

Developing junior golfers

Are you building a Tiger, Annika, or a golfer who just loves the game?

Yes we all know that Tiger was on the Mike Douglas Show in 1978 at the age of 2 hitting some darn good shots. Did you also know that he played baseball and ran track and cross country?

Did you know that Annika was a nationally ranked junior tennis player and a very talented soccer player?

Did you know that baseball and hockey players can make the best golfers?

Did you know that ping pong contributes to great wrist action for golfers?

Most elite golfers participated in other sports and activities as kids.

Historically speaking, Junior Golf has focused on one thing – the golf swing.

The face of Junior Golf is changing...

The new direction for building tomorrow's Tour Players and future lifelong golfers is Junior Golf Development which is based on the long term athletic development principles promoted by internationally renowned sports scientists.

Golfers need to be ballistic athletes.

There are windows of trainability at critical times in life where certain fundamental movement, fitness, and sport skills can be learned at an accelerated rate. You don't want to miss those windows! Golfers need to be able to pull from a big pool of proper motor patterns built from a good foundation of basic movements and skills.

The new Junior Golf Development Programs are based on developmental instead of chronological age to avoid confusing maturity with ability which can result in overlooking the late bloomers. Does the name Pdraig Harrington ring a bell? Proper screening can help access the developmental age to allow for prescribing proper activities.

The recommendation for the early phases in Junior Golf Development Programs is to spend the majority of time and energy developing fundamental movement, fitness, and general sport skills – locomotive, stability, manipulative, awareness. Learning fundamentals is FUN for kids. They move, play, discover, mature, and develop the right stuff for golf. Who knew that throwing a whistling football or smacking a tennis ball on a tee stand would be perfect for golf training?

Most experts agree that a kid who develops a better base of fundamental movement skills will develop golf



skills at a faster rate and will peak at a higher level of expertise.

The next phases of Junior Golf Development have specific objectives including introduction of all sport skills, mastery of movement skills, introduction of golf skills, imprinting golf skills for life, competition, and training to excel.

Junior Golf Development Programs offer a unique opportunity for a team approach to growth and success combining the teaching expertise of the Golf Pro with the movement expertise of a Junior Golf Fitness Specialist.

Get your kids to love golf. Create some elite golfers.

Why not give your Junior Golfers the best of all worlds? Movement, fitness, and golf...

Zen Pilates® Golf offers a service to design and implement scientifically based Junior Golf Development Programs for Golf Pros, Country Clubs, Golf Organizations, and Sports Facilities.

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