

JUNIOR GOLF PATHWAY



**GOLF
NB**

MARCH 2023





PATHWAY FOR JUNIOR GOLFERS



EXPLORE

2-6 YEARS OLD



LEARN

5-8 YEARS OLD



PLAY

8-11 YEARS OLD



DEVELOP

11-14 YEARS OLD



COMPETE

14-18 YEARS OLD

Please note that ages in this document are recommendations and should not discourage players from joining the sport of golf at a younger or older age.



EXPLORE



2-6 YEARS OLD

Hit golf balls at a local range, in your backyard, or open area. Join in with your family or friends, and experience golf through mini putt, or indoor facilities.



LEARN



5-8 YEARS OLD

Take your golf experience to the next level and enroll in clinics or lessons at your local golf course, or community center, and or register for a summer golf camp. Learn the fundamental movements and skills, golf etiquette and develop physical literacy for the sport.



PLAY



8-11 YEARS OLD

Continue to develop your skills and experience with golf through both practice and instruction.

Begin with playing 9 holes and par-3 courses and build your stamina and concentration. Playing from a forward set of tees is suggested. Join local club competitions such as junior clinics and championships. Establish a Handicap Index to track your progression, this can be done through the provincial association or your local club.



DEVELOP



11-14 YEARS OLD

Commit to playing in a variety of competitions such as field days, mini-tour events, and the Provincial Under-13 & Under-15 Championship. Develop awareness that winning is not the most important takeaway from playing in competitions. Experience and variety are what will assist most with development.

Increase the number of competitive playing opportunities such as NextGen Events, Junior Tours, and Provincial Under-19 Events.

Continue to track your game with a Handicap Index and compile stats to assist with areas of focus.

COMPETE



14-18 YEARS OLD

A shift in focus to performance. Begin regular work and consultation with a coach to assist with creating a competition plan. Leverage provincial coaches and resources to understand the development pathway for golf after the Junior level.

Increase the length of the course and the difficulty that you regularly play to push your comfort levels. Understand goal setting, and performance benchmarks to further track and develop your game. Introduce indoor training, nutrition, mental performance, and physical fitness.

Explore competitive playing opportunities such as National Events, Canada Games, Junior Tours, and Provincial Junior & Amateur Events.