



Peak Performance Golf – Junior Notes

Phases of Development Guidelines:

(Under 6)

- Learn fundamental movements and link them together into play
- Provide unstructured physical activity daily for at least 60 minutes
- Toddlers and pre-schooler should not be sedentary for more than 60 minutes except while sleeping

(6-9)

- Learn all fundamental movement skills
- Participate once or twice a week in golf
- Play other sports three to four times per week
- Grip, posture, alignment, ball position, balance, weight transfer, general rules, etiquette and safety should all be introduced at this phase
- Have them play 1-9 holes of golf per week maximum
- Competition to Training Ratio = 10% competition / 90% training
- Perform functional and fundamental movement screens
- Body weight exercises only

(9-12)

- Learn all fundamental sport skills
- Start to develop golf specific skills
- Narrow participation in other sports to a maximum of three
- Utilize fast moving games to develop endurance and speed
- Introduce all golf shots (putting, chipping, pitching, sand, full swing)
- Green reading, clubface alignment, course management and score keeping should be introduced as well
- Have them play a maximum of 18 holes per week
- Physical fitness should be 20% of program focusing on medicine balls, swiss balls and body weight exercises for stability and continued development of mobility through dynamic warm ups
- Fundamental movement screens should be performed monthly
- Competition to Training Ratio = 30% competition / 70% practice





(12-16)

- Build aerobic base and build strength towards the end of this phase
- Narrow participation in other sports to two
- Physical fitness should be 40% of the program
- All aspects of conditioning should be introduced; activation, body preparation, mobility, stability, strength, cardiovascular conditioning and recovery techniques
- Have them play 35-54 holes of golf per week and have deliberate practice 2-3 times per week
- Practice should be 70-80% block practice and 20-30% random practice per session
- Should be hitting around 1000 balls per week including putts and chips
- They should be practicing golf skills 20-40 hours per week including course time
- They should own a full set of custom fit golf clubs
- Functional movement screens should be performed monthly
- Competition to Training Ratio = 40% competition / 60% training
- Ten to twelve competitions per year maximum

(16-18)

- Focus on competition and learning to win
- All aspects of the game should be addressed
- Participation should be limited to just golf
- This phase of development involves college preparation, national tournament play and physical development
- Physical fitness should be 40% of the program. All aspects of conditioning should continue with a high focus on strength and power development
- Should play 36-72 holes per week and practice 3-4 times per week
- Practice should be 30% block practice and 70% random practice
- Should play in 15-25 competitions per year
- Pre-round preparation and practice day routines introduced
- Learn how to play under pressure and a variety of conditions
- Nutrition and recovery techniques should be stressed
- TPI screening should be performed
- Competition to Training Ratio = 60% competition / 40% training





Golf Notes

Body alignment and body positioning is critical because it sets the shoulder and forearm angles that directly influence path patterns of the golf stroke. Eye line and eye positioning can also influence path and plane of the golf stroke.

Creating a fundamentally sound address position is the first key to developing an efficient golf swing when working on golf specific skill sets.

Note on practice:

- When working on technique there should be no target awareness
- When working on target there should be no technique awareness

Putting Mechanics

Putterface Alignment:

Putterface should be aimed square to the intended targetline

Body Alignment:

Body should be set square to the intended targetline. Any open or closed body alignments will have a direct influence on the path of the putterhead. The shoulders and forearm alignment relative to the targetline are key points to focus on.

Eye Line:

Eye line should be parallel to the targetline. An eye line that is not parallel can distort where the brain perceives the targetline and hole to be and will affect path patterns.

Balance, Posture and Stability:

Lower body and head stability is crucial to the development of a consistent putting stroke. Body should bend forward from the hip joints where hands can hang down directly underneath the shoulders. The eyes will be positioned over the golf ball.

Grip:

Hands should mirror each other on the grip so that forearms will align correctly. Club is held more in the palms and junior should utilize the reverse overlap style of grip.





Styles of Putting Strokes

Arc Stroke:

- Shoulders rotate on an inclined plane parallel to the lie angle of the putter
- Shaft always moves on the plane defined by the lie angle of the putter for the entire stroke
- Clubhead moves on a curved path relative to the targetline
- Ball position critical for square contact

Drills:

- Along the table top drill (concept of shoulders and shaft working on parallel planes)
- Putting Plane Board drill (teaches arc of stroke)

Straight Back / Straight through Stroke:

- Shoulders move in a vertical plane
- Shaft does not move on original plane
- Clubhead moves directly on or above targetline at all times
- Clubface remains square to the targetline throughout the stroke
- Ball position not critical for square contact

Drills:

- Railroad Track drill (teaches straight back and through path)
- Vertical Shoulder Plane drill (teaches the shoulders to move up and down)





Putting Mechanics (Ages 6-12):

Putting is a critical skill for juniors to gain competence and confidence if they are to develop into competitive players. We begin by implementing **STAR** fundamentals.

STAR

- Stable lower body
- Twice as much follow through as backstroke
- Aim the putterface at your intended target
- Rock the triangle and Roll the ball along the green

Putting Mechanics (Ages 12-18):

Need to become more specific as junior develops their preference of stroke.

- Aiming
- Green reading
- Pre-stroke routine
- Body positioning
- Putterface rotation
- Rhythm and movement dynamics

Note: Go to www.peakperformancegolf.us to access information





Chipping and Pitching Mechanics

Address Position:

Setup = Impact

Adjust ball positions for various trajectories.

Path/Plane:

Path of clubhead to the ball has a dramatic effect on the quality of the strike.

Match Swing Shape to desired Shot:

Swing shape has a profound bearing on hitting a good chip or pitch.

Chipping Mechanics (6-12)

We begin by implementing the **HOW & Y** of chipping fundamentals.

- **H**ands forward
- **O**pen stance
- **W**eight forward
- **Y** swinging motion

Chipping Mechanics (12-18)

- Play the ball slightly back in the stance
- Move in much closer to the golf ball than you would for a normal shot
- Set your back foot perpendicular with your targetline
- Open your front foot slightly in relation to your targetline
- Feet close together
- Weight favors the front foot
- Tilt the shaft of the club towards the hole so hands are set off of your inner front thigh
- Front arm should be straight and front wrist flat
- Hold down on the grip slightly
- Shoulders are parallel to your intended targetline
- Grip pressure should not be tight
- Back of front hand faces the target
- Shot should be controlled with the upper body only where the shoulders, arms, wrists, hands and club move together as a unit
- Wrist and arm angles need to be maintained throughout the stroke

Note: Go to www.peakperformancegolf.us to access





Pitching Mechanics (6-12)

Pitching stroke should build on the mechanics of chipping and introduced only after some level of competence has been achieved from close to the green. We begin by implementing the **LOFT** of pitching fundamentals.

- **L**-shape between arms and shaft during the backswing
- **O**pen and close the clubface
- **F**inish with your weight favoring your front leg
- **T**ouch the ground as you strike the ball

L-Shape

Pitching the ball requires the clubhead to swing on a longer arc than chipping. One way to do this is to add wrist hinge.

Open and Close the Clubface

Need to understand that the clubface only points at the target for a very short period of time during the swing. Opening and closing the clubface makes it easier to develop the wrist hinge for pitching.

Finish with Weight on Lead Leg

This allows the body to remain forward as they approach impact and eliminates tendency to scoop the ball up into the air.

Touch the Ground as you Strike the Ball

Gives you a better understanding of how to make contact and get the ball airborne. For longer pitch shots we need to take a divot.

Pitching Mechanics (12-18)

- Position golf ball in the middle of stance
- Move in closer to the golf ball than you would for a full swing
- Place your back foot perpendicular to the targetline
- Set your front foot slightly open to the targetline
- Width of stance should be narrower than that of a full swing
- Weight should favor the front foot slightly
- Set shoulders parallel to the intended targetline
- Grip pressure should be tension free
- Hands should be positioned off of inner front thigh
- Front arm and wrist should be straight and flat
- Stroke is controlled with the shoulders, arms, wrists, hands and club moving away together
- Swing length will vary dependent upon length of shot





- Wrists will hinge during the backswing

Full Swing Mechanics (6-12)

Setup and Posture:

- Junior needs to understand what is good spinal and pelvis posture
- Forward bend into golf posture is from hip joints while maintaining a neutral pelvis and spine angle

Grip:

- Club should be held more in the fingers
- “V’s” should point towards back shoulder
- Bottom thumb should be set towards target side of grip

Plane and Position:

- Plane must compliment the pivot motion of the body

We begin by implementing **ACE** fundamentals.

- Athletic posture
- Circular hand path
- Eyes follow the flight of the golf ball

Full Swing Mechanics (12-18)

- Go to www.peakperformancegolf.us to access information





Physical Training

Juniors should be aware of the five “S’s” of trainability. They should train with body weight exercises only until the latter phases of development.

1. Stamina
2. Strength
3. Speed
4. Suppleness
5. Skill

Fundamental Movement Skills: (need to be developed by the age of twelve)

- Running
- Jumping
- Twisting
- Kicking
- Throwing
- Catching
- Agility
- Locomotion
- Push/Pull
- Balance





Screening

It is very important that the junior is screened on a monthly basis to monitor progression.

Fundamental Movement Screens

Locomotion

- Hopping
- Skipping
- Sliding

Object Control

- Overhead throws
- Two handed strikes

Stability / Awareness

- Swiss ball tripods
- Standing broad jumps
- Vertical jumps
- Seated chest pass

Functional Movement Screens

- Toe touch
- Backward bends
- Rotational bends
- Overhead deep squats (hips, knees, ankles, thoracic spine and lats)
- Single leg balance

Golf Specific Skill Screening: (9-16years of age)

- Putting
- Chipping
- Full Swing

Physical Strength Screening: (9-16 years of age)

- Push
- Pull
- Bridge
- Plank





Other Screens: (9 years of age and older)

- Vertical jump
- Standing broad jump
- Seated chest pass

TPI Screens: (16 years of age and older)

- Posture
- Pelvic Tilt
- Pelvic Rotation
- Torso Rotation
- Overhead Deep Squat
- Toe Touch
- Single Leg Balance
- Lat Flexibility
- Seated Trunk Rotation
- Wrist (flexion and extension)
- Neck Flexibility
- Bridge
- Hip Rotation

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Warm Up Routines (Ages 6-12)

Young juniors at times will begin to lose stable segments connected by mobile joints in relation to their movement patterns. Performing specific warm up routines will assist with their ability to maintain movement patterns.

Thoracic Extension:

- Press Ups
- Stomach swimming
- Backward overhead pass
- Backward arching

Thoracic Rotation:

- Side pass relay
- Back to back pass (sitting and standing)
- Turn and grab relay
- Log rolling

Shoulder Flexion and Extension:

- Statue of liberty
- Overhead arm alphabet
- Bend forward arms up (add rotation)
- Crab walks

Hip and Ankle Mobility:

- Quadruped hip circles
- Reverse toe touches
- Duck, pigeon and normal squats

Wrist Extension:

- Palm presses
- Palm press circles
- Finger spread spiders

Hips:

- Kick backs with large circle
- Leg lifts ups to the side
- Leg circles forward to the side
- Leg circles backward to the side





- Running lunges

Agility:

- Shuffle change of direction
- Linear with turn
- Up, down and kneeling





Warm Up Routines (Ages 12-18)

This routine will cover all important aspects of the body. It has been developed by Tom House, world renowned fitness professional.

- Saws
- Rocking the baby
- Scissors
- Why me's
- Palm / Forearm Press
- Push / Pulls
- Box Presses
- Arm Circles
- Butt Presses
- Butt Ups
- Table Tops
- Planks
- Chair Drills for Lower Extremity
- Wiggles
- Sumos
- Accordians
- Downhills
- Inchworms
- Reverse Toe Touches

