BOWLER GUIDE

FOUR-STEP APPROACH

The four-step approach involves the synchronization of the bowling ball and footwork during a bowler's approach. This is the most common approach used to consistently deliver the ball. The ball is pushed "out - down - back - through" starting with the bowler's first step of the approach.

1 SETUP

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

a. Ball held waist-high
b. Place fingers in the ball first, followed by the thumb
c. Opposite hand supports the weight of the ball
d. Ball-side foot slightly behind the non-ball-side foot
e. Knees bent, upper body slightly forward

2 FIRST STEP

The ball and ball-side foot move together

3 SECOND STEP

Ball near leg

4 THIRD STEP

Ball at top of the backswing

5 FOURTH STEP

Step/slide – Ball near ankle

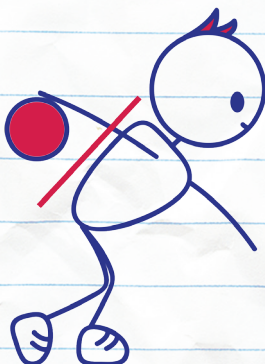Bend your knees a bit more and place the ball closer to your ankle, instead of your knee.
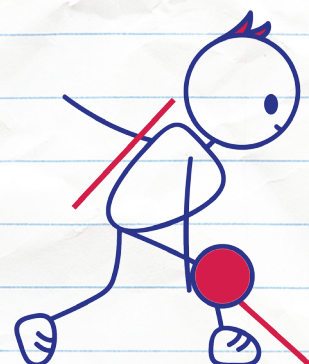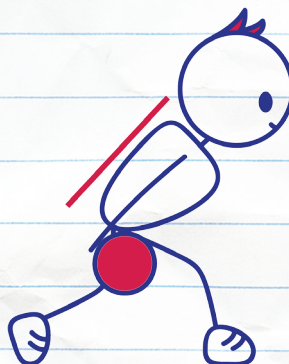
6 FOLLOW-THROUGH

Follow-through toward target

POSTURE

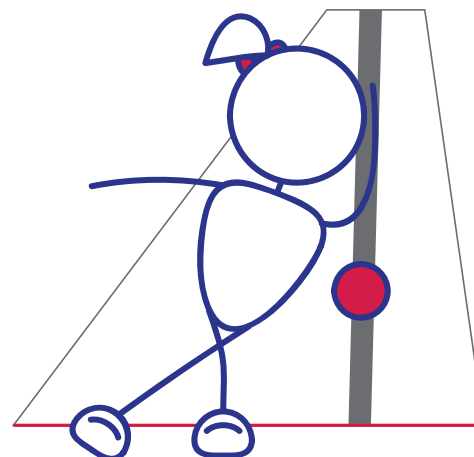**❶ When making your delivery, keep your upper body still.**

❷ Use your arms and legs to get you to the foul line.

PUSH DIRECTION

The initial direction of the bowling ball into the bowler's swing. This should be toward the bowler's target path or key pin.

Keep your head still and hand steady throughout the swing and follow-through toward your target.

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BOWLER GUIDE

START TO FINISH

The overall bowler's approach including stance, start, timing, arm swing, release and finish position.

ALIGN YOUR FEET

Pointing your footwork, on the approach, in the direction of a target path for alignment and consistency.

FOOTWORK

The tempo and direction the feet move during a bowler's delivery.

ALIGNMENT

Use the locator dots on the approach when lining up to make a delivery. Your arm swing and where you let go of the ball will be several boards to your right (for a right-hander) or left (for a left-hander) from where your slide foot finishes at the foul line.
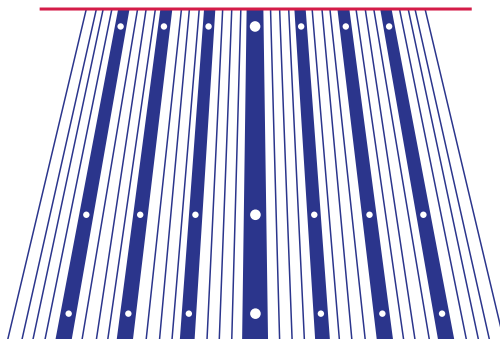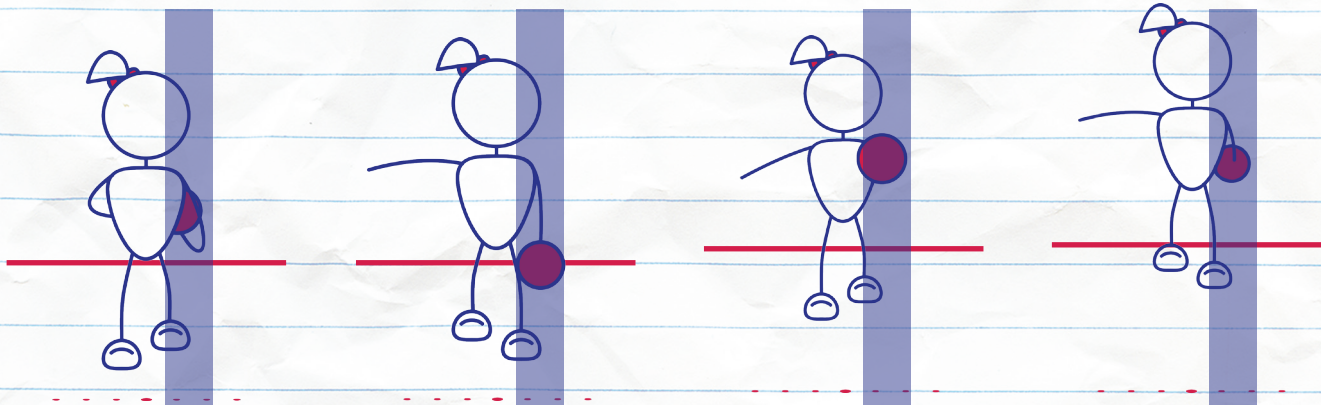
LEFT-HANDED

RIGHT-HANDED

ARM SWING

The arm swing 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 comes down into the forward swing and release.

BALANCE & FOLLOW-THROUGH

A bowler's balance after the ball is released is easiest to repeat when the upper body is centered over the hips and knees. The follow-through can be easily repeatable and consistent when the elbow of the bowling arm extends over the bowling shoulder.

FINISH POSITION

The bowler's overall stance once the ball is delivered. The best finish position includes balance and leverage to deliver the ball onto the lanes.

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