

LEARN TO GOLF

A GUIDE FOR PARENTS & CARERS



Scottish
Golf



sportscotland
the national agency for sport

LEARNING TO PLAY GOLF...

We want to make learning to play golf as much fun as possible and to encourage your children to fall in love with this wonderful game! Playing golf offers many fantastic benefits, from staying healthy to meeting new friends through to learning skills that you can enjoy for the rest of your life.

Whether your child simply wants to take up a new sport, play with their friends or take part in competitions, the Learn to Golf programme is designed to teach juniors the fundamentals and key skills they need, with the opportunity to play their way through five progressive levels. The programme also allows you to follow their development as they are learning.

What should you expect from a Learn to Golf programme?

First and foremost, it's about children having fun! The programme offers games-based activities designed by PGA professionals and junior coaching experts, with insights from young people, that will support your child to learn and develop the key skills required to enjoy the game.

Learn to Golf also gives young people the chance to learn to play on the golf course on shortened holes, in addition to the range or practice area. There's no better feeling than putting your swing into practice on the course!

Programme content

The Learn to Golf programme features five key modules that coaches can utilise to enhance your child's experience of playing golf. The modules are designed to introduce children to the various elements of golf and expose them to the positive life skills and values that the game has to offer, as illustrated in the chart below:



Physical skills: Developing physical literacy within travel, agility, co-ordination, balance, control and developing speed, flexibility, strength and power across these skills.



Golf skills: All the technical golf skills that will be developed over time: putting, chipping, pitching, full swing and bunker shots.



Mind matters: Mental elements that will be developed over time: self-confidence, goal setting, dealing with mistakes and perseverance.



On the course: Elements that prepare players for playing on the course and in competitions.



Golf knowledge: Understanding other important elements of golf such as rules, etiquette, equipment and safety.



PROGRAMME LEVELS AND REWARD FOR PROGRESS

The Learn to Golf programme has been split into five progressive levels, with each level represented by a different colour. Your child will receive a reward from their coach as they complete each level of the programme.

Level 1



Aim: An introduction to the golfing environment, the key skills required and a basic understanding of safety elements.

Completion criteria: Complete 3 short holes, unlimited shots.

Level 2



Aim: To further develop basic skills through structured play, with an introduction to on course scoring.

Completion criteria: Complete 3 short holes in 25 shots or less.

Level 3



Aim: To continue overall development and participate in fun team and individual competitions.

Completion criteria: Complete 6 short holes in 36 shots or less.

Level 4



Aim: To increase the competency of core skills and understanding how developing physical, mental and tactical skills will improve their golf.

Completion criteria: Complete 9 short holes in 54 shots or less.

Level 5



Aim: Be ready to gain their first official handicap or be competent to play golf independently on a full course.

Completion criteria: Complete 9 full holes in 60 shots or less from forward rated tees.

