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The Top 10 Life Lessons Your Child Can Learn from Playing Golf

By Bea Fields

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by: **Bea Fields**

During the last seven years, I have watched my son and his friends grow up in the world of Junior Golf. This amazing sport has brought out the best in these young men, and has taught them so many valuable life lessons. I am forever impressed, in particular to the following ten qualities that I have observed my son develop as a bi-product of the great game of golf.

1. Humility and Respect

Golf requires that you show courtesy to others and that you communicate with respect. In the Junior Golf tournaments across the country, it is well stated that good sportsmanship must be exhibited at all times and that all play is ended with an exchange of a hand shake.

2. Punctuality

When the tournament schedule states "Tee time is at 9:00," this means that you are to be on the tee box at 8:55. If you are late to the tee box, you are automatically disqualified, no questions asked. While this can be a tough lesson to learn, it is one that works brilliantly and has instilled in my son the importance of being on time for not only every tournament but every event in life.

3. Confession

Golf is a game of honor, and recognizing that a transgression has occurred and taking responsibility for the transgression is a part of the game. This one act instills integrity and fairness to all concerned.

4. Safety

Golf balls and clubs are very hard and dangerous instruments, and one of the first and foremost rules of golf is safety. My son has been instructed again and again to not take practice swings in the

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direction of another person, not to swing clubs when someone else is walking by, and never to hit into a group playing in front of him. These rules of safety have filtered into other aspects of his life, including biking, swimming, and safety in the home.

5. Quiet

Golf requires an amazing amount of concentration, and quiet is required at all times on the golf course. While this takes practice for young kids, it is a life skill that teaches constraint and respect for others.

6. Visioning

The night before and the morning of a tournament, my son sits quietly and mentally and visually plays the course. This skill is teaching him how to "see the end in mind," which is key to goal achievement.

7. Problem Solving

Rain, wind, trees, multiple sand traps, and deep rough can make for a challenging day of tournament play. These are a normal part of golf and can be an amazing opportunity for clever problem solving and personal growth.

8. Focus

Golf is a tough sport. It requires that you not only know the physics of hitting the ball (and what club to use when) but requires intense mental and emotional concentration. Silencing the inner critic after a "bad shot" is crucial to regaining clear focus, which is an advanced skill to learn but one that can take you very far in life.

9. Practice, Persistence, and Listening

In golf, instant success is very rare. My son has become a great golfer through daily practice, persistence, and through being open to listening to his mentors. In life, it is important to know that we rarely reach our goal in one "stroke." By practicing, making corrections along the way, being open to coaching, and being persistent, we can tackle most of life's tough challenges.

10. Graciousness

One of the most important life lessons my son has learned from golf is to be gracious and respectful to adults. At the end of each tournament, he and his competitors thank and shake the hands of the tournament chairmen and follow this up with a handwritten note of thanks

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Bea Fields is an Executive Coach and a Certified Guerrilla Marketing Coach. She is also a Consultant, Trainer, Public Speaker and author of the Five Star Leader e-course. Her area of expertise is that of Leadership Development and Marketing for Executives, Managers, Small Business Owners, and

Political Leaders.

Learn Golf Techniques Without Leaving Your Home

By Luke Cameron

How would you like to learn golf in your spare time within the comforts of your home? I'm sure that you would like that very much. Imagine, learning the techniques without having to go out just yet! If you are a newbie, maybe you would like to see and grasp concepts by yourself before you head out into the golf course and seek training from seasoned coaches. If you are an experienced golfer, maybe you would like to be able to know about the latest and most effective techniques that you have yet to acquire. Well, all the information you need to learn is just within your reach. Online golf lessons are available. Some websites about golf offer free lessons and articles. There are some who charge a very minimal fee. But free or not, online golf lessons are available for your personal use and enrichment!

It is very easy to look for a website that offers online golf lessons. They are just a click away when you use search engines. You may also like to join communities of golf enthusiasts and be able to get recommendations from them. If you are active in online golf communities and forums, you will also be able to gather new methods or techniques from other members of the community. This would positively contribute to your present skills.

Online golf lessons, like real time lessons, are designed in a structural way. Lessons are also prepared depending on the needs and the level of experience of the learner. For beginners, lessons like stance and swinging techniques are provided and given more focus. Articles, photos, videos and other forms of media may be available in order for you, the learner, to grasp the concepts such as swing analysis. Some lessons will also include how golf is played within the setup of a tournament.

It can be said that golf is not only a physical sport. A player's mental aspect is also very important – the determination to challenge and win against his competitors, as well as against himself. Online golf lessons and articles will be able to help you understand these deeper concepts in order for you to be able to get even better in the sport.

There are some online golf lessons that require a minimal fee. You may find these lessons a bit more tailored, precise and personal. The lessons may be offered by downloadable media that you can store in your computer so that you may be able to go back again and again to certain topics that you might want to peruse a little bit more. These downloadable files may be in the form of e-Books, flash presentations, photos and video files.

Of course, such online golf lessons are not the end-all and be-all of learning how to play. These lessons are there to help you begin learning, improve your skills and augment the things you are learning hands-on at the greens with a real-time trainer. These online golf lessons are also able to let you enrich your knowledge in the sport at a leisurely pace. No pressure, no hassle.

Luke Cameron is owner of Sports Blog Inc. – an online magazine offering news, tips and articles on Sport related topics. His website can be found at:

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