

Junior Golf Parent Support Program



Why Do Kids Want to Play Sports

- Fun
- Friends
- Fit in
- Feels Good
- To do something they are good at.



Introduction

Our Philosophy:

Junior golf schools need to develop fundamental movement skills, establish functional movement patterns, develop sport specific skills, teach golf-specific skills, and most importantly create a love for the game.

Long Term Athletic Development

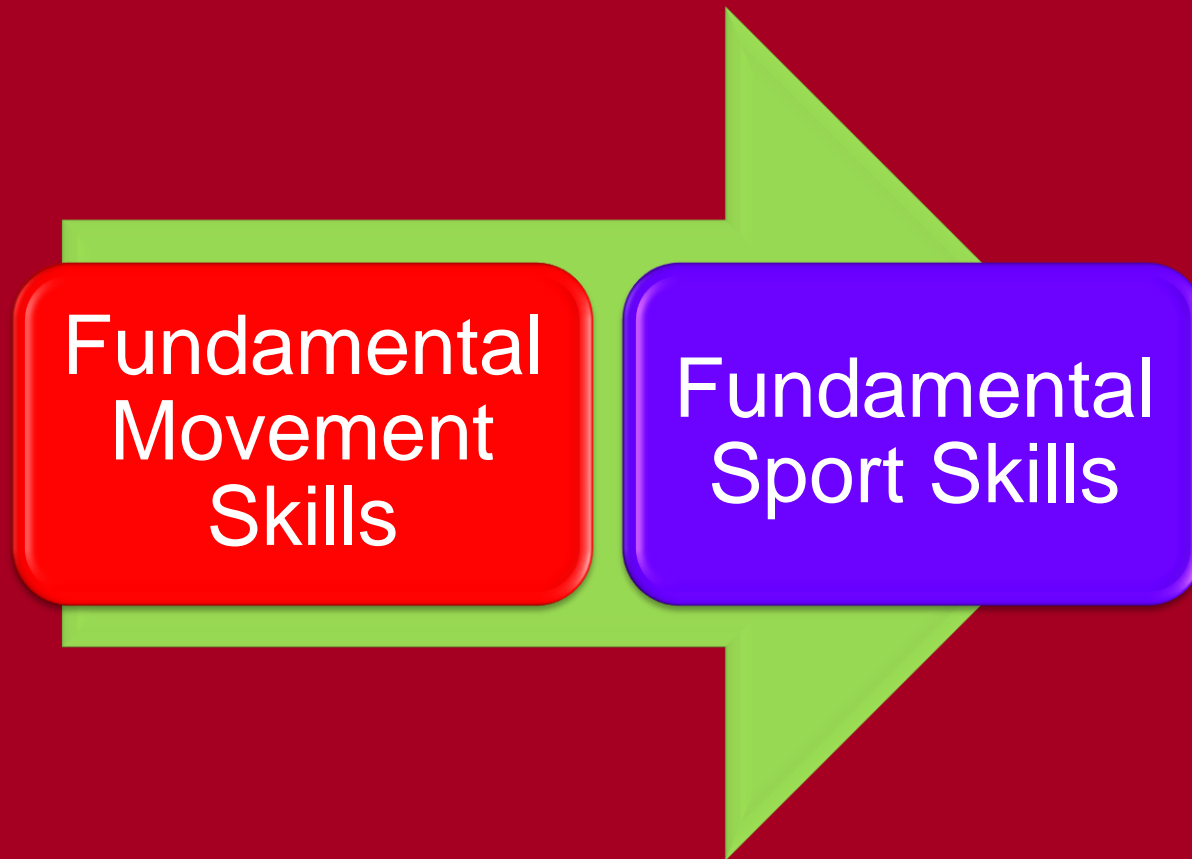
The LTAD approach focuses on having kids perform age-appropriate skill acquisition drills to maximize their athletic potential. It progressively gets more complicated and more specialized as the athlete develops and reaches the next level of development. The word LTAD was first coined by Istvan Balyi.

Key Factors Influencing LTAD

1. 10 Year Rule
2. FUNdamentals
3. Transfer of Learning
4. Developmental Perspective
5. Windows of Opportunity
6. Phases of Skill Development



Stages of Developing a Golfer



Fundamental Movement Skills (FMS)

- Locomotive Skills
 - Run, Jump, Dodge, Skip
- Stability Skills (ABC's of Athleticism)
 - Agility, Balance, Coordination, Speed



Fundamental Movement Skills (FMS)

- Manipulative / Object Control Skills
 - Throw, Kick, Strike, Catch, Dribble
- Awareness
 - Space awareness, kinesthetic awareness, rules



Fundamental Sport Skills (FSS)

- Golf-Specific Skills
 - Putting
 - Green Reading
 - Speed Control
 - Alignment
 - Chipping
 - Distance Control
 - Force Control
 - Full Swing
 - Grip, Posture, Alignment
 - Ball Position, Stance, Balance
 - Course Management
 - Tactics
 - Club Selection
 - Risk-Reward



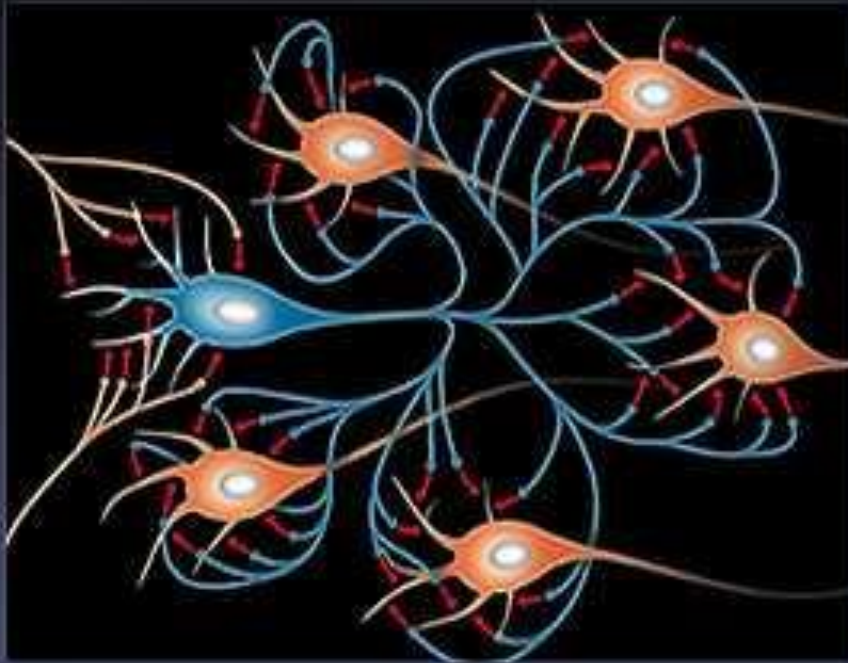
Fundamental Sport Skills

- Sport Specific Skills
 - Advanced Striking
 - Baseball Batting
 - Cricket Batting
 - Field Hockey Slap Shot
 - Stick Dribbling
 - Advanced Throwing
 - Pitching
 - Football Throwing
 - Javelin, Discus, Shot, Hammer
 - Basketball Free Throws
 - Lacrosse
 - Wrist Release Education
 - Table Tennis
 - Racquetball, Squash
 - Frisbee Toss



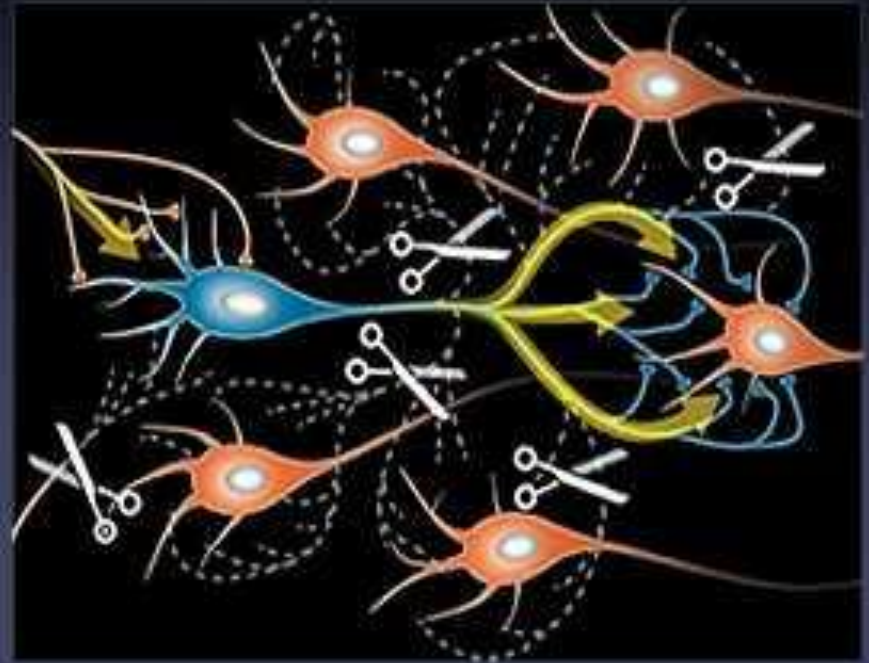
Nerve Proliferation...

- By age 11 for girls and 12 for boys, the neurons in the front of the brain have formed thousands of new connections. Over the next few years most of these links will be pruned.



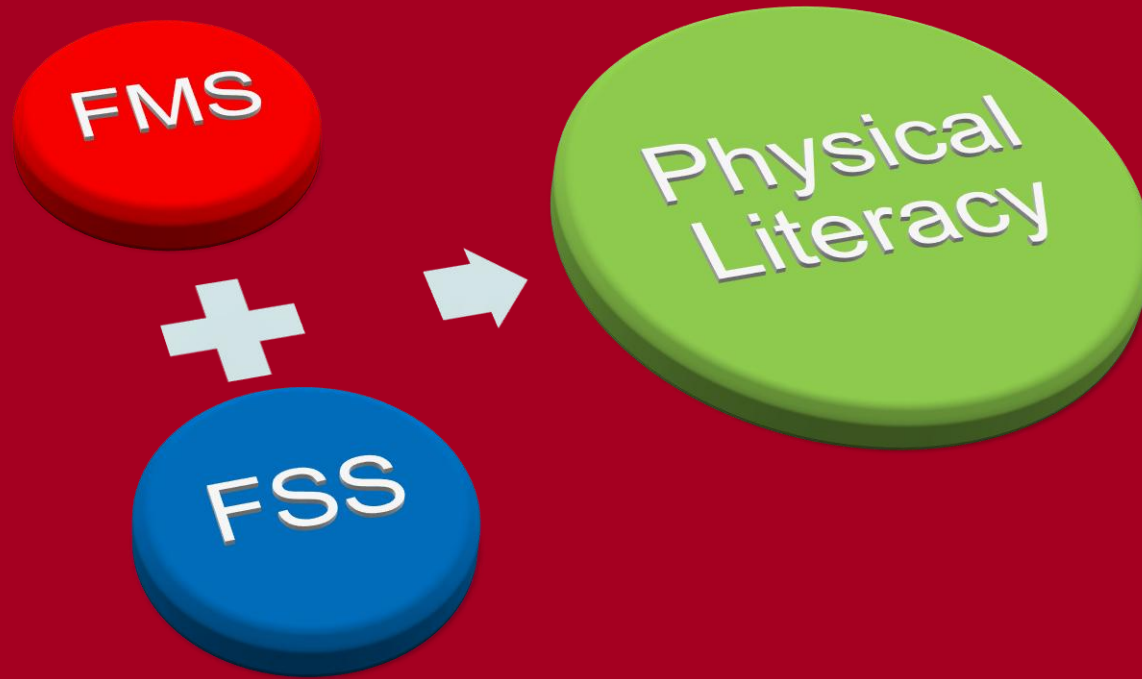
...and Pruning

- Those that are used and reinforced — the pathways involved in language, for example — will be strengthened, while the ones that aren't used will die out



Source: *TIME* "Inside the Adolescent Brain" (May 10, 2004)

Physical Literacy



Should have both before onset of growth spurt.

Specialization

- We would highly discourage early specialization in golf (Before PHV) since it may lead to:
 - Physical imbalances
 - Overuse injuries
 - Early burnout
 - Poor FMS development

Windows of Trainability

- **Accelerated Adaptation** refers to “critical” or “sensitive periods” in a child’s development that they respond faster to a training stimulus.
 - Due to many factors:
 - Hormonal Influences
 - Strength Development
 - Nervous System Development
 - Muscle Fiber Type Defferentiation

The Five S's of Training

- Stamina (Endurance)
- Strength
- Speed
- Skill
- Suppleness (Mobility)

All Five Have Windows of Optimal Training

Speed Window

- **Critical Windows:**
 - **Boys**
 - Window 1: 7-9 years old
 - Window 2: 13-16 years old
 - **Girls**
 - Window 1: 6-8 years old
 - Window 2: 11-13 years old

Always trainable but declines with age!

Speed Window

- **Window 1 (Agility & Quickness)**
 - **Change of Direction, Linear, Lateral and Multi-Directional Speed**
 - **Duration of intervals (< 5 seconds)**
- **Window 2 (Anaerobic Power and Capacity)**
 - **Linear, Lateral, Multi-Directional and Chaotic Speed**
 - **Duration of intervals (5-20 seconds)**

Stamina (Endurance) Window

- **Critical Window:**
 - **Boys and Girls**
 - Occurs at or around the onset of PHV.
 - Aerobic capacity is recommended before athletes reach PHV.
 - Aerobic power should be introduced progressively after growth rate decelerates

Strength Window

- **Critical Windows:**

- **Boys**

- 12-18 months after PHV

- **Girls**

- Immediately after PHV
or
 - At onset of menarche

Skill Window

- **Critical Windows:**

- **Boys**

- 9-12 years old

- **Girls**

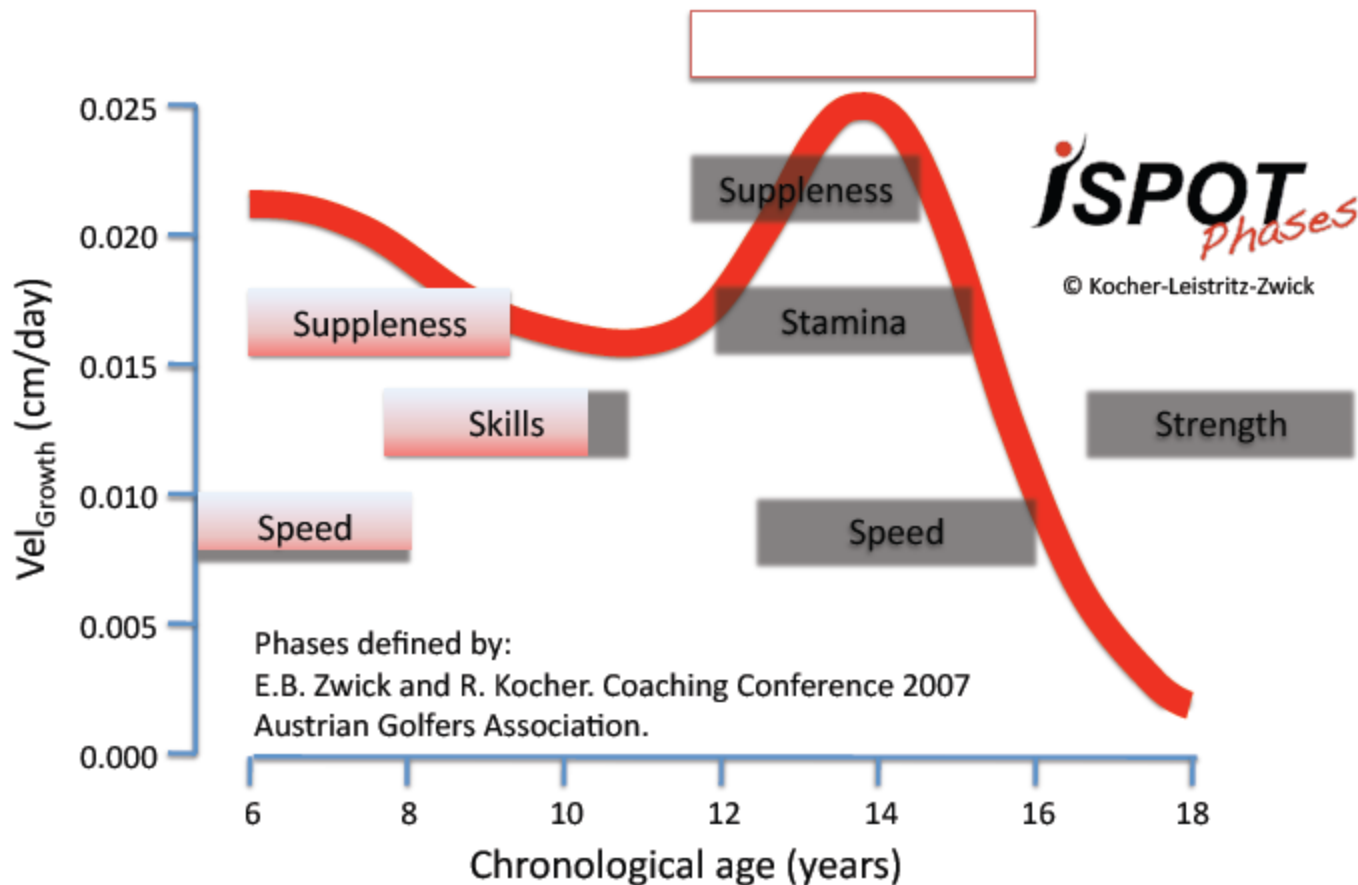
- 8-11 years old

Suppleness (Mobility) Window

- **Critical Windows:**
 - **Boys and Girls**
 - 6-10 years old
 - Special attention should be paid to flexibility during PHV.



Growth Velocity for Boys



From Dr. Ernst Zwick – World Golf Fitness Summit 2009

LTAD Phases of Development



Excel



Training to Excel



Training to Compete



Learning to Compete



Training to Play



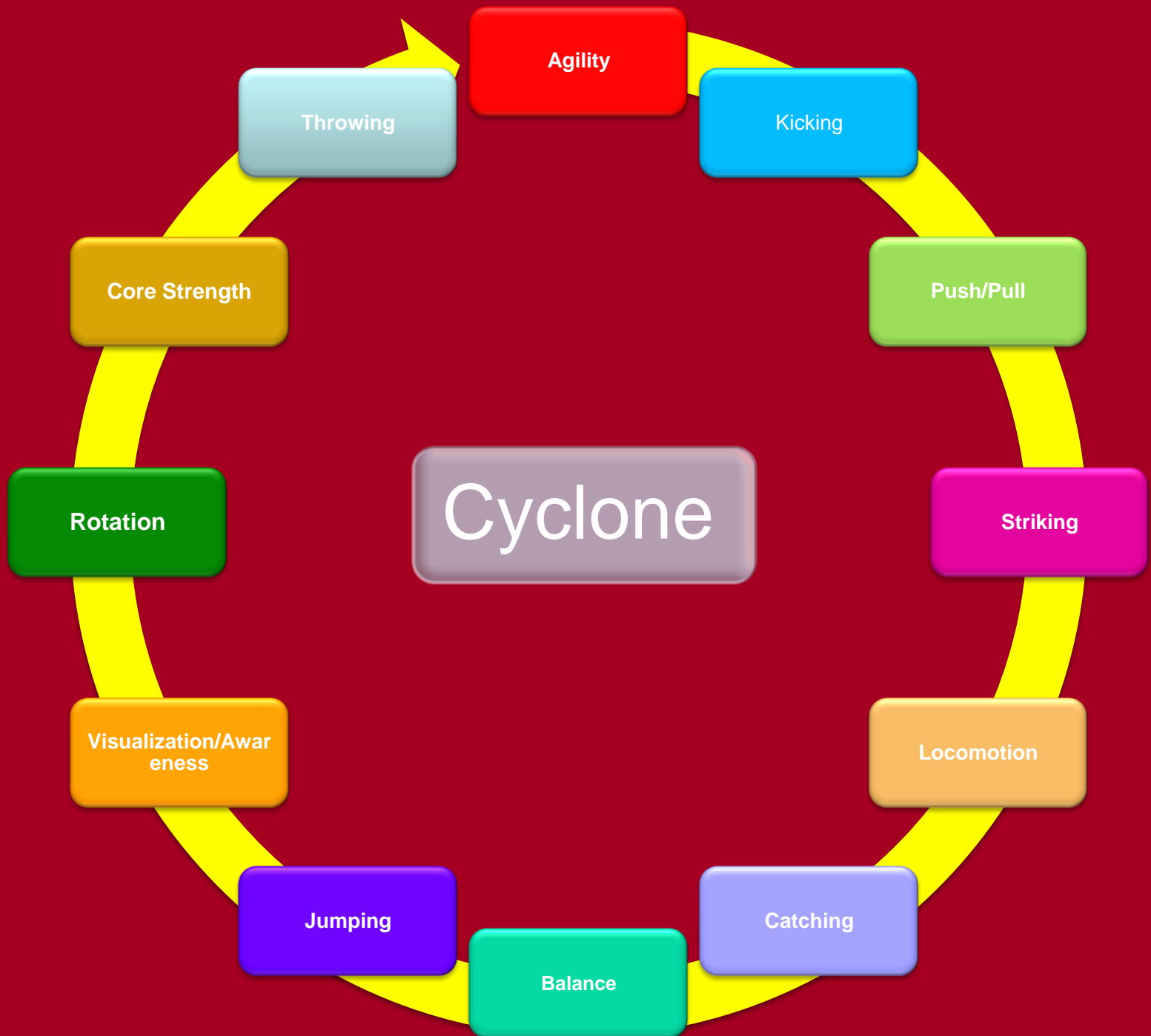
Learning to Play



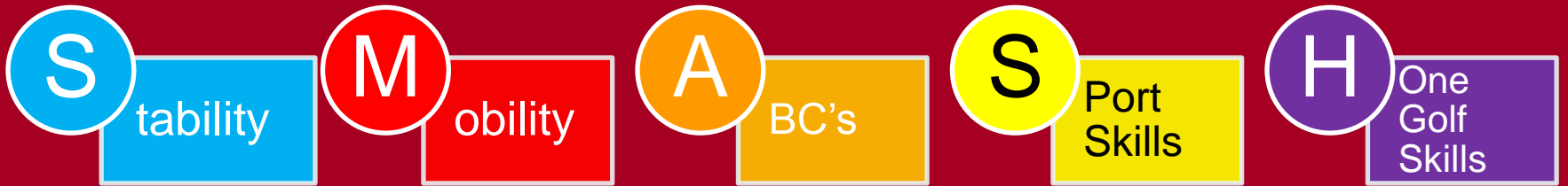
FUNDamentals



Active Start



The Golf SMASH Track





Hat Classification System

