

## Just Like a Kid...

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We all know how hard golf is to master over a lifetime. Generally the later you start the harder it can be. Many parents ask; Can you start too young? As long as golf is always perceived as something fun, get them swinging. If you have a young child showing an interest, do what you can to cultivate it. Learning styles vary: some kids like to only play with a parent, some do well with an instructor, and some thrive in a group setting.

From a golf fitness standpoint, there are simple things you can have your youngster start doing. The physical keys to a lifetime of golf are to maintain flexibility, strength, coordination and balance. If we could only bottle what we had as children!

Any activity that promotes coordination and balance should be encouraged. Something as simple as playing catch teaches a child about alignment, speed, tempo, stability, hand eye coordination and adjusting their strength needs. Alas, the elements of a good golf swing.



Most activities can be made more challenging as skill levels develop. Advance playing catch while standing on one foot, then standing on a balance beam, then on an unstable surface. Advance kids to batting and racquet activities as soon as they are able. Developing a golfer isn't all about hitting a golf ball.

Keep in mind that the attention span of a young child is about that of a gnat, so creativity and patience are essential. The bottom line; keep it fun. Young kids don't like to train, they just enjoy being encouraged—not pushed. Try not to think of a college scholarship with your 4 year old.

A junior player in golf technically means anyone under 18 years old. Once kids are about 8 to 12 year old, depending on the child, more formal swing and physical training should start. For more information on golf health and fitness topics please contact **Body Balance for Performance** at 312-214-9079 or [bodybalancegolf.com](http://bodybalancegolf.com).