



Teaching Kids How To Play Golf

Offered by Amel from
www.JuniorGolfGame.com

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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.

About the Author



Amel Mehenaoui
<http://www.Junior-Golf-Guide.com>

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!

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.

How To Enroll Your Child For Golf Lessons

Once you have decided to offer your child golf lessons in order to improve his game, the next step is to find out how to enroll him. Many public golf courses are typically ran by golf professional. And if this golf pro is certified by the PGA of America, that person is most likely able to provide your child with lessons.

Private golf courses are also known to have professionals that provide golf instructions. And the bigger, more popular courses tend to have professionals that are also available to teach golf for kids.

With private courses, you typically do not have to be a member in order to get golf lessons from a professional. Simply call in advance and be ready to pay a little more money than normal. However, you don't need to worry about the investment because it will be worth every penny.

What Do You Do When There Is No Golf Course Near You?

If there is no golf course located in a convenient distance from where you live, the good news is that you do not need to find a course in order to pay for golf lessons.

There are many driving ranges that are operated by certified professionals. These players may also provide golf lessons on the side.

For example, the Chelsea Piers athletic complex, which is located in New York City, currently provides six professionals that teach golf and are associated with Jim McLean's golf Academy in Miami, Florida. This golfing range was actually built to have golf lessons as one of its primary services.

Consider Enrolling In A Golf Teaching Academy

A few of the larger, more prestigious golf resorts, such as Pebble Beach, have professionals that actually run golf academies. You can arrange for a lesson at such an academy and your child can receive golf instructions from several assistants who work under one main professional.

There are several benefits to attending a golf academy, particularly the equipment that is available. These organizations have the ability to invest in high tech training aids, such as video tape systems, which can show your child's actions in slow motion, as well as provide a complete video diagnosis.

How To Squeeze Every Penny Out Of Your child's Golf Lessons

If you intend on taking golf lessons for yourself or your child then consider the following tips on preparation so that you and your child get the most out of your classes:

1. Bring your listening skills: Although the advice to 'listen up' may appear to be common sense, regardless of any class or lesson you may take, it is considered to be the most important part of participating in a student-teacher atmosphere.

And with golf lessons, you have to remember that for a large percentage of the time you will be standing over the ball, holding your golf club, while the instructor is giving you verbal advice throughout the entire movement. This feedback is golden and if your mind is not set on concentrating on the moves, while at the same time absorbing every word the teacher saying, you are going to be missing out on some vital pointers.

2. Do not be afraid to ask questions: While listening is paramount to absorb all of the golf instructions that your teacher is giving you, speaking up and asking questions is equally important.

Even if you have studied up on the subject of golf and its many components, your golf instructor may have an entirely different way of describing certain aspects of the swing, along with many other details. This information may not seem familiar to you, so don't worry about asking silly questions.

Remember the old saying: *"The only stupid question is the one you don't ask"*

Anytime you are confused about any aspect of what your instructor is teaching you, speak up and do not worry about whether or not the information has already been discussed. The instructor will not think less of you at all. In fact, he or she will more likely appreciate the fact that you are paying attention and showing a genuine interest in everything being taught.

3. Practice in between your lessons: If you take the opportunity to sign up for multiple golf lessons, then by all means practice whatever material that your instructor has asked you to work with until the next lesson date. Most teachers will give you *homework* and ask you to go over a few maneuvers in between your sessions.

The importance of practicing in between your classes is paramount to making as vast improvement as possible. Your next lesson will be more productive and your golf teacher will see that you are making as much effort needed to improve.

Remember that most golf instructors get into this business because they like to help people and see them succeed. If you are unwilling to take advantage of these classes, it's best not to waste your time, the instructor's time, and your money.

4. It's okay to slow down the pace: Just as important as it is to speak up and ask questions, the same holds true for voicing out if you feel the information is going too fast for you. If there are too many items being taught on your instructor's list which you cannot process at once, bring the issue up.

It's best to focus on just one item at a time instead of being overwhelmed and going home confused about what you were supposed to learn. And if the instructor is not flexible to your needs, find a new teacher.

What to Expect from Your Kid's Golf Teaching Professionals

Golf teaching professionals like golf coaches and golf instructors focus more on providing golf lessons to adults and juniors golfers.

In other hand, about 95% of professional golfers make their living from teaching the game of golf, selling golf equipment and managing courses and golf clubs. Also, they sometime participate in a few important tournaments against some of the best golf instructors.

It is very important to read carefully each golf teachers' profile before choosing who will be your kid's best golf instructor.

Keep in mind the following 6 important points to look for when choosing the right instructor for your kid or teen.

The right golf teacher professionals must:

- Be a qualified PGA Instructor
- Have experience with junior golfers
- Be passionate about teaching golf lessons for kids

- Know how to communicate with children and teenagers
- Likes to share his/her knowledge with junior golfers
- Show enthusiasm about the Great Game of Golf

Private golf lessons for kids are expensive...so, before you start paying for golf lessons, make sure your kid is interested of learning golf techniques to improve his/her game.

What your junior must do before and during each Golf Lesson:

During first lessons, young golfer learn the basic of golfing like how to have a good grip, the importance of good alignment and posture, and most importantly they will learn golf rules and golf etiquette.

Here is what your junior golfer should do before the beginning of each lesson:

- Be on the course at least 20 minutes
- Warm up his/her muscles by doing some simple stretches
- Practice some balls in the driving range

What your kid should do during each lesson:

- Be attentive to his/her instructor
- Stay focused on the game
- Review the golf rules and etiquette as often as needed
- Enjoy the game and have fun playing with the rules

Your talented kid deserves a good start in Golf! By offering your son and daughter a Junior Golf Lessons you are giving them the chance to participate in golf tournaments, socializing with other young golfers and compete against them.

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/she feels not catching on as fast as he/she 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/her golf lessons upset and bitter. Instead, remind him/her to relax and have fun.

2. Be realistic about what your child will take away from his/her 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.

Youth Golf Tournaments

Keep in mind to never push your young golfer, and if he/she is not ready to get in the competition...you must respect your child's decision by being supportive and encouraging.

It must be your child's decision to get in golf tournaments junior and not yours.

The preparation process may take some time but if you see a real talent in your junior golfer, you may start slowly by encouraging him/her to participate in small local events.

Then, if your child likes the competition environment and wants to take the game to the next level, you may register him/her in some local and regional tournaments.

Is Your Child Physically and Mentally Ready for Youth Golf Tournaments?

Before you register your kid or teen in a junior golf tournament, you must make sure that he/she is physically and mentally ready for that. I recommend you to:

- Help your child build and maintain a right nutrition habits.
- Learn some goal setting activities for kids and try to implement some of them to help your young golfer reach his or her goals.
- Teach your junior how to get and always keep a positive golf [mental attitude](#) even if he/she has a bad round of game when competing in a junior golf tournaments.
- Make sure that your junior knows the golf etiquette and golf rules before getting into any youth golf tournaments.
- Competition is very intense for young children during junior golf tournaments...so, never forget to teach your child how to stay focus and how to cope with stress and frustration during competition.

- Make sure your junior golfer learn and practice some warm up exercises before starting each game.
- Get your child enrolled in a junior golf program or a girl golf club. Your child will learn to play golf for fun with his/her friends and to compete at high school, college, and/or local, state and national levels. When enrolled in golf programs dedicated to junior golfers your child will also learn golf for future career purposes.
- Organize some golf tournaments for junior golfers where your child will compete against 3 or 4 of his/her golfer friends. Start a competition in a 9-holes course then take them to an 18-holes course. Remember, they must respect the golf rules and etiquette...just like in the real youth golf tournaments.

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

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>