



**Rob Boyle**

*PGA of Canada Member  
San Diego Golf Academy graduate*

*presents...*

# DRIVE FOR SUCCESS

*in golf & life!*

Please enjoy this 18-page booklet.  
I am working on a fuller 200+ page  
version. More details will be  
announced when it is complete.

Thanks for your support.

*Rob Boyle*



Please  
subscribe

Rob's YouTube channel:

<https://www.youtube.com/@robboyle18>

Website: [DriveForSuccess.ca](http://DriveForSuccess.ca)

Email: [info@DriveForSuccess.ca](mailto:info@DriveForSuccess.ca)










This booklet has been updated as of Mar. 10, 2026



I have been a PGA of Canada Member since 1984. Teaching the golf swing is a passion of mine and I thoroughly enjoy it. If you are a beginner, I look forward to helping you learn. If you are already a player, I look forward to helping you **Drive For Success** in golf!

This lesson booklet is broken down into five sections you will see below. Enjoy the read and feel free to send me an email if you have questions.

*Rob Boyle*

<p><b>1. Your overall life skills</b></p> 	<p>In this one-page section, I talk about the four cornerstones of obtaining success in life and of course your golf game. Goal setting also included. Enjoy!</p> <p style="text-align: right;">...Page 4</p>
<p><b>2. History, where to play, rules &amp; equipment</b></p> 	<p>We'll talk history first then get into what type of course you should play today. Rules will be discussed along with equipment.</p> <div style="text-align: center;">  </div> <p style="text-align: right;">...Pages 5 to 9</p>
<p><b>3. The full swing</b></p> 	<p>You'll learn the five laws of impact, the nine possible ball flights, the eight major positions of the swing and much more.</p> <p style="text-align: right;">...Pages 10 to 14</p>
<p><b>4. The short game</b></p> 	<p>The short game comprises of putting, chipping, pitching and getting out of a sand bunker. You will learn all the techniques to really help you score lower!</p> <p style="text-align: right;">...Pages 15 to 17</p>
<p><b>5. Physical fitness, the mind game and conclusion</b></p> 	<p>Playing decent golf involves getting fit both physically and mentally. We'll talk about that and help make the game FUN!!</p> <div style="text-align: right;">  </div> <p style="text-align: right;">...Pages 17 to 18</p>

## Section One

Life skills and goals

### LIFE SKILLS



Developing a solid and balanced lifestyle off the golf course is important. Interestingly enough, this will help you perform better on the golf course as well. Professional golfer Jack Nicklaus with his 18 professional major championships and other wins is an excellent role model in this regard. His on-course record was amazing and his off-course life is second to none.

The **four areas** of life to help you drive for success and achieve happiness are...

- 1 Relationships:** The social component to life is paramount! Seek out solid relationships and always make time for your family and friends.
- 2 Eat healthy and stay physically active:** Being fit will help you in family situations, with work and of course your golf game 😊. (Also see pages 16 & 17.)
- 3 Financial freedom:** Find a job in which you are happy and productive. If you are a student, study hard and do the best you can. Find your passion and you will make money and succeed. Note → A “side job” is important to help you through your “passionate” job. It may pay minimum wage but a job will give you three things. These are short term cash (that’s good), social connections and most importantly, STRUCTURE in your life.
- 4 Create hobbies that include golf and other things:** Golf is important but be diverse, meet new people and most importantly, have fun!

### SETTING GOALS WILL HELP YOU BECOME A STAR!

I designed a goal setting system called **STAR** for people who wish to improve their life skills and their golf game.

**S**  
**T**

**SPECIFIC – YOUR GOALS HAVE GOT TO BE SPECIFIC!**

**TIME DEADLINE – PLEASE HAVE A TIME DEADLINE WITH YOUR GOALS!**

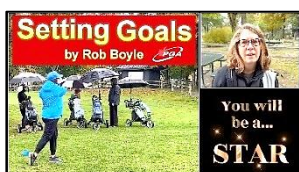


**A**

**ATTAINABLE – IS YOUR GOAL ATTAINABLE? START OFF SMALL AND INCREASE YOUR GOALS GRADUALLY!**

**R**

**REWARD – YOU DESERVE A REWARD FOR YOUR EFFORTS. GIVE YOURSELF A TREAT AFTER YOU ACHIEVE YOUR GOALS!**



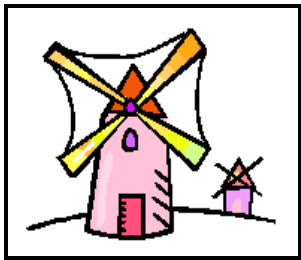
[Click this link](#) or thumbnail to see my four-minute YouTube video on goal setting 😊 .

## Section Two

History of golf, where to play, rules & equipment

### A BIT OF HISTORY

Where did the game of golf first begin? When asked that question, most people would candidly say, "Scotland!" Golf certainly appears that it was developed and organized in Scotland. The Royal and Ancient Golf Club of St. Andrews was formed in 1754. The Scots popularized the game into a recreational sport for Kings, Queens and commoners alike. Were the people of St. Andrews, however, totally responsible for the game of golf?



The Dutch played two games known as *Colf* and *Kolf*. Played in Holland as early as 1297, the game of *Colf* was played with a wooden ball and a stick. It was usually played on ice. Derivatives of *Colf* were the Dutch games of *Het Kolven* or *Kolf*. These games were played in a small courtyard. A wooden ball was played to a Dutch Castle door, you know, the castles with windmills. When you hit the door, the number of strokes was tabulated.

### Trading

The Dutch people traded with many nations including Scotland. In the twelfth century, Dutch sailors would dock their trading ships near the coast of St. Andrews. They would come on shore and play a ball and stick game with the people of St. Andrews. The sailors would hit a wooden ball or a pebble along a 1.5 mile stretch of land near the North Sea. They would hit their ball towards the town of St. Andrews. The number of strokes the players took was quite high and they found it difficult to keep track of their score. To solve this problem, the sailors discovered seven flat areas and broke the course into seven holes. This made it easier to keep track of their scores. The player who had the most strokes over a seven-hole stretch would have to buy the drinks. The drinking tradition still goes on today!

### PLAYING THE GAME AS WE KNOW IT TODAY



Golf is a game for all ages. The goal is to play within the rules and take as few strokes as possible. At what type of facility should a new golfer begin however? The list below shows the progression a new golfer should take. His or her progression to the big courses may take a long or a short time depending on natural ability, taking lessons and other factors. Here is the list...

1. **The driving range:** Buy a bucket of balls and go at it. No pressure here.
2. **Miniature putting courses:** These are often called mini-putts. Some mini putts are more high-end facilities than others but they are all fun. Putting courses are another category of mini putts except they are on real grass. There are not many around but when you find one, play it and you'll get a great feel for the game.

3. **Pitch & Putts and par 3 courses:** When you play a pitch & putt, you are supposed to do what the name says and that is pitch the ball close to the hole and putt it in. The holes are short, under 100 yards long and it gets you out on a real course with golf clubs learning the basics! Par 3 courses are classified that way because many of the holes are over 100 yards and they are all par 3 holes. Golf courses may be 9 or 18 holes.
4. **Executive courses:** These layouts have par 3 holes, par 4s and they may have the odd par 5 hole. The length of an executive course is under 6,000 yards (18) or under 3,000 yards (9.) One of my favorite executive length courses is Cedar Hill Golf Course in Victoria, BC where I worked for four years.
5. **Full length courses:** A full-length course is any layout that over 6,000 yards (18) or over 3,000 yards (9.) Many full-length golf courses have a variety of teeing areas where you can play from a shorter length if desired. The famous Pebble Beach Golf Course for example is 7,050 yards from the back tees but you can play it from as short as 5,200 yards from the forward tees 😊.



I have a series of YouTube videos planned for 2026 on visiting or playing at each of the five facilities mentioned above. Visit my [website page](#) for more details 😊.

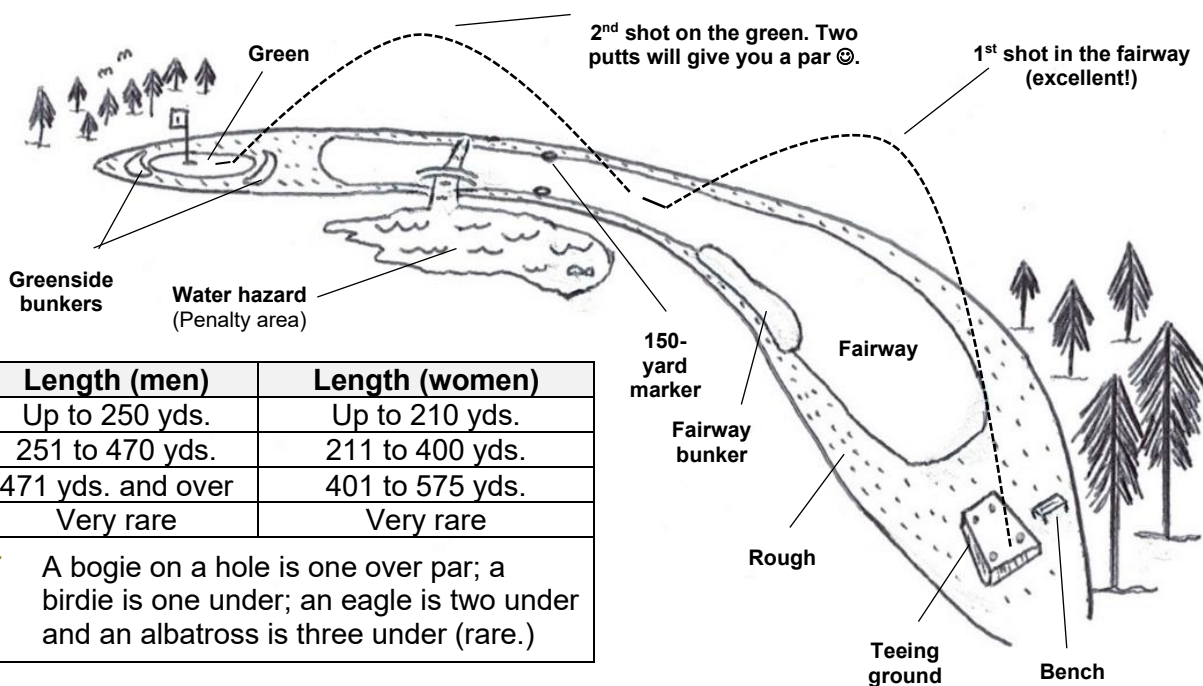
### Here's a mini quiz




[Click this link](#) for a 10-question fun quiz about this section two. You may have to do a little research into some of the questions but it all helps you in understanding the game. Have fun and do your best. You are welcome to send the answers back to me for corrections and grading. A passing grade will unlock your prize!!

## PLAYING A HOLE

The diagram below is a 375-yard par four dogleg left hole. What would you score on it?



Par	Length (men)	Length (women)
3	Up to 250 yds.	Up to 210 yds.
4	251 to 470 yds.	211 to 400 yds.
5	471 yds. and over	401 to 575 yds.
6	Very rare	Very rare

 A bogie on a hole is one over par; a birdie is one under; an eagle is two under and an albatross is three under (rare.)

## SAFETY, RULES & ETIQUETTE

Safety is crucial in golf. I have a “double safety rule” when taking lessons or when one plays a game of golf. One, don’t swing when anyone is near you and two, never walk close to anyone when they are swinging. Follow that double safety rule and you’ll stay in good shape. Let me add a couple of extra rules... Always yell “**FORE**” if you feel a ball may hit someone. Also, never take a practice swing towards anyone as you may pick up dirt which could fly into someone’s face. Ooh, a divot sandwich – that’s nasty!

### Rule book...

When I was younger, I read the *Rules of Golf* from cover to cover. Sounds a bit boring, doesn’t it? It really helped me understand the game of golf however and I would recommend it. You will learn the rules of the game of course but you also learn etiquette and behavior on the course.



The first rules of golf were established at St. Andrews, Scotland back in 1744. The rules went through a major change in 2019. One of the biggest changes in my opinion was begin able to leave the flagstick in the hole when your ball is on the green. In the “old days,” you had to take the flagstick out of the hole during a putt. Hitting the flagstick constituted a 2-shot penalty. Nowadays, you can simply leave the flagstick in the hole. The reason I like this rule is that it saves time on the golf course. Feel free to click [this link](#) or click the picture to the left. You’ll get a **FREE** downloadable copy of the rules. Enjoy the reading!

## EQUIPMENT

### 14 clubs maximum...

Originally, there were few regulations concerning golf equipment. Many Scotsmen had as many as 30 golf clubs in their bag. This was distressing to the caddies and it really didn't help the player.



Over the years, club specs were tightened and the number of clubs that could be carried was curtailed. Today, the maximum number of clubs that can be used in a game of golf is 14. Most beginning golfers, however, would be adequately served with a seven-piece starter set.

Note: There is a ½ inch difference between each club in a set. Ladies' lengths are traditionally 1 inch shorter than men's. The typical length for a men's 3-iron is 39 inches. See specs on page 7.

### Have a ball...

The first man made ball was most likely made of wood. That would have had interesting playing characteristic. In the 17<sup>th</sup> century, golf balls were a leather sack filled with boiled goose feathers. Later the "Gutta Percha" ball was a rubbery type of ball that certainly flew further than the "feathery." Today, most golf balls are solid core balls that fly amazingly far with the proper swing 😊. The dimples on a golf ball helps it lift into the air.



### Take heed of this lofty advice!

Loft is the angle of the clubface to the shaft's vertical line. The increased loft on a pitching wedge makes the ball fly higher and shorter than a three iron. There is generally about four degrees of loft between each club with the exception of the less lofted clubs where the difference is less.





**3 IRON    WEDGE**

Companies have changed their lofts over the years. They've basically decreased their lofts. A pitching wedge for example used to have 52 degrees of loft. It now has as little as 43 degrees. A 5-iron used to have 32 degrees of loft. It now has as little as 23 degrees. This basically means a 5-iron of yesteryear is the same as today's 7-iron. It may seem today's irons go further but not really. Their lofts are simply different. Because of the reduced lofts, you won't see 1 or 2-irons in a set anymore. They would have virtually no loft. Companies have added more wedges to fill the gap.

Companies started reducing the lofts so they could advertise their clubs go further. Consumers often don't delve into the details of loft. They think that one 7-iron goes magically further than another when in reality it simply has less loft. I feel the numbers on the bottoms of irons are arbitrary. I would love companies to eliminate the numbers and just stamp the degrees of loft on clubs. Have a look at the following page. The loft segment will help you learn more.

**Interesting Fact:** Out of the three major parts of a club (head, shaft and grip) it's important to choose a decent quality head. Many beginner sets have iron heads made of zinc. At low clubhead speeds, it's not a problem but zinc tends to break at higher speeds. Stainless steel is better.

## GOLF CLUB SPEC CHART by Rob Boyle

	<b>IRONS/ HYBRIDS</b> 												<b>WOODS</b> 			
<b>Set make-up →</b>	<b>LW</b> Lob wedge	<b>SW</b> Sand wedge	<b>GW</b> Gap wedge	<b>PW</b> Pitch or 10 iron	<b>9</b>	<b>8</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b> The knife	<b>5</b>	<b>3</b>	<b>1</b> Driver
<b>Loft of club (old standard) →</b>	58°	56°	N/A	52°	48°	44°	40°	36°	32°	28°	24°	19°	17°	20°	15°	11°
<b>Loft - 2022 Ping G425s (power) →</b>	58°	52.5°	47.5°	42.5°	37.5°	32.5°	28.5°	25°	22°	19°	N/A	N/A	N/A	20°	15°	9.5°
<b>Loft - 2006 Ping i525s (Rob's) →</b>	60°	56°	50°	45°	40°	35°	30.5°	27°	24°	21°	18	N/A	N/A	N/A	15°	10.5°
<b>Your lofts →</b>																
<b>Std. men's lengths →</b>	35.25"	35.25"	35.25"	35.5"	36"	36.5"	37"	37.5"	38"	38.5"	39"	39.5"	40"	42"	43"	44"
<b>Your lengths →</b>																

## SPEED & DISTANCE CHART by Rob Boyle

All yardages above are based on carry distance without roll and under normal temperature conditions. Differences in your personal distances depend on your club's angle of approach and elevation changes. Distances will vary also depending on the club specs and the ball you use.

	<b>LW</b> Lob wedge	<b>SW</b> Sand wedge	<b>GW</b> Gap wedge	<b>PW</b> Pitch or 10 iron	<b>9</b>	<b>8</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b> The knife	<b>5</b>	<b>3</b>	<b>1</b> Driver
<b>Low clubhead speed</b> ±40mph w/ driver Club gap is ± 5 yds.	35 yds	40 yds	45 yds	50 yds	55 yds	60 yds	65 yds	70 yds	75 yds	80 yds	N/A	N/A	N/A	90 yds	95 yds	N/A
<b>Medium club-head speed</b> ± 60 mph w/ driver Club gap is ± 7 yds.	58 yds	66 yds	70 yds	74 yds	81 yds	88 yds	95 yds	102 yds	109 yds	116 yds	123 yds	N/A	N/A	128 yds	139 yds	145 yds
<b>Mid to High clubhead speed</b> ± 94 mph w/ driver Club gap is ± 10 yds.	78 yds	92 yds	100 yds	107 yds	119 yds	130 yds	141 yds	152 yds	161 yds	169 yds	180 yds	N/A	N/A	185 yds	195 yds	218 yds
<b>High clubhead speed</b> ± 113 mph w/ driver Club gap is ± 12 yds.	110 yds	120 yds	128 yds	136 yds	148 yds	160 yds	172 yds	183 yds	194 yds	203 yds	212 yds	224 yds	230 yds	230 yds	243 yds	275 yds
<b>Super high clubhead speed!</b> ± 140 mph w/ driver Club gap is ± 15 yds.	140 yds	155 yds	160 yds	170 yds	185 yds	200 yds	215 yds	229 yds	243 yds	254 yds	265 yds	280 yds	290 yds	288 yds	304 yds	336 yds
<b>Your clubhead speed →</b>																
<b>Your ball speed →</b>																
<b>Your distances →</b>																

## Section Three

### The Full Swing

## FIVE LAWS



**Boyle's Laws:** There are five laws of impact to learn. I've placed these in an order in which I teach a new golfer. Your "flaw of impact" may relate to one law more than another but that's why individual attention is important in any lesson program...

1) The clubface should be **square** at address and at impact. The pictures on right show you all three angles.



2) The **swing path** must be "on-line" through the ball. There are three possible paths. They are called in-to-out, out-to-in and in-to-in. In-to-in is the best! I did a 2-part YouTube video which will help you understand more. [Click this link](#) to see.

3) The clubhead **angle of approach** must be correct. With irons, you are hitting "down" on the ball as opposed to woods where you are sweeping more "up" on the ball.

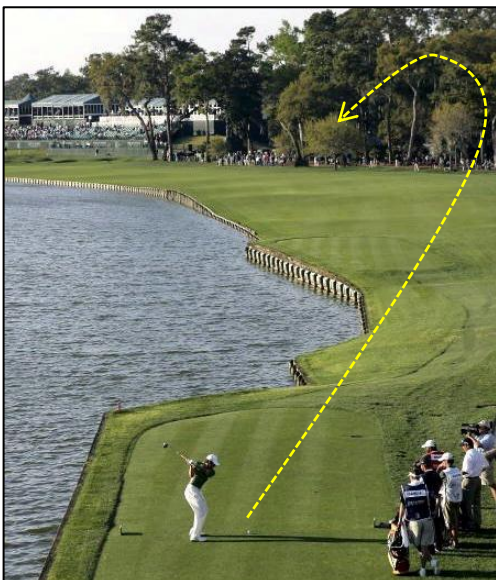
4) You should make decent contact near the **sweetspot**. You can use clubface spray or impact recording labels (stickers) to see your sweetspot contact points. [Click here](#) or pic to see YouTube video.



5) The clubhead should have adequate **speed**. We can measure your speed with an electronic speed sensor machine. By the way, most golfers think that a lot of clubhead speed will give you the most distance on your shots. It helps but learning and developing the other four laws are much more important.

**NOTE –** A swing drill of bouncing a ball on your clubface helps you understand Law 1 (square face) and Law 4 (sweetspot contact.) Law 2 (swing path), Law 3 (angle of approach) and Law 5 (clubhead speed) are not really important in the bouncing ball drill. [Click here](#) to review a fun bouncing ball drill I did on YouTube.

## NINE POSSIBILITIES OF BALL FLIGHT



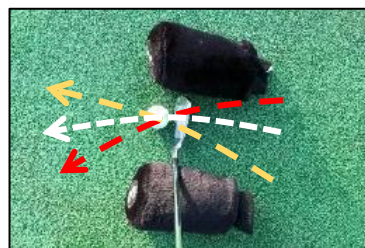
Law number one states there are three possible clubface angles. Law two states there are three possible swing paths. Three times three gives you nine possible ball flights. They all have different names. It's important to understand these flights as sometimes you can do them at will. For example, you may have to slice or hook around a tree. The picture on the left shows a pro starting his ball to the right side of the fairway and bending it back to the middle. Knowledge about how that is done is the first step. The second step is to work with a qualified teacher to help you execute those shots. Good luck and enjoy "nine ball flights" chart on the following page...

## NINE POSSIBLE BALL FLIGHTS

By Rob Boyle (PGA of Canada)

	Path	Clubface angle to the path	Your result
1	Out-to-in	Square	Pull
2	Out-to-in	Open	Pull-slice
3	Out-to-in	Closed	Pull-hook
4	In-to-out	Square	Push
5	In-to-out	Open	Push-slice
6	In-to-out	Closed	Push-hook
7	In-to-in	Square	Straight
8	In-to-in	Open	Fade
9	In-to-in	Closed	Draw

**Headcover drill** → Here's a neat drill to help you with your swing path. Place two headcovers on the outside and the inside of your ball. If you have a decent path (in-to-in), you should not hit the headcovers. If your path is way off, the head covers will go flying! I did a YouTube video on the drill. [Click here](#) to see.



Red line (out-to-in path)  
 White line (in-to-in path)  
 Yellow line (in-to-out path)

## EIGHT MAJOR POSITIONS



How many positions are there in the golf swing? Ten, twenty, fifty, one hundred? There are actually an infinite number. You don't want to overanalyze it however. **I've broken the swing's major positions into just eight.** In the next few pages, you will see those positions highlighted with a large green number that is circled. In your personal golf swing, you may deviate from the positions described as each golfer has his or her own preference. The blueprint is there however and it will help you understand the basics of the swing. Understanding is a big step to self-improvement of your golf game.

# 1 Set-up

## The Set-up

The set-up involves taking your grip and stance along with establishing a sound posture and aim. The fundamentals of a good set-up are as follows...

### The grip...

The V's in your grip are quite important. V's angling to the trail side is called a strong grip. V's pointing to the target side is called a weak grip. There are three basic types of grips with the one pictured below being the overlapping style. Which one is best for you is a conversation you must have with your instructor. [Click here](#) to see a YouTube video about the grip.



### Aim, Stance and Posture...

Right shoulder lower than left.

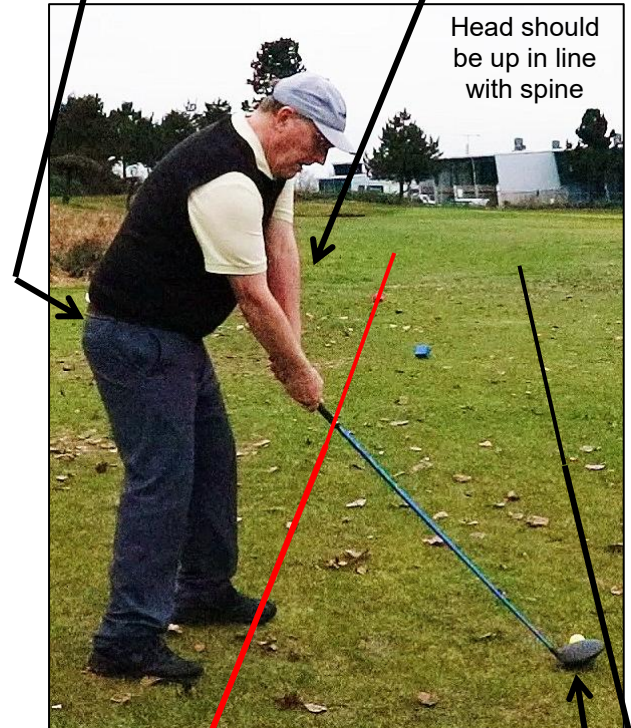
Hands ahead at address.



Ball position just ahead of centre with irons. Maybe an inch or two more forward with woods.

Be relaxed and maintain and even balance.

Stick butt out!  
Rt. elbow tucked in.  
Left arm should be visible from this angle.



Head should be up in line with spine

#### Alignment

Your target line (black line) should run through the ball towards your target.

Your foot line (red line) should run through your feet parallel to target line. (My stance here is a bit closed.)

Base of club fairly flat on ground gives you the correct lie. Make sure clubface is square.

## Backswing

The backswing is a coiling or winding up action that sets the tone for a long and straight shot.



Extention is an important key. Toe of clubhead should point up-ish.



Hinge wrists and a letter "L" will form between arm & shaft.



I'm near the top of the backswing. Head is steady.



Clubface is 45°



I swing back a little more inside than some golfers. I love the inside path to help produce a draw. Toe of club has a slight tilt forward.

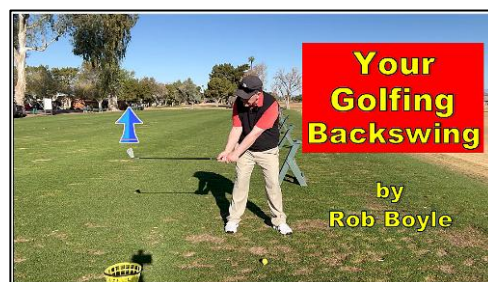


Hinge wrists. Toe of clubhead is pointing to target.



Club shaft is aiming down the line. So nice. Cluhead angle is 45 degrees. Awesome!

Click the thumbnail to see an informative YouTube video I produced on the backswing. Enjoy!



## Downswing & Follow-through

The start of the downswing is crucial as it happens in about ¼ of a second. The follow through is a result of a properly executed downswing.



Legs lead!



See the delayed hit?  
(Start of the release!)



What a cool impact shot.  
It's on the front cover.



The right arm  
crosses over left!



What a finish!



Rt elbow tucks into  
hip area.



Swing path is on  
the inside – just like  
the backswing.



The moment  
of truth!

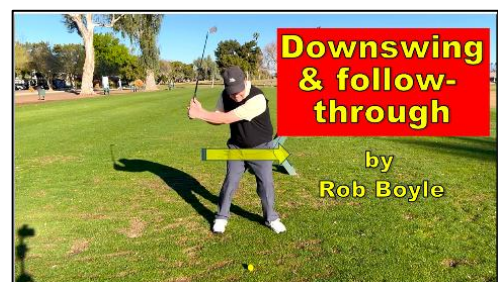


Head still down.  
Arms extended  
to target.



How's that  
balance?

Click the thumbnail to see an informative YouTube video I produced on the downswing & follow-through. Enjoy!



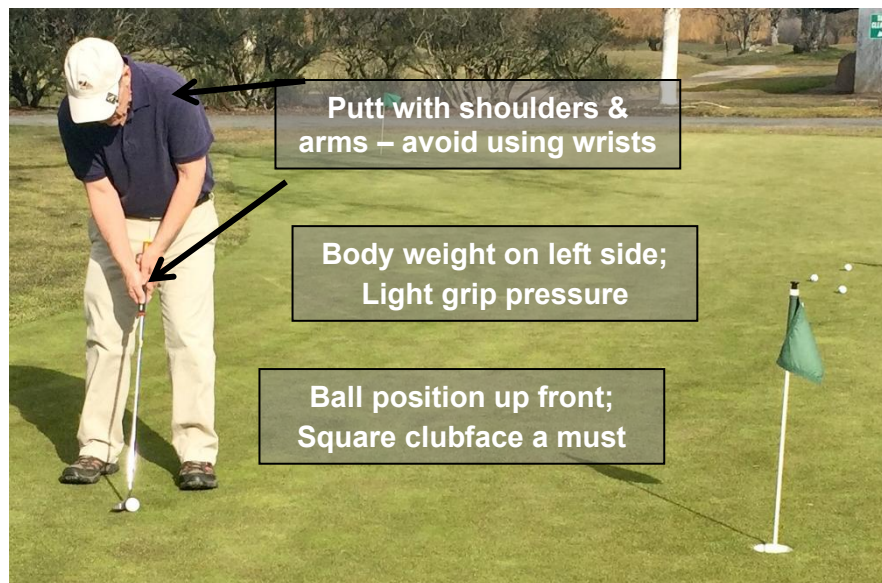
## Section Four

### The Short Game

The short game involves learning putting, chipping, pitching and getting out of a sand trap. They are such important parts of the game. Enjoy the read.

## Putting

Putting is extremely valuable to your game. Although the stroke is an individual thing, there are some basics you should follow.

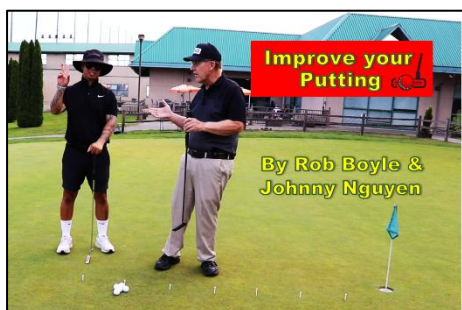


Eyes over ball;  
Believe in your stroke!



Make a pendulum motion  
– straight back & thru;  
Relax thru the stroke

## YouTube putting videos by Rob



I partnered up with another pro to do a series of YouTube videos strictly on putting. The description within the video will show you links to four other videos. Take your time watching each one and you'll get a great idea on how to tackle the art of putting.

**Putting Percentage drill:** The average PGA touring pro sinks 99% of his putts from two feet. Try this exercise... Putt 100 balls at two feet and see if you can beat a touring pro. It will take some time because 100 balls are a lot. You have to sink every putt but it is only two feet. I think you can do it. A longer putt like six feet is where the touring pro may beat you. Their average is 65%. It's fun to try though and the time you spend on the green can only help you.

[Click here](#) to see a related article and drill on putting 😊.

## Chipping & Pitching

Chipping is a low running shot when your ball is close to the green but not on the green itself. The ball runs more than it flies in the air so the key is to have ample green with which to work.

Pitching is a lofted shot to a flagstick that may be tucked behind a sand bunker or a difficult spot. It doesn't produce a lot of roll on the green. Many people use the two terms (chipping and pitching) interchangeably but there really is a difference – a pitch goes high and a chip goes low.

There are six points important to both chipping and pitching...

1. Square the clubface to the target – this is a must!!
2. Grip down on the golf club – this gives you much more control.
3. Narrow the stance. Having more of an open stance helps too.
4. Put your hands and body weight more to the target side at address.
5. Take practice swings to rehearse the motion.
6. Keep your wrists firm through impact. Avoid the natural tendency to flip.

## YouTube tips...

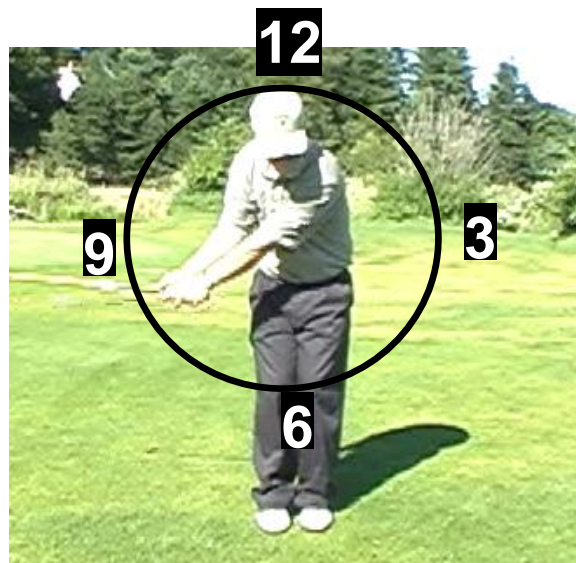


I produced informative golf tips on both chipping and pitching on my YouTube channel. I had fun with a young employee at the golf course I worked at in Victoria. He didn't quite understand the concept of hitting chips. Click the YouTube link picture to the left and you'll see why. It's an 8-minute video and it's worth the watch.

Another golf tip I uploaded to YouTube is a [20-ball chipping drill](#) that you will absolutely enjoy. There are several other tips you will appreciate too. Please "Like" the tips and add a comment or two. Your input will help my channel grow and I'll be able to produce even more tips that will help you succeed. Thank you!

## Set your clock for successful pitching!

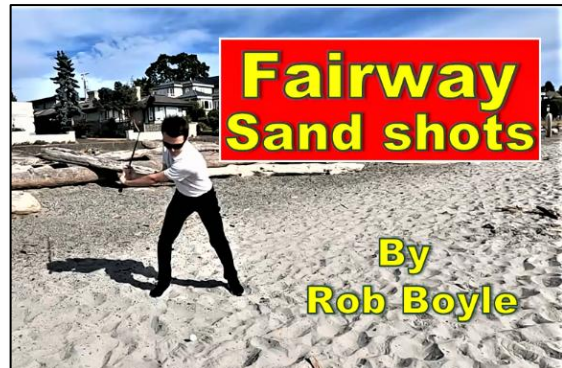
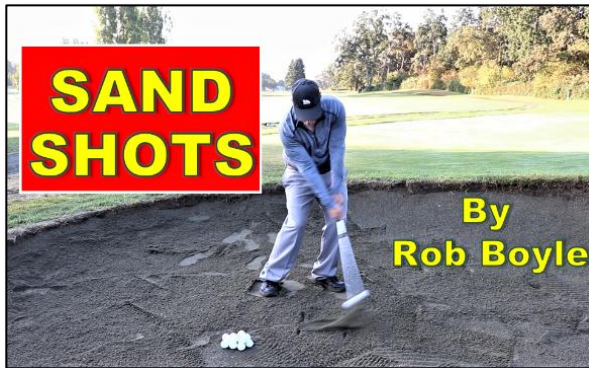
Do you struggle with half or three-quarter wedge shots to the green? Practice hitting these shots while imagining a clock surrounding your body. Your hands will hang at the six o'clock position at address and your head will be at 12 o'clock. Make swings with your arms back to the seven, eight, nine or ten o'clock positions (for a right-hander). You should then follow through to the opposite time positions on the other side (i.e. five, four, three or two o'clock). Keep track of how far the ball travels at each time position. The golfer on the right (me) has his left arm at about the eight o'clock position. That gives me a 50-yard shot with a wedge and/or a 30-yard shot with a sand wedge.



## Sand shots

Sand shots around the green require ample practice. The best type of swing is where you purposely aim two inches behind the ball and “blast the ball” out of the sand. The force of the clubhead traveling through the sand is actually what lifts the ball from the bunker. The picture link below entitled “Sand Shots” will explain greenside bunker shots. Please click thumbnail to view the video.

Getting out of a fairway sand bunker is important too. I had some fun in doing a fairway sand video with young Parker who worked at the Cedar Hill Golf Course. The “Fairway Sand Shots” video is comedic in nature. Click the thumbnail picture below and enjoy!



### **DON'T GROUND YOUR CLUB IN THE BUNKER 😊**

Grounding your clubhead in a bunker is a 2-shot penalty. The reasoning for this is that you could potentially improve your lie and/or you could also test the conditions of the sand. It's just not allowed so make sure you hover your club at least an inch off the sand during your address position. This is Rule 12.2b in the Rule Book.

## Section Five

Physical fitness  
and the mind

### **PHYSICAL FITNESS & THE MIND GAME**

We'll start this section off with physical fitness. Staying in decent shape will help you hit the ball farther. You will also have a greater ability to play 18 holes without difficulty. There are two main aspects to becoming fit – stay physically active and watch your food intake!

#### **Physical activity...**



Get out there and stay active folks. Getting up in the morning and going for a walk, run or just moving your body in any physical way is important. Great sports to stay active are tennis, golf, bowling, hiking, biking and so much more. Ebiking is popular. Ebikes make cycling easier, especially going uphill but you still need to peddle to make the electric part work. Ebikes also allow you to ride farther and it gets you out in the great outdoors. Plus, it's fun!

#### **Food...**

Watching what you eat is really important. In fact, it may be more important than the physical part of fitness. I have been on several interesting diets. Some of them were...

- **Complete fast:** Complete fasting is where you don't eat food all day (for a minimum of 24 hours.) Drinking water is fine. I tried this periodically and it does work for the short term. The problem some people find is that they tend to overload (binge) on the other days.
- **One Meal A Day (OMAD):** With the OMAD diet, you literally eat just one meal during the entire day. I find it's better than all-day fasts in my opinion but it can still have drawbacks.
- **16-8 intermittent fast:** This is where you eat during in an 8-hour window of a day and you fast 16 hours. I didn't mind this method as one can sustain a decent weight loss.
- **8-16 meal plan:** With this plan, you have a larger window for eating (16 hours) and you fast for 8 hours (usually at night when you are sleeping.) You can eat a decent breakfast, lunch and dinner plus have small snacks in between those times. An important key is to make your meals heathy and nutritious and severely limit fast foods and sugary snacks.

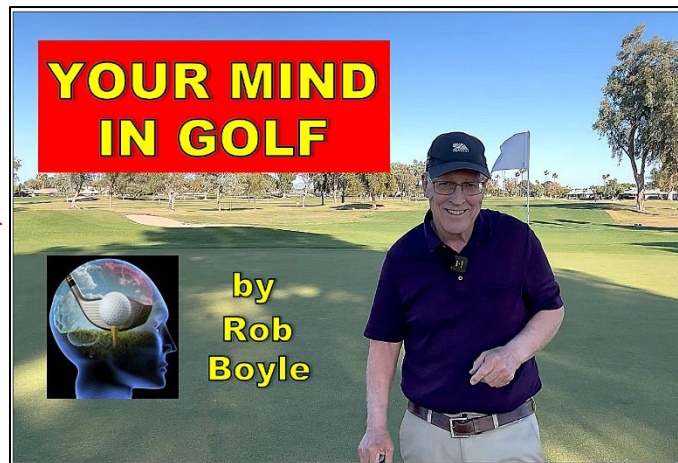
Whatever fitness plan you choose, make sure you work with a qualified professional, doctor, nutritionist or fitness expert. I did a YouTube video on a lady nutritionist I worked with in Victoria a few years ago. She is awesome. Click the thumbnail on the right to watch this 13-minute interview.



## The mind game...

The physical aspect of playing golf is more prevalent for beginning golfers. New golfers must learn physical parts of the grip, stance, posture, etc. They have to put in a lot of physical time hitting balls at the range practicing their backswing, downswing and follow through. If a golfer is out-of-shape and has difficulty walking or swinging a club, he or she must become more fit by physically exercising.

As golfers improve their swing and game, the mental aspect becomes more important. A sliced ball in the water for example may be a lack of concentration during the set-up, fear of the water, thinking negatively, etc. I wrote an article on the mind game. It's entitled "[Your Brain on Golf](#)" and you can find the article by clicking on the link. I also produced a 12-minute video about the mental aspect of the game. The link to that video is in the thumbnail to the right



You become what you think most of the time!

*Bruce Lee*

## CATEGORIES OF ALL GOLF PROS



There are several categories of PGA pros. Some play the game for a living. They play often and compete in many golf tournaments throughout the year. I'm sure you have seen many of them on television. In Canada, Mike Wier was a Canadian who once won the Masters Golf Championship – what an amazing feat. Brooke Henderson is a lovely LPGA pro who has won a ton of events in Canada as well as the US.



In my era, Jack Nicklaus was one of the best, if not the best PGA pro in golf's history. Then came Tiger Woods who took on the golf world by storm. He motivated a younger generation of golfers to play and enjoy the game.

Most golf professionals you see at a local club or in a golf shop are not playing pros. They may play a decent game but they are generally hard-working folks who have a passion for the game. They are trained to give the best in customer service within their specific field of choice. This may include teaching pros, clubfitting experts, managers, director of golf, CEOs and so on.

## LEVELS OF PLAYERS IN THIS WORLD

**You are in this list!**

I wrote an article on the different level of golfers of which there are eight. You are in this list. [Click this link](#) to go to the article I wrote on the subject. What is your level?

## ALL THE BEST WITH YOUR DRIVE FOR SUCCESS ❤️

I've been a PGA of Canada pro since 1984. I started as an apprentice working for a top player and head pro named Cec Ferguson. Cec always told his assistants to work on their game of course but more importantly, be the best employee at the club where you work. This transfers over to coaches who help their students strike the ball better and enjoy the game.

The writings in this booklet and the larger version of book I wrote, will partly help you achieve success. The next step is to take either group classes and/or one-on-one lessons with a qualified coach. I am "semi-retired" from full time coaching although I still do teach a little. Please seek out a qualified coach and work with him or her to be the best you can be. You will succeed, I know it!

Rob Boyle



### **Drive For Success in Life & Golf**

By Rob Boyle

Thanks for reading this booklet. For more info, visit my website

[www.DriveForSuccess.ca](http://www.DriveForSuccess.ca)

- Copyright 2026 -