

Junior Golf Pyramid

Elite Golfer

Players are focused on fitness, nutrition and mental game.

Comprehensive detailed golf instruction focused on peak performance. Nationally the USGA and the AJGA host a wide variety of events.

Focused Training & Competition

Players are training 2 to 3 days a week and 1 to 2 tournaments a month. The Carolinas Golf Association hosts many high level events in addition to regional tours like TGF & PKBGT.

Introduction to Competition

The PGA created the PGA Junior League to help courses facilitate the first step into competitive golf in a team format that has proved to be very successful. In addition the Tarheel Youth Golf Foundation and U.S. Kids have created a series of local one and two day events.

Introduction to Playing

As a child progresses in golf instruction it begins a time to take them to the course. Usually it is best to learn to play the game in a group instructional setting offered by instructors, The First Tee and programs such as Operation 36.

Introduction to Training

After several months if your child still has interest in the game then look at moving them up to clinics and group lessons with a teaching professional so they can develop proper fundamentals. Discuss with your instructor the appropriate time to purchase clubs based on the child's height.

Getting Started in Golf

The first objective is to have fun and start to learn some of the basics of golf. Great places to start is The First Tee and the LPGA Girls Golf Club. Don't look for too much instruction in the beginning and try to put them with peers on a similar skill level. Great first clubs are a properly sized putter and wedge.