

Junior Golfers Are Reaping The Benefits Of Strength Training For Golf

How do you get the edge when you're at the junior golf level? Getting stronger, specific to golf may be the answer.

We are noticing a dramatic change in the caliber of junior golfers. They are getting **fitter, stronger** and are hitting it as long as the **PGA and LPGA** players. This is a combination of personal coaching on swing mechanics and getting stronger.

Junior golfers like Ty Tryon, Michelle Wie and the Song sisters are a perfect example of what junior golfers are capable of, given the right approach. Parents are now realizing the investment in their kids golf pays off big when they receive **partial** or **full scholarships** for college.

The difference between junior golfers and adults is typically strength - not flexibility. I've worked with many junior golfers and within a very short period of time, doing strength training, their drives increased as much as **50 yards**.

Participating in a strength training program doing the wrong exercises can be harmful to junior golfers not help them. The exercises have to compliment the golf swing from a dynamic standpoint and a stability standpoint. If this is not taken into consideration, improvement will not happen. The age to begin a strength training workout for juniors is between 12-13 on up. Having a professional oversee the program at the earlier ages is crucial. The upside is a rapidly improving game and who knows...a scholarship for college.