



# Play to Improve

AGE: Girls 11-15 | Boys 12-16

## **Athletic skills:**

Agility, footwork, balance, complex coordination, strength, core strength and flexibility.

## **Technical skills:**

Start master technical skills. Developing consistency under pressure. Focusing on putting, chipping, full swing, bunker play, green reading, pitching and club selection.

## **Psychological Development:**

Love of the sport, focus, simple goal setting, self-motivation, confidence, decision-making, self-reliance, understanding winning and losing, respect.

## **Social Development:**

Independence, sharing, confidence. Peer group acceptance becomes important and physical competency plays a role in how one is perceived.

## **Practice:**

Random practice sessions in different environments. 45-90 minutes per session. 5-7 hours per week. Fun, on-course play.

## **Competition:**

Competition is good at this stage. Should include fun and social activities. Stakes of competition are increased. 60% of time spent training and only 40% of time in competition. Emphasis on 18 hole events.

## **Equipment:**

Full set of equipment at this stage. Should be monitored closely, as they can outgrow it in the midst of the season.

## **Where to play:**

Course length for males up to 6,400 yards. Females up to 5,800 yards. This is a guideline.