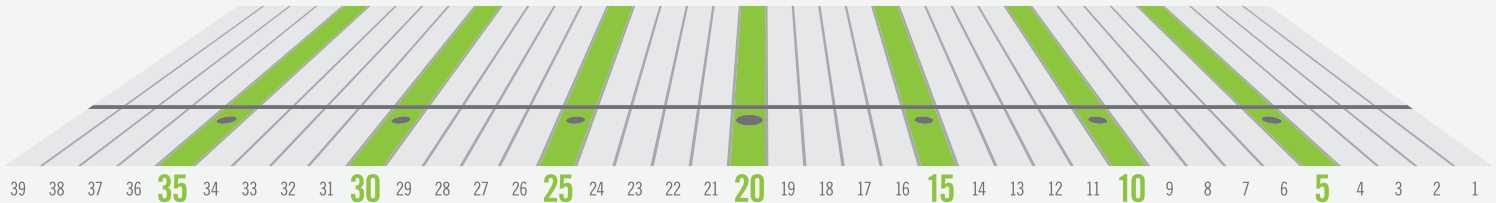


Bowling is a great sport you can play with your family and friends. Remember, work on one or two things at a time so you can become familiar with the proper motion and build a strong foundation.

3-6-9 SPARE SYSTEM



39

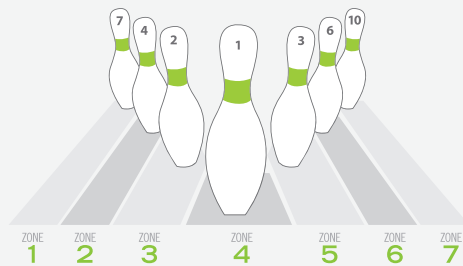
BOARDS

To understand spare shooting, you need to understand how the boards on a lane are numbered. Lanes are constructed with 39 one-inch boards; synthetic lanes have the image of boards laminated on the surface. Each locator dot on the approach and at the foul line is five boards apart.

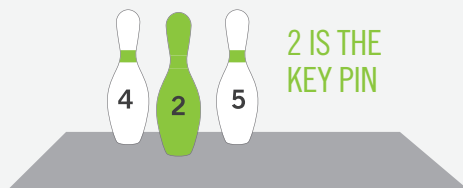
USING THE 3-6-9 SPARE SYSTEM, RIGHT-HANDERS WILL COUNT THE BOARDS FROM RIGHT TO LEFT, AND LEFT-HANDERS WILL COUNT FROM LEFT TO RIGHT.

KEY PIN

Key pins reside in seven zones. There are only seven moves to make for any given spare. The key pin in any spare is the pin closest to you. In most spare combinations, it is the 1, 2, 3, 4, 6, 7 or 10 pin. The 5, 8 and 9 pin are behind the 1, 2 and 3 pins. When you leave any of those pins you, use the zones for the 1, 2 and 3 pin.

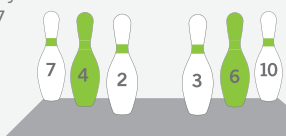


When there are a cluster of pins standing, the pin closest to you will be the key pin. Logic dictates if you hit the key pin, you will have a chance of making the spare.



KEY PIN EXCEPTIONS BABY SPLIT

The key pin for a baby split (the 3-10 or 2-7 split) is the missing pin. You want the ball to go between the 3-10 or 2-7.



THE MOVES

Once the starting position has been found, adjustments can be made to shoot at the spares. The feet will move in three-board increments to the left for spares on the right side of the lane and three-board increments to the right for spares on the left side of the lane. The following chart will help you with the moves.

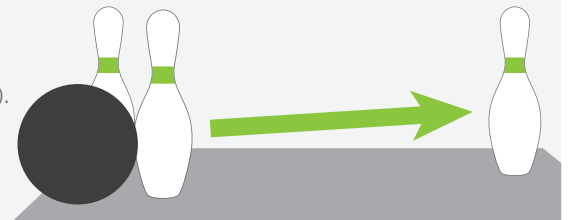
RIGHT- & LEFT-HANDED ADJUSTMENTS ON APPROACH

Adjustment based off your alignment on the approach and your strike target.

ZONE	KEY PIN	ADJUSTMENT	TARGET
1	7	9 RIGHT	YOUR STRIKE TARGET
2	4	6 RIGHT	YOUR STRIKE TARGET
3	2 (8)	3 RIGHT	YOUR STRIKE TARGET
4	1 (5)	NO CHANGE	NO CHANGE
5	3 (9)	3 LEFT	YOUR STRIKE TARGET
6	6	6 LEFT	YOUR STRIKE TARGET
7	10	9 LEFT	YOUR STRIKE TARGET

SPLITS

There are many splits that can be left in bowling. This usually happens when the ball hits directly in the center of the headpin (No. 1 pin). To pick up a split, the object is to slide one of the pins across the lane into the other pin or pins left standing.



WRIST POSITION



RELAXED

Ball rests in palm of hand while opposite hand supports the weight. A relaxed wrist will give the ball a weaker roll, best used when converting spares.

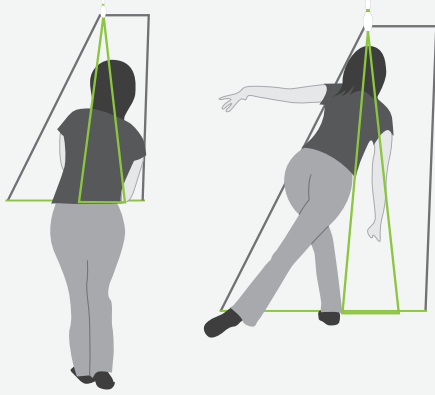


FIRM

Ball rests in palm of hand while opposite hand supports the weight. A firm wrist will give the ball a stronger roll.

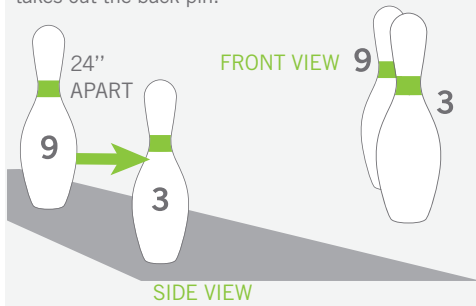
VISUAL ALIGNMENT

Draw an imaginary line from the pin back to the target while you are in your stance. This will help reinforce the direction of the swing.



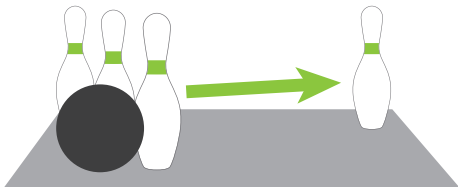
HOW FAR APART?

Though the 2-8 and 3-9 pins appear to be right next to each other, they are almost two feet apart. Your best chance at making this spare is to hit the key pin straight on so the ball or the pin in front takes out the back pin.



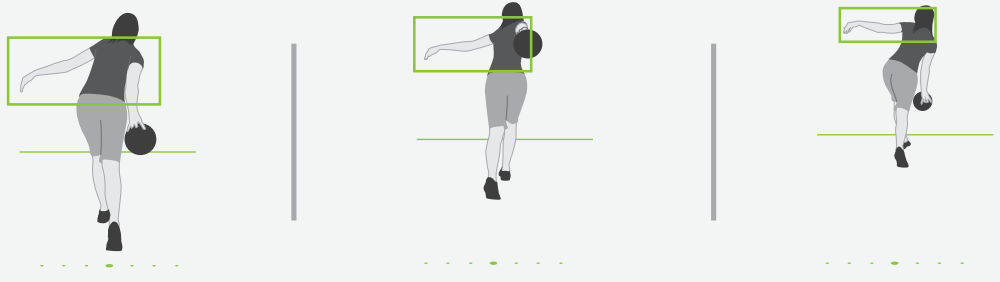
What's the difference between a washout and a split?

A washout will always have the headpin (No.1 pin) with a gap between pins. Hitting the No.1 pin on the side will slide the pin across into the other pin(s) standing.



BALANCE ARM

As the ball starts into the swing, the opposite arm goes out to the side for balance.



THREE QUICK TIPS

- 1 When shooting at spares, move your feet to the opposite side of the approach from the spare and roll the ball across the lane into the key pin.
- 2 While standing on the approach, draw an imaginary line from the pin to your target.
- 3 Follow through to your target and stay firm in your delivery.

PRACTICE DRILLS

There are drills you can do at home to help improve your game. First, make sure you have plenty of room around you and remove any items that may get damaged. If you do not own a bowling ball, you may use a small light weight (no more than 5 pounds).

DRILL 1

Stand with your feet staggered apart front to back while holding the ball at waist level. Push the ball slightly out and let it go into the backswing. As it swings forward, catch it as you bring it back up to waist level (Repeat).

DRILL 2

Start with your bowling stance. Move the ball and ball-side foot together, in sync, out in front of you and then return to your bowling stance (Repeat). If you have a room with a full length mirror, stand sideways while watching the movements to make sure you are doing it correctly.

DRILL 3

Without the ball, practice the four-step approach. Start by finding an object you can use to visualize as the foul line (chair, counter or table). From that position, take four and a half steps in the direction you plan on starting. Set up in the stance and mimic the four-step approach and armswing. By doing this, you will teach your body the bowling movements so when you get to the bowling center, you will be able to bowl without thinking about it.



Quick Review WEEK TWO

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.

