

Student Name:



**Rob Boyle**

*PGA of Canada Member  
San Diego Golf Academy graduate*

*presents...*

# DRIVE FOR SUCCESS

*in golf!*

**A golf instructional guide**

Updated May 12, 2023



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

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



**Drive For Success – 2022**

By Rob Boyle

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

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






- Copyright 2022 -



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 broke down into four sections you will see below. The pictures are of me from quite a few years ago. I wanted to show you pictures of me when I was playing my best. I still play decent today although as one gets older, the swing may shorten a bit. Enjoy the read and feel free to send me an email if you have questions.

*Rob Boyle*

<p><b>1. The Game, Rules, Equipment &amp; History</b></p> 	<p>Understanding the game and where to play is the start of your golf experience. We'll talk about the rules, etiquette, history and equipment too.</p> <p>...Pages 4 to 8</p>
<p><b>2. The full swing</b></p> 	<p>The full swing includes learning how to drive the ball a long distance as well as straight. Hey, what's a long shot when you're in the trees, right? You will learn the five laws of impact, the nine possible ball flights, the eight major positions of the swing and much more. Enjoy!</p> <p>...Pages 9 to 14</p>
<p><b>3. The short game</b></p> 	<p>The short game comprises chipping, pitching, putting and getting out of a sand bunker. You will learn all the techniques to really help you score lower!</p> <p>...Pages 15 to 17</p>
<p><b>4. Physical fitness, the mind game, life skills &amp; goal setting</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> <p>Life skills is a big category as you <b>Drive For Success!</b> It includes how you get along with family and friends, your fitness level, how you interact with your work and school mates and how you perform at other hobbies. In this section, we'll also talk about how to properly set goals using the STAR system.</p> <p>...Pages 18 to 20</p>



## Section One

The game, rules, equipment & history

## PLAYING THE GAME



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 😊.

Driving Range




Mini Golf



## 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 book 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>			
																
Set make up →	LW Lob wedge	SW Sand wedge	GW Gap wedge	PW Pitch or 10 iron	9	8	7	6	5	4	3	2	1 The knife	5	3	1 Driver
Loft of club (old standard) →	58°	56°	N/A	52°	48°	44°	40°	36°	32°	28°	24°	19°	17°	20°	15°	11°
Loft - 2022 Ping G425s (power) →	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°
Loft - 2006 Ping S59s (Rob's) →	N/A	56°	N/A	47°	42.5°	38.3°	34.3°	30.5°	27°	23.8°	21°	18.5°	N/A	20°	15°	10.5°
Your lofts →																
Std. men's lengths →	35.25"	35.25"	35.25"	35.5"	36"	36.5"	37"	37.5"	38"	38.5"	39"	39.5"	40"	42"	43"	44"
Your lengths →																

## 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.

	LW Lob wedge	SW Sand wedge	GW Gap wedge	PW Pitch or 10 iron	9	8	7	6	5	4	3	2	1 The knife	5	3	1 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
Your clubhead speed →																
Your ball speed →																
Your distances →																

## 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!

## QUIZ TIME – SECTION ONE ☺



[Click this link](#) for a 10 question fun quiz about the game, rules and equipment. 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!!

Number of questions correct	Your prize
All 10	Congrats! You will receive a "Perfect Score" award
7 to 9 correct	You will receive a certificate of achievement
4 to 6 correct	You will get an acknowledgement of effort
3 to 5 correct	Your prize is a "You did your best" email
1 to 2 correct	You really want something for this?
0 correct	Ever thought of taking up tennis?



## Section Two

### The Full Swing

## FIVE LAWS

**It's the law:** 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.

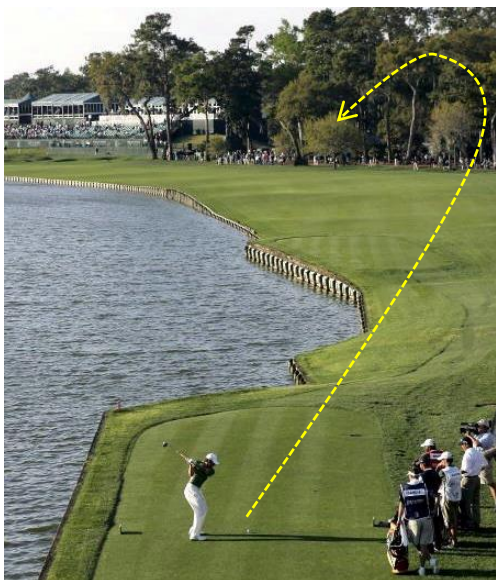


- 2) The **swing path** must be "on-line" through the ball. There are three possible paths. They are called in-to-out, out-to-in and in-to-in. In-to-in is the best! Please review swing path pictures on page 10 (headcovers) and page 13 (bottom middle pic.)
- 3) The clubhead **angle of approach** must 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.
- 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 the picture or [click here](#) to review the bouncing ball drill 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 head covers 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!

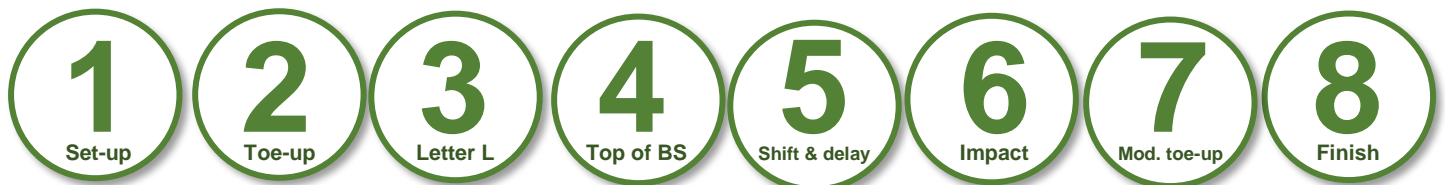


Red line (out-to-in path)  
 Light green line (in-to-in path)  
 Orange line (in-to-out path)

### 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

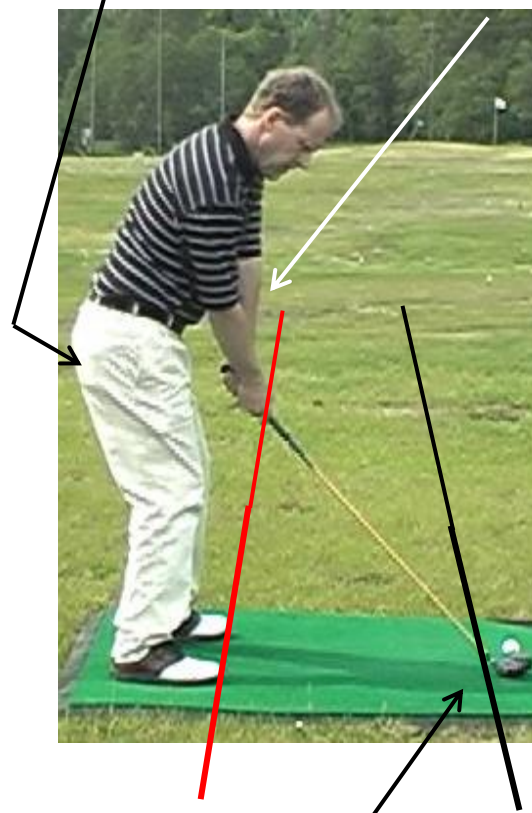


Ball position just ahead of centre with irons. Maybe an inch or two more forward with woods.

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 intended target.

Your foot line (red line) should run through your feet parallel to the target line.

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.



Extension a primary key



Hinge wrists  
to form a letter "L"



At the top



Back on inside path.  
Toe of club "up"



Toe of club at target



Try to point shaft down  
line. Face angle 35° - 45°

**Backswing info:** You should have about 80% of your body weight on the trail side at the top of the backswing. Make sure you keep your head steady though!



## Downswing

The start of the downswing is crucial. It has to be correct because it happens in about ¼ of a second.



See the delayed hit?



Eyes still focused



Impact: The moment of truth!



Start with the legs



On the right path  
(In-to-in)



Right heel "up"  
just a little

**More downswing info:** Just past impact, 80% of your body weight should be on your target side. Shift your weight to be great!



## Follow through

The follow through is a result of a properly executed downswing. The follow through can tell a story of what happened in the swing.



Nice cross-over. Head still down too.



95% of body weight on front foot



Toe of club pointing up and left!



What a finish!

**More follow-through info:** Try to maintain decent balance at the end of your swing. I know the ball has already flown off the clubface but your finish tells a story as to what has happened. Decent balance at the end of your swing means you probably had a decent over all motion beforehand.

## Section Three

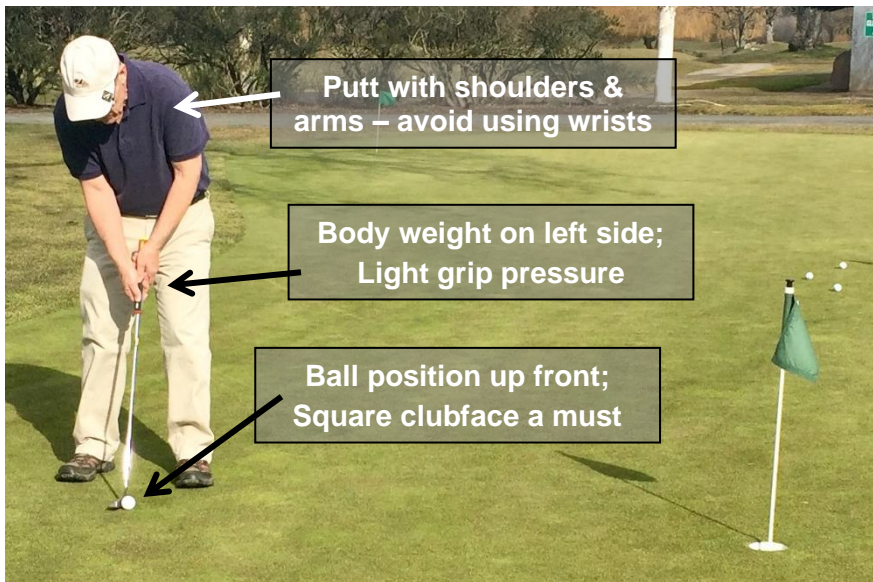
### The Short Game

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. Also, watch for Rob's future YouTube videos on putting. They will super help you!

### 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**

### Putting drill



Encircle the hole with ten balls. Use your putter to make sure that each ball is one putter length away (about three feet). The goal is to sink all ten!

Your Result \_\_\_\_\_



**Putting Fun Fact:** 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 is 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.

## Chipping & Pitching

Chipping is a low running shot you may want to do 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 between the two shots. 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...



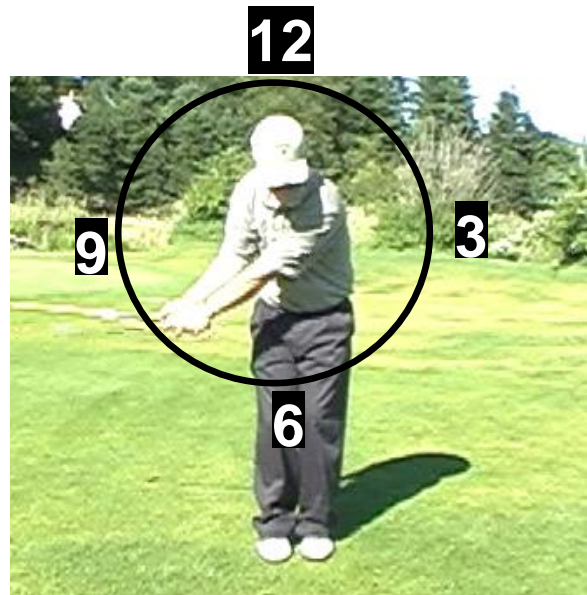
I produced informative golf tips on both chipping and pitching on my YouTube channel. I had fun with a young employee at the golf course I worked at in Victoria. He didn't quite understand the concept of hitting chips. Watch the video and you'll see why 😊. On YouTube, type "How to hit the chip shot in golf, Rob Boyle" and you will find my tip. You can also click on the picture on the left.

One golf tip that has been uploaded onto 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!

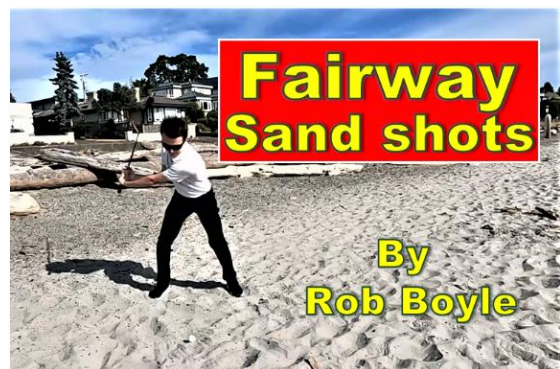
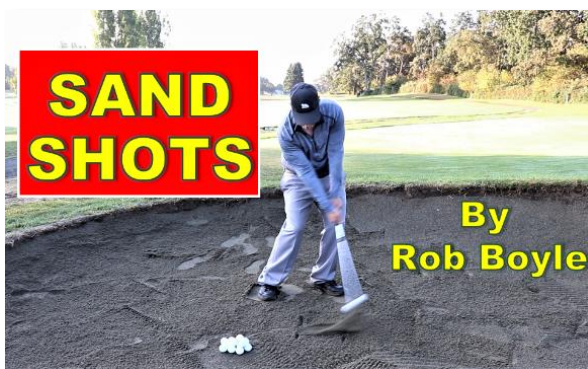
Do you struggle with half or three quarter wedge shots to the green? Practice hitting these shots while imagining a clock surrounding your body. Your hands will hang at the six o'clock position at address and your head will be at 12 o'clock. Make swings with your arms back to the seven, eight, nine or 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 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 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 Four

Physical fitness, the mind, life skills  
& goal setting

## 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. I personally was out of shape at age 60. I was overweight and could barely bend over to pick up a ball. This happens to a lot of people over time. One study said a person gains two pounds of excess weight per year after the age of 30. It doesn't have to happen fellow golfers. You can fight the tendency to gain weight or if you are overweight, you can lose the excess poundage by going on a sound fitness program. There are two main aspects to becoming fit – to stay physically active to 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 worked for the short term. The problem I found it wasn't a good long plan as I tended 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. It was better than the all-day fast in my opinion but it still had 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 I was able to 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. He or she will help you achieve the best level of fitness for you. By the way, I have a cool fitness chart I used during my program. Contact me if you would like a copy. I'll send it to you at no charge.



Coquitlam, Victoria, Vancouver,  
Toronto, other cities



## THE MIND GAME VS. THE PHYSICAL GAME



How important is the mind game vs the physical aspect of playing golf? Thomas Alvin Edison once said that genius is 1% inspiration (mental) and 99% perspiration (physical.) Does that mean that playing a decent game is all physical work? We would all be pros on the PGA tour in no time if that was the case 😊.

I believe the physical aspect of 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. During your lessons, I will work with you on not only developing physical attributes but also constructive swing thoughts, sound visualization techniques, relaxation and positivity. You will become more confident and improve your game as a result. I wrote an informative article on the mind game at [www.DriveForSuccess.ca](http://www.DriveForSuccess.ca). – See the “Download” page. The article is entitled “Your Brain on Golf.”

## 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 20 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...

- **Relationships**: The social component to life is paramount! Seek out solid relationships and always make time for your family and friends.
- **Eat healthy and stay physically active**: Being fit will help you in family situations, with work and of course your golf game 😊.
- **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. You will make money.
- **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!

By Rob Boyle  
PGA of Canada member

I designed a “star system” for golfers who wish to set goals and improve their game. **STAR** is an acronym where each letter represents a separate word or a phrase. Before we go over each letter of **STAR**, let’s look at the following statement of one of my students in the past.

**“I would like to break 90 on a full sized golf course (over 6000 yards) by September 1<sup>st</sup>.”**

# S

The above statement is very **S**pecific. There is a definite score in the plan to break → 90. The type of golf course is well defined too → over 6000 yards. Obviously, breaking 90 on a full sized golf course is totally different than breaking 90 at a local 9-hole pitch & putt track. Ha! An unclear or hazy goal would be, “I want to shoot a good score by the end of the season.”

# T

The above statement has a **T**ime deadline which is September 1<sup>st</sup>. Having a time deadline will compel you to establish a practice plan to break your own barrier. You should also have mini goals, perhaps monthly as stepping stones to your final objective. You may have to practice three times per week, work harder on your putting and more. Whatever you do, stick with your plan and achieve your goal.

# A

Is the goal **A**ttainable? My student’s was. If his best score he had in the past two years had been let’s say 120, we would have scaled back his objective. A better goal would have been to break 100 by September 1<sup>st</sup>. Because my student had several rounds in the high 90’s, breaking 90 was absolutely realistic and do-able.

# R

It’s important to give yourself a **R**eward when you achieve your goal. This should be something you desire such as a new set of golf clubs, a great night out on the town – something like that. After all, there should be some kind of a prize offered for all the hard work you’ve done! It’s a great motivator too.

## ALL THE BEST FOR YOUR DRIVE FOR SUCCESS ♥

I hope you enjoyed this training booklet. The written word is valuable in helping you learn the fundamentals of the swing and game. Watching videos on YouTube or other videos is also helpful. By the way, if you haven’t already done so, please subscribe to my YouTube channel. There you find valuable tips to assist you on your journey to great golf. The [link to my channel is here!](#)



Individual coaching is super important too, fellow golfers. I am a fan of the PGA of Canada, the USA or any country for that manner. PGA teaching pros go through vigorous training to help you learn in the most efficient manner. They will help you achieve your goals. All the best in your drive for success ♥.



This page is intentionally left blank