

Bowling is a great sport you can play with your family and friends. Remember, work on one or two things at a time so you can become familiar with the proper motion and build a strong foundation.

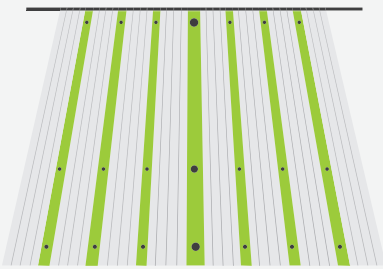
POSTURE

- 1 When making your delivery, keep your upper body still.
- 2 Use your arms and legs to get you to the foul line.



FOOT ALIGNMENT

Use the locator dots on the approach when lining up to make a delivery.



LEFT-HANDED

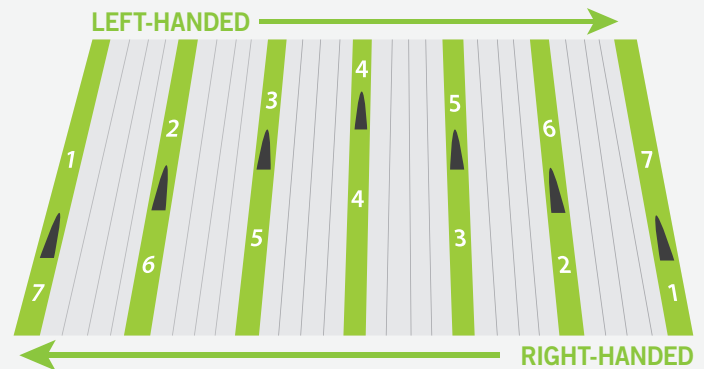


RIGHT-HANDED

Your armswing and where you let go of the ball will be approximately five boards to your right (for a right-hander) or left (for a left-hander) from where your slide foot finishes at the foul line.

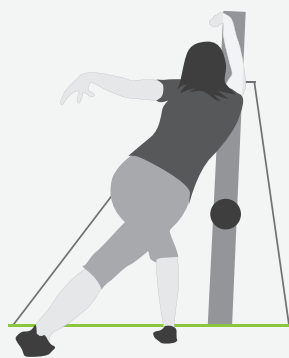
TARGETING

7 ARROWS



THERE ARE SEVEN ARROWS APPX. 15-17 FEET FROM THE FOUL LINE

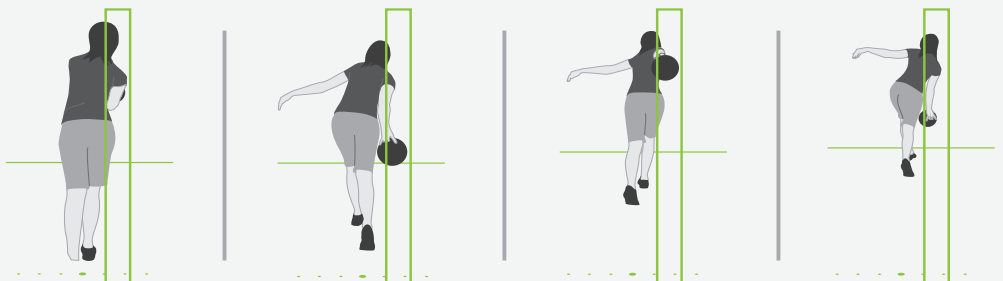
Right-handers use the arrows on the right side of the lane and left-handers use the ones on the left side of the lane.



- 1 Keep your shoulder in line with your target.
- 2 Draw an imaginary line from where you want the ball to hit the pins back through the target.
- 3 Keep your head still and your hand steady throughout the approach.

ARMSWING

The armswing should be straight and kept close to your body. The ball gets pushed out and drops into the downswing, goes into the top of the backswing and then comes down into the forward swing and release.



Quick Review WEEK ONE

FOUR-STEP APPROACH

1 SETUP



A good, balanced setup is important in developing a consistent shot.

2 FIRST STEP



THE BALL AND BALL-SIDE FOOT MOVE TOGETHER

3 SECOND STEP



BALL NEAR LEG

4 THIRD STEP



BALL AT THE TOP OF BACKSWING

5 FOURTH STEP



STEP AND SLIDE - BALL NEAR ANKLE

Release - thumb comes out first, then rolls off fingers

6 FOLLOW THRU



FOLLOW THRU TOWARD TARGET

THREE QUICK TIPS

1 When the ball does not hit where you want, move your feet in the direction of the miss and keep your target the same. Make adjustments off good shots.



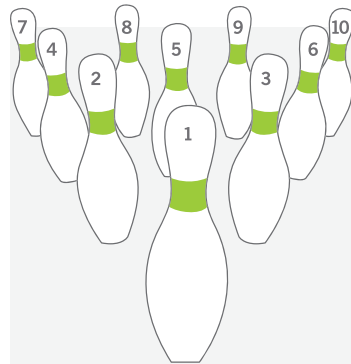
2 Keep your upper body still throughout the approach to keep your game consistent.



3 Keep your armswing close to your body for a straight swing.

COOL DOWN

Use Static stretching such as quadriceps stretch, triceps stretch, forearm extensors, forearm flexors, and toe touches as a means of cool down to reduce overall muscle soreness. Stretching exercises are designed to limber those areas that are used the most during bowling. These exercises are most effective when they are performed after bowling. (It is recommended to hold each exercise for 10 seconds.)



THE PINS

When referencing the pins, start with the pin in front which is the number 1 pin. Continue to count by row from left to right until you end up with the last pin on the right which is the 10 pin.

- 10** → EA. 15" TALL
- 10** → APPX. 4.69" DIAMETER
- PINS** → REQ. WT. 3lb 6oz - 3lb 10oz

WHAT SHOULD I DO?

Which arrow should I use for a target?

If your ball has a hook or curve to it, try rolling the ball over the second arrow. If you roll the ball straight, try rolling the ball over the third arrow.

Why is the ball slippery when it returns?

The ball picks up the conditioner on the lane. Bring a microfiber towel with you the next time you bowl so you can wipe off the ball between rolls to remove the conditioner.

Why should I turn around and walk back after I deliver the ball?

To keep you and others that might be bowling beside you safe, you should always turn around after delivering a ball so you can see who is on the approach next to you and avoid running into them.

NOTES
