

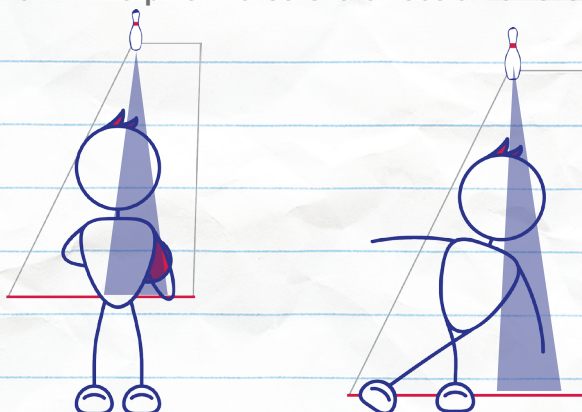


1 2 3 4 WEEK 4

BOWLER GUIDE

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.



KEYWORDS

Strike - Knocking all 10 pins down on the first delivery.

Spare - When a bowler knocks all of the pins off the deck in two deliveries.

Open - A frame without a strike or spare, and where one or more pins are left standing after two deliveries.

Double - When a bowler gets two consecutive strikes.

Triple - When a bowler gets three consecutive strikes.

Split - Any pin combination that doesn't include the head pin and has at least one or more non-adjacent groups of pins. Examples include the 2-10, 4-6, 3-10 and 7-10.

10th Frame - When you get a strike on your first roll in the 10th frame, you get two more rolls. If you make a spare after your second roll in the 10th frame, you get one more roll.

KEEPING SCORE

A game of bowling consists of 10 frames. The first nine frames have one or two attempts to knock down all 10 pins. A strike (marked with an X) is when you knock down all 10 pins on the first delivery. A spare (marked with the first ball's pinfall and a /) is knocking down all 10 pins with two deliveries. A miss (marked with -) is when you leave any pin standing after the second roll.

It's possible to throw three balls in the 10th frame because there is an extra ball if you throw a strike or a spare. A strike lets you throw two extra balls, while a spare lets you throw one additional shot.

X = 10 pins + the next two balls

/ = 10 pins + the next ball

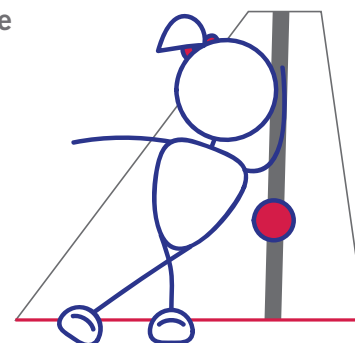
- = total number of pins knocked down for that frame

FRAME 1	FRAME 2	FRAME 3	FRAME 4	FRAME 5
FRAME 6	FRAME 7	FRAME 8	FRAME 9	FRAME 10

PINS - TARGET ALIGNMENT ON APPROACH

Use the pins as the initial starting point, then mentally draw an imaginary line back to a target (board, dot or arrow) on the lane, adjusting the footwork to deliver the ball on the intended path.

- 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 hand steady throughout the approach.





① ② ③ ④ WEEK 4

BOWLER GUIDE

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. If you do not own a bowling ball, you may use a small weight (no more than 5 pounds).

DRILL 1

Stand with your feet staggered front-to-back while holding the ball/weight at waist level. Push 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

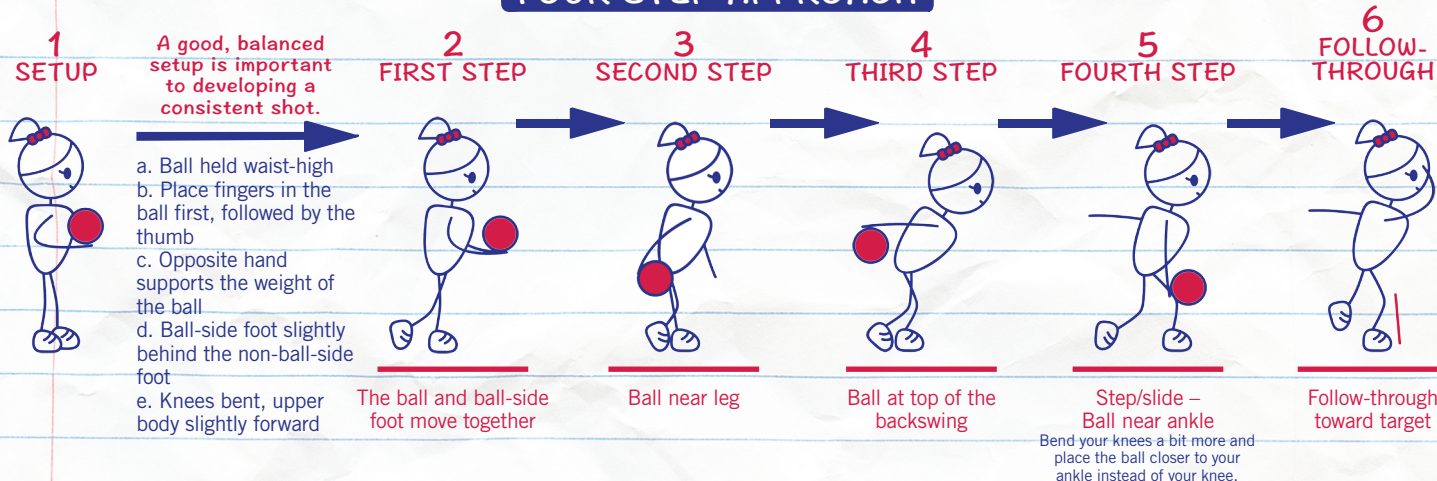
Without the ball, practice the four-step approach. Start by finding an object you can use to visualize as the foul line (chair, counter or table). From that position, take 4.5 steps in the direction you plan on starting. Set up in the stance and mimic the four-step approach and arm swing. By doing this, 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.



RECAP

- Pick Up The Ball Safely
- Place Fingers Into The Ball First, Then The Thumb
- Visualize Your Target Line
- Lane Courtesy
- Line Up In Your Stance
- The Approach and Delivery

FOUR-STEP APPROACH



INTRODUCTION TO LEAGUE BOWLING

A bowling league or club is similar to other youth sports where teams meet once a week for fun and competition. Sessions vary in type, size and length of competition.

A USBC-certified league is governed by United States Bowling Congress (USBC) rules and regulations. As the National Governing Body (NGB) for bowling, the USBC helps keep competition fair for everyone.

Thank You!

