



Play to Compete

AGE: Girls 15-21 | Boys 16-23

Athletic skills:

Agility, footwork, balance, strength, endurance, speed, power and flexibility. Individualized annual plans should be developed at this stage. Important to monitor for overuse injuries and mental burnout.

Technical skills:

Repetition of fundamental skills, curbing bad habits, innovating, tweaking and fine tuning. Mastering skills.

Psychological Development:

Self-defined enjoyment and participation. Flexibility and trying new things, responsibility, respect, leadership, communication, interpersonal skills and mental toughness. Long-term goal setting.

Social Development:

Seeking independence, logical and deductive reasoning. Healthy adult/mentor relationships are beneficial.

Practice:

32-42 weeks a year. 30-40 hours per week. Three to four hour practice session. Practice schedule should be reviewed and monitored via coach.

Competition:

Personalized competition plan based on age. Annual review of performance & competition planning with coach.

Equipment:

Custom fit equipment at this stage becomes the norm

Where to play:

Males up to 7,200 yards.
Females up to 6,400 yards.