

Golf and Your Kids

If you think your child may be the next Vijay Singh or that they have the predisposition for the game of golf, you need to learn how to best teach them the game without crowding their plate with development expectations. You need to be able to learn that they are ready and willing to learn and how to find out if your child has what it takes to become a quality player in the world of golf. Golf is an extremely detailed sport, and even those who are naturals at the sport must spend years and years practicing before they head to the professional circuit. Because of this, the earlier you start your child learning the game, the better chance you have of developing an avid golfer. Once a child is walking well independently and able to hold a child-sized golf club, he or she is probably ready for the first introduction to the sport. This can happen when the child is as young as two or three years old. Preschool children will not be ready to play golf as a game, but they can be given small putters and practice swinging the club correctly. Children at this age learn almost everything through imitation. The best way to teach them proper swinging and putting techniques is to demonstrate, and then have them imitate the motions. But use caution that you do not make this tedious for the child. These imitation sessions should be short and fun. Try having the child hit a small balloon. Not only will this be fun, but the child will also have success in hitting the balloon, which will keep the frustration at bay. To make it even more fun, try filling the balloons with water for added resistance! This is a great summer time activity for you and for your child! Once the child has entered school and has a good handle on the swinging and putting techniques learned through observation, it is time to start teaching the game of golf. School aged children are accustomed to verbal instruction and can listen to explanations about the game better than their preschool counterparts. You need to keep in mind, however, that they are still children! They will thrive on encouragement, and all teaching sessions should be kept upbeat! Start by taking your child to the driving range. Show your son or daughter how to hit the ball correctly, aiming for distance. The driving range is a good place to start since there is not a specific target they must reach, so the child is less likely to get frustrated. After the child demonstrates aptitude on the driving range, you can head to the course. By this point you should be able to tell whether or not your child is going to share your love for the game of golf. The most important factor to remember is that not all children like the same things that parents like. Do not push your child into the game of golf if it is not their thing as they will resent you forever for doing so. Instead, give them experience and opportunity and allow them to reach their own conclusions about golf and any other opportunity that you present in their path.

About the Author

Graham Johns owns and writes regularly for GolfingLife.net where you can read many more articles on all aspects of [kids golf](http://kids.golf). And go to Well Spoken Audio for a collection of entertaining and informative golfing audiobooks on all aspects of golf.

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