

3 Simple Tips to Help Junior Golfers Play Better Golf

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Introduction

Golf is an incredible game for young players to learn. It teaches patience, focus, discipline, and confidence. It's also a sport you can enjoy for your entire life. But when you're learning golf, it's easy to get caught up thinking that everything is about perfect technique or hitting the ball harder or straighter.

The truth is, great golf often comes down to simple habits and the right mindset.

Many junior golfers practice a lot but still struggle on the course. Sometimes they hit amazing practice shots but then feel nervous when it matters. Other times a single bad shot can ruin their confidence for the rest of the round. Learning a few simple ideas early can make golf much easier and much more enjoyable.

As a junior golfer myself, I've learned that improvement doesn't always come from making your swing more complicated. Often it comes from thinking about the game in the right way, practicing with purpose, and remembering that golf should always be fun.

The three tips below are simple things that any junior golfer can start using straight away. They will help you swing more freely, practice more effectively, and enjoy the game more every time you play.

**Because when you enjoy golf and stay relaxed,
that's when you usually play your best.**

Golf Tip #1 - Don't Watch the Ball

I know what you are thinking. All your coaches tell you to 'Watch the ball'. Some of my coaches did too. But then I met the Australian Blind Golf Champion. Being blind, he can not watch the ball, so how can he play golf? It might sound strange, but you need to change your thinking.

The ball is actually in the way of the swing.

Let me prove it to you. How many times does a golfer do a perfect practice swing, and then mishit their ball? I am sure you have done it yourself. When golfers focus too much on the ball, they often **try** to hit the ball instead of making a good swing, leading to fats, thins and other poor strikes.

Instead of thinking about hitting the ball, focus on:

- Making a smooth, balanced swing
- Letting the club do the work
- Swinging through the ball instead of hitting at it
- RELAX and let the club swing

The place to look is actually the ground at the low point of your swing.

Bonus Tip: Practice closing your eyes and hitting the ball. This allows you to start trusting your swing.

When your swing is good, the ball will take care of itself.



Golf Tip #2 - Practice How you Play

A great rule in golf is: **You play how you practice.**

If you rush practice or just hit ball after ball without thinking, that's exactly how you'll play on the course.

If you practice for fun, you will enjoy playing golf. But if you want to lower your scores, **Practice with Purpose.**

Make your practice feel like a real round of golf:

- Pick a target for every shot
- Go through your full routine
- Take your time between shots
- Imagine you are playing a real hole

This helps build focus, confidence, and consistency when you are actually on the course. By lowering your scores, you will enjoy your golf.



Golf Tip #3 - Have Fun

Golf should always be fun. I know it is hard when you play badly. I have cried many times on the golf course, but when I play my best golf is when I am enjoying myself.

Even the best golfers in the world hit bad shots. What matters is how you respond to them.

When golfers get angry or frustrated:

- Their body gets tense
- Their swing becomes tight
- The next shot is usually worse

Instead, smile, reset, and enjoy the challenge. One bad shot never ruins a round.

Bonus Tip: If you are sad, SKIP.. It is impossible to be sad while skipping. In fact, you will start laughing at yourself, which will help recenter your emotions.

The more fun you have playing golf, the better you will play.



Golf is a Journey

One of the most special things about golf is that it is a game you can enjoy for your entire life.

Every golfer, no matter how good they are, is always learning and improving. Some days everything works perfectly, and other days the game can be challenging. That's part of what makes golf such a great sport. It teaches patience, resilience, and confidence.

Improvement doesn't happen overnight, but if you keep practicing, stay positive, and enjoy the journey, your game will continue to get better.

We hope these simple tips help you love the game even more and start lowering your scores.

Follow My Journey

You can follow my journey as I continue to develop my game, compete in tournaments, and share tips to help junior golfers improve.

I love helping younger golfers enjoy the game and build confidence on the course.

Follow along to see:

- Tournament highlights
- Junior golf tips
- Practice ideas to improve your game

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