during a tournament, such as former Canadian, Richard Zokol.

In fact, there is absolutely nothing wrong with playing golf or practicing while listening to music. In fact, it can actually be beneficial to your child's golf game. One of the biggest advantages of listening to music on the course is its ability to help train your child's mind and body to hit his shots from the subconscious level.

When your child is listening to music, he tends to not think about the components of his swing like he normally would. Because his mind is totally at ease, your child never worry about irritating details like making sure the clubface is square, the speed in which they are swinging the club back with, how their weight is distributed, keeping their elbow tucked, etc.

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Therefore, intermediate and seasoned young golfers should consider the idea of listening to something that relaxes their minds while playing golf.

It will help their subconscious to take over when it's time to swing the club and to initiate all of the little moves that make a great [golf swing](#), without their conscious thoughts ruining quality shots from fear or concern.

## How Music Can Improve Your Child's Swing Tempo

Listening to favorite tunes while playing golf is not only beneficial to your child's subconscious mind in creating a natural golf swing without worry, but it also helps improve your child's tempo.

Indeed, sharpening their tempo is one of the most important characteristics of your child's golf swing. However, there is no hard and fast rule as to what tempo is best; it is a matter of personal preference.

Therefore, keep in mind that you cannot teach somebody how to correctly find his or her tempo. It is a natural flow that must be improved upon by the individual.

Most beginning golfers are taught to slow their swing down to improve tempo and flow. Of course your child can always have a fast swing if he chooses, as long as it is consistent. But this is not recommended at the expense of the fundamentals of making proper contact with the ball.

Because tempo is unique to the individual golfer, listening to music that suits your mind and puts you in a natural state of relaxation brings the subconscious into play and allows it to *take over your swing*, so to speak.

### **Can Listening To Music Be Beneficial?**

At first you might be inclined to think that listening to music during a game of golf or while practicing at the driving range would be too distracting for your child. However, for many people, listening to an enjoyable tune puts their mind at ease and gives them a different kind of energy that blocks negative thoughts.

It's just like driving your car when listening to music. You don't worry about driving, making turns, adjusting the mirrors, or being scared of the road... Everything just becomes second nature.

I believe that the same holds true while listening to music while playing golf. Try it sometime and see if it works for you...

## Why Your Child Should Have a Positive Golf Mental Attitude?

As a parent of a junior golfer you must understand that having a positive golf mental attitude is very important when it comes to succeeding in golf.

Indeed, golf is a tough mental game and when it comes to winning...only golfers with a strong positive golf mental attitude succeed. They are more confident and they win the game mentally before even starting to play.

A great golfer visualizes and wins the game in their mind and uses their skills to make it happen in reality. This reflects the power of a high positive golf mental attitude!

The purpose of [golf mental training](#) is to make your junior golfer mentally strong to face various difficult and unpleasant situations that can happen when playing against other competing junior golfers.

During golf mental training he will learn how to manage emotional feelings, stress and fear to stay focused in winning the game.

Implementing a positive golf mental attitude in your talented junior golfer's mind will change him from Good golfer to Great Golfer.

Therefore, if your child is a talented golfer who competes regularly in youth golf tournaments, and he think seriously of becoming a successful golfer, however he lose the game when playing against other juniors because of being too nervous, then you need to help him get a golf mental game training specially designed for junior golfers.

### **What happens in your junior golfer's mind during a game?**

Usually after playing a couple of bad shots, your child may start to think that his opponent is stronger and may begin questioning himself: how will my parent react if I lose the game, what will my instructor think about me...and so on.

All these negative thoughts disturb your child from having a positive mental attitude...he gets nervous, lose concentration, and may lose the game.

### **Get your junior golfer a positive golf mental attitude**

Through golf mental training your junior golfer will learn how to get ready, confident and prepared to win the game and to have fun at the same time. Here is some advice to consider:

**1-** Remind your junior golfer to focus on the present time...he must concentrate on the shot that he is playing, not the shots already played.

**2-** Your junior golfer should visualize the shot he is going to play when walking to the next hole...he must remember to keep a positive spirit along the course!

**3-** Stay confident even if he played a couple of bad shots...even Tiger Woods has made some bad shots during his golf career.

## When is the Right Time to Start Your Child in Golf Tournaments?

Competition can bring out the best in us, as well as the worst. And when it comes to golf, it is probably the most psychological sport in existence. No other sport requires so much of your mental clarity and attitude than golf does.

### Competition Takes Sharp Focus

When your child competes in a golf tournament, regardless of what level he is playing at, the last thing you want is to see him choke up in front of other people.

Once a little bit of doubt creeps into your child's head, the next thing he realizes is that his typically easy tee shot is now slicing off less than 50 yards away, while all of the other players' tee offs are traveling towards the 200 yard mark, perfectly straight down the fairway.

You have to remember that golf is a mind game. You will always attract the kind of shots in which you are thinking about, or better yet, how you are *feeling*.

In other words, if your child nervously steps up to the ball with fears, and doubts running through his head, the chances are high that he will hit a bad shot.

This 'law of attraction' works when your child feels good about his game as well. If your child feels comfortable, confident, and are in his comfort zone, success will be second nature. Having this type of confidence for making each shot has the tendency to send a calming feeling over his entire body and ease his mind. He just steps up, takes his swing, and watches proudly as the ball sails away towards its target.

### **The Pressure Of Competition Takes Time To Get Used To**

When your child first starts competing, every golf shot will be one that he absolutely must do well at. Your child's only thoughts are winning the tournament therefore every shot count for him.

This additional pressure will probably do more harm than good when your son or daughter first starts entering golf competitions.

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A good analogy is to compare competing in golf the same as lifting weights. When you first start exercising, the weights are very heavy and your muscles become very sore. However, once you know what to expect when hitting the gym, you start practicing more to build stronger and stronger muscles.

Just like your body gets stronger from more and more exposure to weights, you can experience the same [mental strength](#) from playing golf on a competitive level.

Your child's focus will sharpen and eventually his strategic abilities will be paramount to any other golf game he played in the past. Your child will then look back at his beginning days of competition and laugh at just how nervous and fearful he once was.

## Golf Is A Journey, Not A Destination

What would you say is the most important aspect of not only becoming a better golf player, but also experiencing complete fulfillment and enjoyment from the game? What aspect of this sport is the key ingredient to having the most fun and precision?

Some people say that patience is the answer. Others point out that practice and repetition is the key to success in golf. Some players even consider that having the right golf clubs is the magic potion to enjoying a better game of golf.

### **Great Answers, But...**

I would have to agree that all of the above opinions are great and definitely have their place. But the most important aspect of golf that will help you become a skilled golfer, while at the same time having as much fun as possible is: confidence.

Having confidence in you is extremely important in golf, and practically everywhere else in life as well. How you feel about yourself as a person will carry over into the quality of your game and the enjoyment you seek, or lack thereof.

I have seen dozens of golfers increase their overall score and personal happiness with the slightest awareness and increase in their personal attitude and how they valued themselves.

### **Moving On To Performance**

Increased confidence for the golf game does not stop at our individual self. The next type of confidence would be considered performance-oriented. Let's be honest here, you can love yourself and still be insecure about your swing on the course.

Therefore, if your child has very little confidence in his ability to play the game then he will not perform well, plain and simple. And if your child does not perform well then, you guessed it; he will leave the course feeling frustrated and angry.

### **How To Build All Around True Confidence**

Your child's confidence levels can be adjusted and worked on step-by-step. With larger personal issues, and how your child feel about himself as a person, improvement can take as little as a week or as long as a lifetime.

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Low self-esteem levels can be many layers deep and uncovering them far outweighs the scope of this book. However, in terms of performance-oriented confidence on the golf course, there are definitely some universal steps which all of us can benefit from.

The most important element to understand, and get through your head, is that golf does not define your child's life. This sport develops over time. If you decide that you will only be happy when your child becomes "better" at playing golf, then this happiness will elude you. You will end up chasing it for years and pushing your child more and more everyday.

Remember that true joy when playing golf comes by having fun and accepting the fact that golf is a lifelong journey, never a destination. Let me repeat that: *Golf is a lifelong journey, never a destination.* Write it down, live it, and watch your junior golfer's personal happiness increase along with his golf game.

## Interview with Aubrey Linville

### Founder and President of Kids Golf Superstore

**Q. Aubrey, tell us about your background - what is your golf experience?**

My golf background began my junior year in college. I had been around golf my entire life, but a slightly different form of golf...miniature golf. My father owned and operated eighteen Putt-Putt Golf Courses on the east coast. So growing up in this atmosphere, my idea of golf when I was young was a little different than it is now.

My "real golf" background began in college. It amazes me how 100% of my current friends I did not grow up with know how to play golf. 100% of the friends I grew up with don't have a clue; my guess would be that they are all really good at miniature golf and "skee-ball".

I had always been very interested in real estate, I was presented with an opportunity in college to purchase a 27 hole golf course. To be 21 yrs old and presented with an opportunity like that, you better believe I got interested in golf real fast!

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My plan was to turn this short 27 hole course into an 18 hole championship length course and add a practice facility. I immediately immersed myself in golf. I got a job at a semi private golf course in Raleigh, NC cleaning golf carts and working the driving range. What a great experience that was! To this day, that was the most fun job I have ever had.

I was working at this course all day every day, working for free so I could gain experience in other areas. Eventually the Pro offered me a job in the pro shop. This was a little ironic because at the time I probably could not break 95!

Anyway, after all this hard work and thousands of dollars spent on preparing to purchase this golf course, the seller decided they would wait a few more years to sell. Needless to say, I was very disappointed.

By now it was my senior year and it was time to decide what my senior internship would be. I definitely wanted to do something with golf. A close friend at the golf course mentioned the idea of doing a series of junior golf tournaments. I didn't take me long to decide that was exactly what I wanted to do.

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I love working with kids and I had grown to love golf so I ran with the idea. I setup a small (4 event) junior golf tour in Raleigh NC and called it the Players Junior Golf Tour. At the time there was nothing like it around the area, we had about 90-100 kids sign up for each tournament. It was a ton of work that summer but I loved it and decided I would try to make a career out of it.

The next summer I did 9 tournaments in Raleigh and it also was a huge success! Over the course of the next 3 years I changed the name to the National Junior Golf Club and was operating over 100 1-Day Junior Golf events in North Carolina, South Carolina and Tennessee. Since then I have started numerous junior golf businesses and love every minute of it!

#### **Q. What make you decide to come out with Kids Golf Superstore website?**

I wanted to develop a "one stop shop" for junior golfers and their parents. My goal in launching [Kids Golf Superstore](http://www.KidsGolfSuperstore.com) was to offer a very deep and robust product line at competitive prices for online shoppers.

Many of the products we sell cannot be found in stores, some of our products are sold exclusively through our online store. My goal is to make the online shopping experience as easy as possible for parents. Shopping for kid's golf products can be confusing and overwhelming for non-golfers. I hope to eliminate that completely.

Kids Golf Superstore is very easy to navigate, well laid out for shoppers and gives detailed product descriptions.

**Q. How can Parents feel comfortable buying junior golf clubs online?**

The answer is simple. Go to any local golf shop or sporting goods store and ask them for information on the junior golf products they sell. My bet is that they won't know a thing! Golf shops traditionally focus on Men and Women's clubs.

[Kidsgolfsuperstore.com](http://Kidsgolfsuperstore.com) offers all the information a parent would ever need about junior clubs, bags and accessories. This information is easy to understand and can be read at the buyers leisure in a non-intimidating atmosphere.

**Q. What are your most popular kid's golf clubs?**

Our most popular clubs are the Precise XD-J sets. They are available in boy's colors as well as PINK for girls. This complete set sells for \$109.99 and includes everything you need to be successful on the golf course!

**Q. Is there anything you would like to say to Parents of young golfers?**

In my opinion, the most important thing a parent can do for a young junior golfer is to help them ENJOY the game, not MASTER the game. **Make it fun!**

**Review of the "Ultimate Junior Golf Guide" By  
Scot Duke President/CEO of Innovative  
Business Golf Solutions, LLC.**



First of all, I want to congratulate you on putting together such a well written easy to read guide. It should be a great tool for adults and older young people to use to get a better understanding of what they are getting into when they begin to play golf.

Innovative Business Golf Solutions came about from my 32 years of operations management experience and my persistent pursuit of finding innovative ways to solving problems. Golf has always been a huge part of my life. After using the process management skills I possess I found a way to use golf as an effective business tool.

As you may know, my wife and I founded Screen Door Open Charity Golf, Inc, [www.sdogolf.com](http://www.sdogolf.com), a 501c3 tax exempt non-profit organization that raises funds for programs that teach children ALL of that aspect of golf. We are into our tenth year. I have always wanted to do what I can to help kids get an opportunity to learn more about golf than just hitting a golf ball 400 yards.

**Two things I see that may strengthen the drive and development of a youth's interest in learning to play golf:**

First, your approach to advising the parents of their position of supporter is outstanding. I would like to add, that grandparents can play just as big, if not bigger, role in a junior golfer's development.

Children sometime looked to their grandparents as part-time parents who also are mentors in their learning of new things in their lives.

Also, on the other end of the spectrum are the single parents who would find what you offered an extreme challenge since time becomes a tremendous factor for them. Single parents stand the most to gain in getting their children involved in golf since it teaches the kids things that mom or dad may not have time to teach with all they have to do as a single parent.

Secondly, it is important that young people be exposed to other young people as they are learning the game of golf. Boys and Girls learn from each other faster than they do from adults.

When a young person sees another young person having fun it inspires them to want to join in and learn what it is they are doing to have fun. This is the first step many kids take in learning social skills and I encourage that junior golfers be given every opportunity to interact with other kids during their learning of golf.

I see the younger kids at my club playing the course with the older kids and I frequently ask them why. Their answers take me back to when I was a kid watching my older cousins riding horses and I didn't know how.

It was my cousins who got me interested in riding horses and my grandfather who showed me the basics but it was my older cousins who I watched to learn the finer techniques of riding a horse that made it fun.

It is good for younger kids to see slightly older kids playing golf. It shows that what they are learning can be done and how long it will take to get to learning.

If a kid's only exposure is to adults and the adult golf swings it is more likely that their impression of golf is it for older people. They will give up since they see no other kids playing the game.

**The importance of the social teachings golf creates, and encouraging parents to let their kids play golf with other kids as often as they can:**

One of the best opportunities kids have to be around other kids is junior golf summer camps and year around clinics. These venues not only satisfies the interest kids have to have fun with other kids, it also offers grandparents and single parents and opportunity to take their kids and grandkids to places where they can better relate to what is being taught.

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The Screen Door Open Charity Golf is in the process of developing of week long Junior Golf Summer Camps for next year that will be taught by PGA and LPGA teaching professionals. Maybe one day I can extend these programs nationally.

Again, thanks for the opportunity to review your guide and look forward to seeing what else you come up with for junior golf.

Sincerely,

Scot Duke

Mr Duke is the Author of the book; ***How to Play Business Golf*** where he outlines step-by-step the specifics of using golf as a business tool. He also has several articles published on the benefits golf can play in improving business.

## My conclusion... Golf is More Than A Game!

According to Dr. Patrick Cohn, a [sports psychology](#) expert, coaches and parents have a tremendous impact on how children will engage in sports.

Therefore, showing your excitement and enjoyment will impact your children engagement in sports and their abilities of winning and loving the game.

### Five Things You Should Always Have in Mind:

- 1-** Stay back and let your child know that you are there to support and encourage him. Remember, it's important for you to be involved, but not obsessed with your child's sports performances.
  
- 2-** Have faith in your child's golf abilities. Just **enjoy watching your son or daughter having fun** when discovering and playing their favorite sport. Don't be negative by focusing on errors. Give positive comments instead.

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**3-** Reinforce your positive thoughts by telling yourself (loudly) that you love watching your child having fun during practice, and that he should always have fun during competitive games too.

**4-** Take your time and enjoy each moment you share together on the golf course. Don't forget: it is not a competition! Children start golfing for fun, so let both of you enjoy the beauty of the course and play for the fun and not for the score.

**5-** When playing golf with your child never forget to **Have the Most Fun**

**Possible!**

## Quick Start Guide

# Golf Lessons Made Easy!

Offered by Amel Mehenaoui

[www.JuniorGolfGame.com](http://www.JuniorGolfGame.com)

## **Golf Schools & Golf School Alternatives**

One of the best ways to improve your child's golf game is for him to attend a live golf school training camp. The prices charged for taking lessons at a local golf school really depend on a variety of factors. Such variables include the popularity of the golf instructor, whether or not you want basic lessons for your child or more advanced training, how many lessons you schedule, and whether or not more comprehensive instructions are available, such as utilizing swing precision technology.

### **A Cheaper Alternative To Golf Schools**

While paying \$1000 or more for private golf lessons, which are always a good investment for young golfers who are serious about their game, there are alternative choices that anybody can benefit from in order to improve their score, learn short game strategies, increase successful putt shot percentages, and perfecting the swing.

Such alternative choices to expensive golf schools include golf instructions on video. Years ago, many serious golfers would have laughed at the idea of learning how to play golf from a recording on tape.

Today, however, there are many prestigious golf lessons that are recorded on DVD, by trustworthy professional golf players, and can be viewed at a fraction of the cost that a local golf school would charge you.

## Can Your Child Learn More From A DVD Than Attending A Professional Golf School?

As a brief disclaimer, let me be the first to say here that if you can afford the bill and are serious about improving specific aspects of your child's golf game, then a professional golf school will be worth every penny!

Hundreds of different lessons are offered on DVD, such as how to improve your drive, confidence in your short game, how to hit a draw, excellent putting tips, and of course, essential swing instruction. And the great thing about these golf lessons on DVD is that they can be viewed anywhere and anytime.

Did your child miss something? No problem, just rewind the lesson. Need to freeze the instructor during a specific portion of his downswing?

Easy, just hit the pause button. Is your child still having trouble with one of the lessons during an actual game? Then by all means, pop the lesson in your laptop and take a recap.

### **Golf Lessons at the Driving Range**

You might want, for your child, to consider taking lessons offered by your local driving range. The prices are typically reasonable for both individual and group lessons. There are usually introductory lessons that everyone can participate in which will give the fundamentals of the game and get your child started on the right path.

Golf lessons can be an invaluable investment of both your time and money if your child has a real potential.

### **Practice Makes Perfect**

The golf swing itself, although seemingly easy when watching someone else play, is actually a series of complicated moves which are broken up through several phases, from the point of address, into backswing, onto the downswing, during impact, and finally at the follow through.

Remember, practice is the only way your child will learn good golf habits and enjoy the game more.

### **Take Golf Lessons In The Comfort Of Your Own Home**

If taking golf lessons are out of your reach, for whatever reason, whether it be scheduling or finances, all hope is not lost because there are plenty of other sources of golf instruction that your child can learn, from the comfort of your own home, and on his/her own time.

Today's information age has provided your child with the means of learning the basics of golf through various magazines, golf-related computer programs, and golf instruction videos.

### **Golf Magazines Are A Fantastic Way To Pick Up Lessons**

Take a look at your local bookstore and visit the sporting area of the magazine section. You will see quite a bit of magazines devoted entirely to golf. For example, the magazines "Golf Magazine" and "Golf Digest" contain material that is mostly made up of golf instructions.

The articles in these types of magazines are written by professionals and world-class instructors, complete with spectacular illustrations that detail each movement being discussed.

The only downside to sifting through golf magazines is that the beginner may get a little confused as to what tips are best suited to his or her skill level. For example, you may find an article written by Annika Sorenstam that gives tips on how to create a lot of backspin from a specific shot.

Sure this may help a more advanced golf player, but the newbie should not be paying attention to such techniques at the beginning stages of the game.

So take your time and enjoy all of the articles, but use common sense in selecting what advice to take and what practice tips to bring to the course for your kid.

### **Golf-Related Computer Programs Are Also Available**

Computer programs that contain golf instruction material is becoming more and more popular these days. With almost everyone having a computer, you can get a lot of information about golf downloaded onto a CD or a DVD.

The simplicity of reading and learning golf tips from a computer program with one click of the mouse is appealing to many people. However, the downside is that you cannot bring your computer to the course to practice the lessons you see on the screen.

### **Golf Videos: My Personal Favorite**

What better way to get motivated than by watching Tiger Woods making amazing shots from a televised tournament? Golf instructional videos have always been my favorite choice when reviewing instructions and tips released by the pros.

They allow you to see close-up views of each part of a specific swing, provide various angles of a particular technique, and typically show a sequence in slow motion for you.

And even if the video does not have slow-motion footage, guess what - you can pause and hit slow motion anytime you wish with a remote control!

Videos make a great attempt to duplicate the type of instruction you may receive from a real golf lesson. However, they are not individualized and you may have to stock up on a few series of tapes in order to encompass all of the questions and problems you or your child may need to improve on.

## Turn Your Child's Next Golf Lesson Into A Wonderful Experience

Taking golf lessons for your child is a decision that your son and daughter will benefit from the rest of their life. Between local lessons from your nearest golf course and private lessons at an academy (which provides the opportunity to take a three to four day packaged deal), any decision you make will undoubtedly improve your child's game and self-confidence on the golf course.

Once you have decided on what lessons your child will take and at what location he/she will be enjoying his/her golf classes, it is time to adhere to a few basic principles which will help you make the most out of your child's golf lessons once he/she arrives.

### 1. Have fun and enjoy yourself

Keep in mind that learning golf can be extremely frustrating at times. For beginners, it may seem that it will take forever for them to simply hit the ball in one direction. And some of the lessons and techniques that instructors will show your child may feel awkward at first.

You must remember that this is only a game and one that you are *paying* to teach your child how to play. Therefore, enjoy the experience and do not be too hard on your child if he feels not catching on as fast as he would like.

Everybody starts out at the bottom when learning golf and it just takes time and patience. Remind your child not to walk away from his golf lessons upset and bitter. Instead, remind him to relax and have fun.

## **2. Be realistic about what your child will take away from his lessons**

You must realize right from the start that golf lessons are simply a way to get started playing the game in the right direction, with good habits. Many beginners spend lots of money on classes and walk away upset because they did not make miraculous improvements overnight.

Your child *will* get better, with time and practice.

## **3. Don't be shy about providing specific information about your child**

Like taking any other type of lessons, your child's golf instructor cannot diagnose his/her problems without understanding exactly what level your child is at. Do not be shy about giving your child's teacher as much information as possible about your child's problems with specific areas of the game.

The more information that you can provide before your child even start his/her lessons, the quicker and faster your child's instructor will be able to help him/her make progress. Don't assume that all your child has to do is show up and not explain to the teacher what issues he/she may have.

My last words for you...**Don't wait and be part of your junior's growth today!**

## Grow the Game of Golf in Your Child's Heart and Soul

The Junior Golf Guide is a resourceful parents' guide that helps introduce kids and teens to golf, and offers advice and recommendations to [sports parents](#) about junior golf school, junior golf tournaments, golf fitness, healthy nutrition for young athlete, [golf mental game](#), [junior golf equipment](#) and more.

I post practical information on my Junior Golf Blog regularly, so be sure to check it out at: <http://www.junior-golf-guide.com/junior-golf-blog.html>

I also publish a Junior Golf Newsletter where parents can learn:

- **Mental Game** tips to help improve your kids' golf game and get them ready to compete.
- **Equipment reviews** to help you choose the right junior golf equipment
- **Healthy nutrition** advice to help your young athlete maintain health and optimize performance
- **Fitness exercise tips** to avoid injury and improve your child's game

**And much MORE!!!!**

Subscribing to our newsletter now at:

<http://www.junior-golf-guide.com/junior-golf-newsletter.html>

## Golf Resources

Peak Performance Sports: powerful strategies for boosting mental toughness:

<http://www.junior-golf-guide.com/sports-psychology>

Game improving mental game program:

<http://www.junior-golf-guide.com/your-mental-game>

State-of-the-art swing analysis video, everything's been broken down to such simple basics, you can learn it all in just 44 minutes and 36 seconds!

<http://www.junior-golf-guide.com/swing-dvd>

Ten compact and amazingly simple lessons on the short game:

<http://www.junior-golf-guide.com/short-game>

A comprehensive break down of the entire putting process. Sure-fire technique that'll have you dropping more balls in less than 1 hour:

<http://www.junior-golf-guide.com/putting-dvd>

Unique deal on high-quality brand name men golf clubs, ladies golf equipment, and junior golf equipment at competitive prices:

<http://gear.junior-golf-guide.com>