



PROPRIETOR'S HOW-TO GUIDE

INTRODUCTION

USA Bowling 101 is a program designed to introduce youths to the sport of bowling in a non-competitive environment that's dedicated to skill development. The goal is to teach youths the fundamentals of bowling prior to graduating them into a traditional, competitive league. **Developing a 101 program within your center is sure to increase your retention rate for beginning youth bowlers.**

All ages are welcome to participate. The only pre-requisite to joining a 101 program is that the youth has never bowled in a structured league before. We suggest you allow the use of bumpers for ages 6 and younger but try to emphasize not hitting them. All other ages (7 and older) must participate without use of the bumpers.

Weeks one through seven consists of focusing on learning the fundamentals of bowling while score is NOT kept at any point during the exercises. It's important for beginners to not allow their results to dictate their progress. The final week should introduce scoring through a fun, organized type of competition between the youths and Team Leaders.

ROLES & RESPONSIBILITIES

There are key roles and responsibilities that must be filled in order for your USA Bowling 101 to be successful. These roles include the Program Commissioner, Head Team Leader and additional Team Leaders.

PROGRAM COMMISSIONER: It's important to assign one person in your center as the USA Bowling 101 Program Commissioner. The Program Commissioner is responsible for overseeing all operations as they relate to this program, coordinating the Team Leaders and being the sole contact for bowlers and their parents.

HEAD TEAM LEADER: Another key role in each USA Bowling 101 program is the Head Team Leader. The Head Team Leader should be someone who's experienced in coaching youth bowling. It's the Head Team Leader's responsibility to teach the curriculum and material to the other Team Leaders. If applicable, the Head Team Leader and the Program Commissioner may be the same person.

TEAM LEADERS: Team Leaders are the on-lane coaches of the USA Bowling 101 program. However, we do not use the term coach in the 101 program. Instead we refer to volunteers as Team Leaders. Research shows that the responsibilities, while the same as a Team Leader, are often intimidating of a volunteer. While they may shy away from the role of coach, they would be open and willing to participate as a Team Leader. You don't want to deter anyone who's willing to get involved helping your youth! Example of excellent Team Leaders can include parents, older siblings, volunteer coaches, high school bowlers, collegiate bowlers or league bowlers.



FORMAT

The USA Bowling 101 program is structured to take place once per week for eight weeks at a designated time for one hour each week. Here's an example schedule for a USA Bowling 101 program:

WEEK	DATE	TIME	LANES	LESSON
1	May 1	5:30pm - 6:30pm	1-8	Introduction, bowling etiquette and safety, knowing the lane, choosing a ball, general bowling vocabulary
2	May 8	5:30pm - 6:30pm	1-8	Staggered stance, follow through, finish position
3	May 15	5:30pm - 6:30pm	1-8	One step approach, release
4	May 22	5:30pm - 6:30pm	1-8	Footwork, four step approach
5	May 29	5:30pm - 6:30pm	1-8	Lane play
6	June 5	5:30pm - 6:30pm	1-8	Spare shooting
7	June 12	5:30pm - 6:30pm	1-8	Review
8	June 19	5:30pm - 6:30pm	1-8	Keeping score, baker games

COST

We suggest the participant fee for the USA Bowling 101 program be roughly \$10-\$15 per week or \$80-\$100 per session and include the following benefits:

- 8-weeks of instruction**
- Standard USBC membership**
- Entry-level bowling ball**

In the long run, it will be much easier if you require a one-time payment for the entire session. However, if you have parents who request the option to make multiple payments that can be allowed as well. Simply make a note of it and coordinate a payment plan for anyone who didn't pay the full amount up-front.

By the time the 101 program is complete, the bowler should receive their USBC membership card and USBC Youth jersey along with a bowling ball that they're ready to drill and use for their first league!



Memberships can be processed online by the Commissioner at: <https://membership.bowl.com/Membership/> or provided to your local USBC Association for submittal.

Bowling balls should be purchased through your pro shop or local distributor.

COACHING

Team Leaders meet 15 minutes prior to the beginning of each week to discuss what will be covered that day.

A workbook with specific curriculum for each week is provided to every Team Leader prior to the beginning of the 101 program called the Team Leaders guide. You'll find as you go along that some bowlers are more advanced or less advanced than the rest of the group. It's important that each Team Leader stick to the provided curriculum and schedule in the guide and not venture off track at any point!

Each week, the Head Team Leader stops all action every 15 minutes to review what's being taught and take any questions.

Curriculum and worksheets are provided at the end of this guide so they can be easily removed, photocopied and provided to the bowlers and parents for future reference.

PARENTS

In the USA Bowling 101 program, parent involvement is highly encouraged!

Parents of youth participants are welcome to sit slightly behind the lanes and listen to what their child(ren) are learning each week. It's important to explain to the parents that while questions are welcomed, comments or suggestions must be kept to themselves until after the day is over and then discussed with the Head Team Leader.

At the beginning of each week, distribute handouts with information on that week's lesson.

TIP! (Optional) Each week, distribute a free one game coupon to each parent and encourage them to practice with their child(ren) following that week's lesson. Limit the coupon to the hour(s) following your 101 program.



WEEK ONE

During the first week of the USA Bowling 101 program, all participants are grouped together and no bowling (or very minimal bowling) takes place. After week one, youths are divided into groups (based on similar age) of no more than four per Team Leader.

Don't forget to stop every 15 minutes to answer questions from the bowlers and parents!

TEAM LEADER'S INSTRUCTIONS

The main focus of week one is to introduce bowlers to the basics of bowling. This should be done by discussing the rules of the game and explaining proper bowling etiquette and safety.

TIP! It's a great idea to begin with a tour of the center. Begin by showing the bowlers how to pick out a bowling ball that's the proper size and weight. Continue by taking a walk alongside the lanes while you explain where the different markings are and what they mean. If you have a smaller group, take them behind the lanes and show them how the pinsetters work.

Because children tend to learn better when provided demonstrations, it's a good idea get some of your Team Leaders involved in a basic skit that demonstrates proper bowling etiquette and safety.

Topics that should be covered and are described in the Team Leaders guide include:

CHOOSING A BALL

- Proper weight
- Proper fit

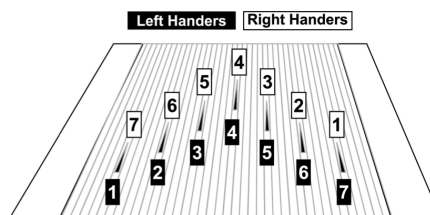
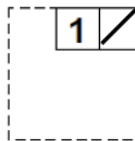
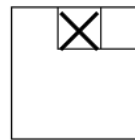
KNOWING THE LANE AND IT'S MARKINGS

- Pins
- Arrows
- Foul line
- Approach
- Scoring

BOWLING ETIQUETTE AND SAFETY

- Ball Return
- Lane Courtesy
- Foul Line
- Approaches
- Picking up the ball

GENERAL BOWLING VOCABULARY



WEEK TWO

By week two, all youths should be divided into groups of four or less per each Team Leader. Youths of similar age and skill level should be grouped together. This week introduces your bowlers to on-lane drills focused on the fundamentals of bowling.

Don't forget to stop every 15 minutes to answer questions from the bowlers/parents!

TEAM LEADER'S INSTRUCTIONS

The first activity each week after the first week of your 101 program should be a short review of what was learned in the previous week. Begin by going over the topics that were covered and asking the group various questions about what they learned. This week's review will include how to choose a ball, what the markings on the lane mean, proper bowling etiquette and safety and general bowling vocabulary.

REVIEW WEEK ONE:

- Choosing a ball
- Knowing the lane and it's markings
- Bowling etiquette and safety
- General bowling vocabulary

NEW MATERIAL:

- Staggered Stance with a push away
- Follow Through
- Finish Position

This week introduces your bowlers to on-lane drills focused on the fundamentals of bowling.

When teaching new bowlers the fundamentals should be broken down into components. The staggered stance with a push away is the first component to eventually developing a four or five step approach.

TIP! The finish position and follow through are key elements of a physically sound bowling game. After each shot, ask the bowlers to hold (or post) their finish position and follow through until their ball hits the pins or rolls to the end of the gutter. This habit will promote good balance and swing direction.



WEEK THREE

Begin this week by briefly reviewing the staggered stance with a push away, follow through and finish position. This week's lesson introduces the one step approach which can be very challenging for new bowlers to get comfortable doing. Take things slow to begin with so bowlers don't fall behind on their progress.

TIP! It's a great idea to supply each parent with a free game card and encourage them to practice with their child after the league that evening or another evening that week.

Don't forget to stop every 15 minutes to answer questions from the bowlers/parents!

TEAM LEADER'S INSTRUCTIONS

Week three consists of a review of week two and more physical game drills. Begin by reviewing the staggered stance with a push away and emphasize the importance of a follow through and strong finish position.

REVIEW:

- Staggered stance with a push away
- Follow through
- Finish Position

NEW MATERIAL:

- One step approach with a push away
- Hand position release

Your bowlers are not ready to incorporate a step to the staggered stance with a push away approach called the one step approach. To start off, the one step approach will be difficult for some bowlers to feel comfortable with because of the introduction to sliding.

TIP! Begin by having the bowlers practice the one step approach without a ball, allowing them to get comfortable with the sliding motion. After a few practice swings, incorporate use of the ball in their approach.

This week we also introduce the proper hand position release. Often times, bad habits that bowlers develop at young ages are related to hand position at release. The proper hand position at the time of release of the ball should be with the thumb at the 12 o'clock position and the fingers behind the ball at the 6 o'clock position (see handout picture for reference).



WEEK FOUR

Don't forget to stop every 15 minutes to answer questions from the bowlers/parents!

TEAM LEADER'S INSTRUCTIONS

Week four includes a review of the one step approach as well as a proper hand position release.

REVIEW

- One step approach with a push away
- Hand position release

NEW MATERIAL

- Footwork
- Four step approach

This week we will introduce steps into the approach. This can be challenging for some and easy for others. Therefore, this is the only new material we will introduce this week. It's important that, while bowlers begin to incorporate steps in their approach that they remember what they have already learned (i.e. push away, finish position, follow through, etc.).

TIP! You can use blue painters' tape (it's less sticky and won't leave tape residue on the approach) to run from the center dot on the back of the approach to 3 or 4 feet behind the center dot on the foul line (to allow space for their slide). Have the bowlers practice their footwork while staying on or near the tape line to encourage walking in a straight path, start to finish.

Have them begin their stance with their slide foot on the center dot. Reinforce the fact that the final "step" should be a slide and not an actual step.

TIP! A helpful piece of advice while teaching the four step approach is to have the bowlers count their steps out loud as they walk (ex: 1...2...3....4 OR step...step...step...slide).

WEEK FIVE

By week five, you're done introducing any physical game fundamentals to the bowlers. Any bowler who's struggling to get comfortable with the four step approach should continue to work on it this week with their Team Leader.

Don't forget to stop every 15 minutes to answer questions from the bowlers/parents!

TEAM LEADER'S INSTRUCTIONS



Begin this week with a heavy review of the four step approach. Because the four step approach can be a difficult one to grasp, spend a little extra time reviewing it this week. After about a 15-20 minute review it's time to introduce targeting and lane play.

REVIEW

- Footwork
- Four step approach

NEW MATERIAL

- Lane play
- Targeting

The only new material we introduce this week is lane play. Most of the bowlers will use the middle (or fourth) arrow on the lane as a target to hit the head pin.

TIP! Wipe the oil off small sections of the lane and place bowlers tape or sticky notes on the lane as targets for the bowlers to try to hit.

WEEK SIX

Now that the bowlers have practiced hitting a target through lane play, it's time to teach different spare shooting techniques.

Don't forget to stop every 15 minutes to answer questions from the bowlers/parents!

TEAM LEADER'S INSTRUCTIONS

Week six begins with a short review of targeting and lane play before introducing spare shooting.

REVIEW

- Lane Play
- Targeting

NEW MATERIAL

- Spare shooting

Youths who are newer to bowling should keep spare shooting as simple as possible. The spare shooting table on the following handout is for bowlers who use the center (or fourth) arrow as a target.

Utilizing the same target for their spares, the bowler will move to the opposite side of the approach from the spare and roll the ball across the lane in a straight line towards the pin(s). This type of spare shooting style is called cross lane.



WEEK SEVEN

Today is simply a day of “putting it all together”. There is no new material introduced to the bowlers this week. Score is not kept.

TEAM LEADER’S INSTRUCTIONS

Week seven is a review week of all previous weeks’ lessons. It is a coached practiced session where all bowlers take turns bowling. Coaches should monitor the bowlers as they practice and offer advice to any bowler struggling with a particular topic.

REVIEW

- Choosing a ball
- Knowing the lane and it’s markings
- Bowling Etiquette and Safety
- General Bowling Vocabulary
- Staggered stance with a push away
- Finish position
- Follow through
- One-step approach
- Hand position release
- Footwork, Four Step Approach
- Lane play
- Spare shooting

WEEK EIGHT

This is the final week of the USA Bowling 101 program. Now that the bowlers are more comfortable with the fundamentals and understanding of bowling, you’re ready to turn on the scorers. After the Team Leaders have explained how score is kept in bowling, pre-arrange bowlers on teams of 3, 4 or 5 and organize a baker competition as the final activity.

TEAM LEADER’S INSTRUCTIONS

The final week will introduce scoring to the bowlers. Begin the day by explaining how to keep score bowling. This can be done in smaller groups or presented to the entire group at the same time. Then pass out the worksheet provided and allow the bowlers to practice filling in the scores themselves. Coaches should monitor and assist as needed.

Finish the day by explaining what a baker game is and organizing a fun, baker game competition for the bowlers.

NEW MATERIAL

- Keeping Scoring
- Baker Games

