



FUNdamentals

AGE: Girls 6-8 | Boys 6-9

Athletic skills:

Agility, balance, coordination, skipping, hopping, throwing/tossing and catching away from body with either hand, flexibility, strength.

Technical skills:

Continued focus on fundamental movement skills. Developing putting, chipping and full swing skills

Psychological Development:

Concentration, teach-ability, learning to make choices, respect, understanding rules, coping with success and failure, problem solving.

Social Development:

Learning to cooperate with and help other children, being considerate to other people. Wanting to do their best. Showing responsibility through completing simple tasks.

Practice:

No formal guidelines! At this age, it's about positive experience and participation based on a child's interest level.

Competition:

Continuing to have fun and improving upon skills! Not competition for score or against one another. Fun activities in a group environment.

Equipment:

Age appropriate clubs should include: putter, lofted iron, appropriately loft and length driver.

Where to play:

Everywhere! (Golf course, park, gymnasium, mini golf, backyard, school playground, living room, etc.). 3, 6 or 9 holes when on course (at shortened yardages).