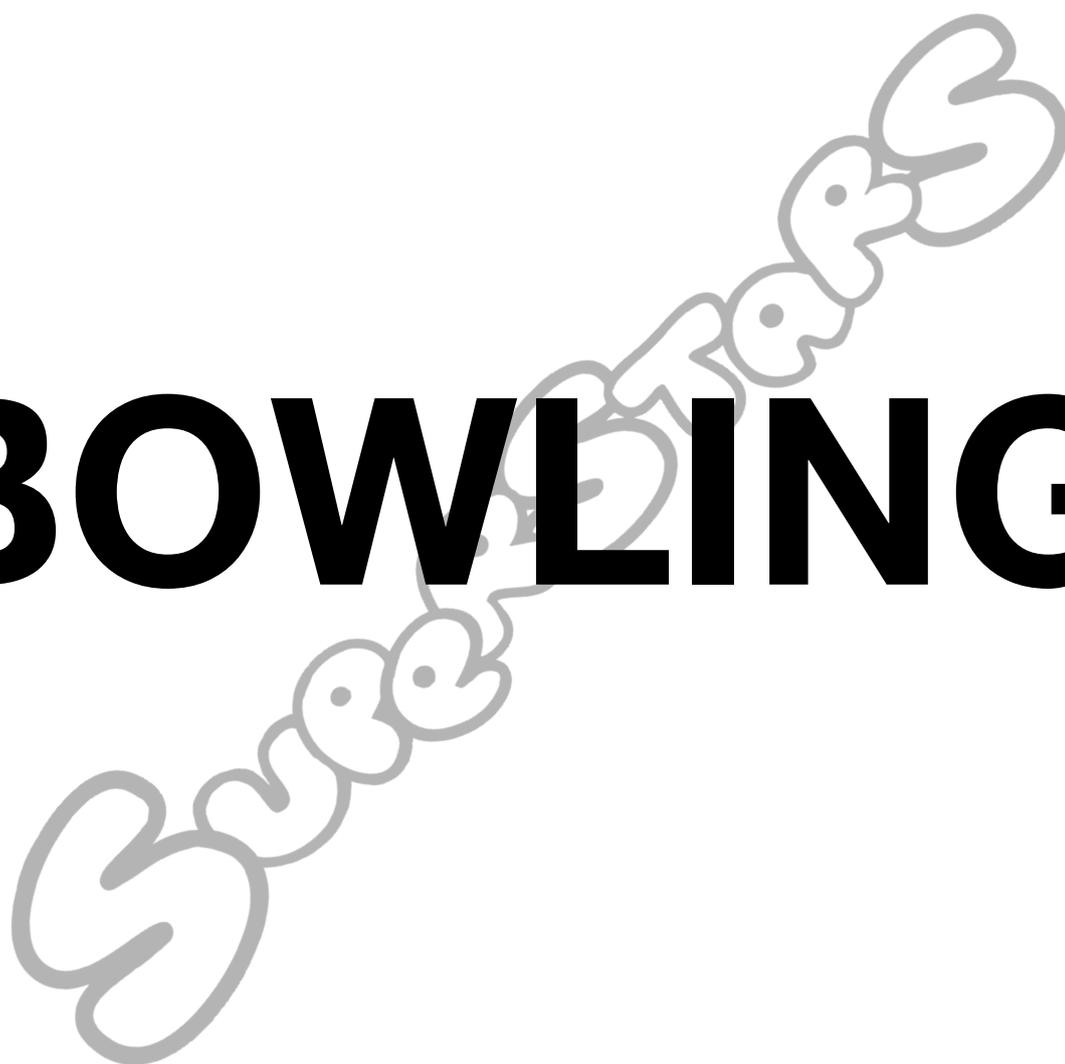


BOWLING



Pendulum Swing Drill

Can be done anywhere (on the approach, on the concourse, even at home). Need a bowling ball. Standing balanced with ball in both hands in normal setup. Do not take any steps. Push ball out slightly, and “let it drop” into the swing. Complete the swing, and “catch” the ball in front of you in both hands.

Push-away Drill

By and large, the biggest trouble spot of most bowlers’ strokes comes at the very start. A solid pushaway is essential for a good release and good timing. You can perform this one-step drill anywhere – even in your living room. You can improve your bowling approach by matching the first movement of your bowling ball with the first movement of your foot (in a 4-step delivery). Take your first step and push the ball forward at the same time. By performing this drill repeatedly, you can build it into your muscle memory. Although this is the “standard” timing for the pushaway, there are other timings. Work with what you have, or what is best for the bowler.

Note: the “push-away” can also be a “drop-down” or “hinge” motion.

Accuracy Drill 1 (for spares)

It starts by hitting the 2-pin without hitting the head pin. Then hit the 3-pin without hitting the head pin. Then hit the 4-pin without hitting the 2-pin. Then hit the 6-pin without hitting the 4-pin. Then hit the 7-pin without hitting the 4-pin. Then hit the 10-pin without hitting the 6-pin. Once you are able to perform each of these, you are well on your way to making most every spare.

Accuracy Drill 2 (for spares)

Start by hitting the 2-pin without hitting the head pin. Then make the spare that is left. Then hit the 3-pin without hitting the head pin. Then make whatever spare is left.

Release Drill 1

Can be done on the concourse, or on the approach. Bowler kneels with right knee down (for right-hander), and left foot flat in front (with 90-degree knee bend), and directly in front of the knee. Bowler takes two “swings”, release the ball on the 2nd swing forward.

Objective is to teach the bowler the “when” of releasing the thumb (at the knee/ankle), and keeping the fingers bent with some “pressure” felt, and the wrist firm, and the “feel” of the release. Thumb and finger positions are emphasized.

Release Drill 2

This is done on the approach, just behind the foul line. Bowler kneels with right knee down (for right-hander), and left foot flat in front (with 90-degree kneebend), and directly in front of the knee. Bowler takes two “swings”, release the ball on the 2nd swing forward. Coach “catches” the ball. Emphasize that the athlete should feel the fingers coming out of the ball last. It is important to not worry about what happens on the lane but to watch the rotation of the ball going down the lane.