



# Active Start

AGE: 0-6

## **Athletic skills:**

Running, jumping, hopping, twisting, turning, stopping, catching a ball with two hands.

## **Technical skills:**

Experiment with the club and ball!  
Remember, kids don't learn like adults!

## **Psychological Development:**

Try new challenges! Giving effort and following simple instructions at this stage is the goal.

## **Social Development:**

Sharing, saying thank you, being with friends.  
Parents are central for praise and approval of all they do.

## **Practice:**

No formal guidelines. Positive experience based on a child's interest level is the key.

## **Competition:**

NONE! They are too young!

## **Equipment:**

Safety is first and foremost at this stage, not the equipment.

## **Where to play:**

Anywhere equivalent with ability (golf course, park, mini putt, backyard, living room)