

PLAY TO IMPROVE CHECKLIST

- ☐ Introduce aerobic training as the child matures to further develop levels of skill, speed, strength and flexibility.
- ☐ Encourage flexibility training, as the rapid growth of bones during this stage leads to stress on tendons, ligaments and muscles.
- ☐ Note that both aerobic and strength trainability are dependent on the maturation levels of the youth. For this reason, the periods during which aerobic and strength training are emphasized depend on whether an athlete is an early, average or someone who matured late.
- ☐ Learn to cope with the physical and mental challenges of competition and further develop mental skills.
- ☐ Appropriate equipment for body size and skill level continue to be important as the child grows and changes.
- ☐ Optimize training and competition ratios and follow a 60:40 percent training-to-competition ratio (the 40 percent includes competition-specific training and actual competitions). Too much competition wastes valuable training time.
- ☐ At later stages encourage more serious golfers to focus on two sports based on their desire to participate.
- ☐ Golfer training should include competitive situations in the form of practice matches, competitive games and drills.