

# JUNIOR GOLF

## PARENT'S GUIDE

Helping Your Kid Fall in Love with the Game (and Maybe Even Get Good at It)



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# Quick Start Guide

We get it — you're busy. Between school drop-offs, baseball games, piano recitals, and bribing your kid to practice their short game, you might not have time to read a whole guide right now.

Think of this like your junior golf yardage book. We've pulled together the essentials so you can scan the highlights now and dig into the deeper reads later.

Written by parents, grandparents, and coaches who've been through the journey, this guide aims to help you avoid ruining the car rides home while raising a kid who truly loves the game.



## 5 Things You Really Need to Know:

- 1 Fun First, Fundamentals Sneak In Later:** If it's not fun, it's not sustainable. Laughter and games build skills faster than lectures ever will.
- 2 Praise Effort, Not Just the Scorecard:** Cheer the good swings. Celebrate the hustle. The score matters less than the progress.
- 3 Know Their Age, Teach Their Stage:** Your 8-year-old isn't supposed to aim perfectly yet. We break down realistic expectations by age.
- 4 Use the Right Tools (Without Becoming a Drill Sergeant):** Training aids make practice fun. They help kids learn without you nagging.
- 5 Keep Perspective – You're Raising a Person, Not Just a Golfer:** If golf becomes your lifelong thing together, that's the real win.



# Keep It Fun First – Building a Love for the Game

The golden rule? If it's fun, they'll stick with it.

The number one reason kids quit sports is because it stops being fun. Our job is to keep golf lighthearted, especially early on.



**Make Practice Play:** Backyard mini-golf with foam balls? Perfect. Chipping into laundry baskets? Even better. Trick shots off a tree trunk? Now we're talking.

**Celebrate Every Little Win:** High-five every ball that gets airborne. Cheer like crazy when they escape a bunker. It's about wiring their brains for confidence and joy.

**Set Them Up to Win:** Tee it up close. Make courses short. Let them taste success early and often. Confidence builds belief, and belief is everything in golf.

**Get Silly:** Make golf their playground. Trick shots, water balloon targets, made-up games. If they're laughing, they're learning.

**Bottom Line:** Fun first. Skills follow. If they finish the day smiling and asking, "Can we do that again?" — you're winning.



# Use Training Tools

The right training aids can make a huge difference — not just for your junior, but for you as the parent or coach.

They take the guesswork out of practice and give kids immediate feedback they can see and feel — which, let's be honest, sticks a lot better than us telling them the same thing over and over.

When practice turns into a game, improvement happens naturally. And the beauty of these tools is that they make good habits feel easy — so your junior builds solid fundamentals without even realizing it.



## Here are a few of our favorites:



### ✓ Putting Mirror – Build a Great Setup

Helps your junior see where their eyes, shoulders, and putter face are lined up. That visual turns into feel — and good habits that stick. It's simple, but it matters. (Tour pros use these too!)

### ✓ Edge Rail – Feel the Right Stroke

Guides the putter on a smooth arc. Kids get to feel what a great stroke is — square face, solid roll. Repetition builds muscle memory without needing constant reminders.

### ✓ Alignment Tools & Targets

Seeing the target makes all the difference. Alignment sticks or target circles give kids a clear visual — whether they're rolling putts or chipping close.



# JUNIOR GOLF BUNDLE

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# From Beginner to Competitor – Growing with Your Golfer

Junior golf is a journey — and like anything, the way you support them evolves as they grow. What works at six is different at sixteen, so it helps to know what's realistic at every stage.



In the early years, **ages 4 to 10**, it's all about keeping things light. One golf day a week is plenty. The rest of the time? Let them climb trees, play soccer, ride bikes — anything that builds their athletic foundation. The real goal is simple: early success and big smiles. Tee it up short. Celebrate anything airborne. Make every win feel huge.

As they hit **10 to 13**, things start to shift. They'll care more about scores and want to know how they're stacking up. This is the sweet spot for mixing in a little structure — 70% fun, 30% learning. Let them take ownership of small goals: breaking 50, making a par, mastering a new shot. Keep checking in — but make sure it's their journey, not yours.

By **14 to 18**, they're ready to chase it — if they want to. High school golf, tournaments, even college dreams start becoming real. Your job now? Cheerleader, chauffeur, gear hauler — and post-round ice cream buddy. Step back from the swing tips and focus on protecting their balance. School, friends, other sports — it all still matters. Burnout is real, and keeping golf their game is what keeps them playing for life.



# Protect their Love & Finish with Ice Cream

If there's one thing we hope you remember — it's that your job isn't to raise a pro, it's to raise a kid who loves this game enough to want to keep playing.

Watch for the signs — if golf starts feeling like a chore, change it up. Limit the overload, protect their love for the game, and remember — balance is everything. Encourage other sports, other passions, and just being a kid. Because golf is something they do, not who they are.

And when the day is done? Finish with ice cream. Celebrate the effort, not the score. Giggle about the good shots and the bad ones. If they're smiling, dreaming about the next round, and asking, "Can we play again tomorrow?" — you did it right.

Happy golfing!

