



## In-School Bowling Fundamentals Quick Reference Guide

Lesson	Setup	Cue Words	Activity	Page
<b>SAFETY</b> <ul style="list-style-type: none"> <li>• Must remain on feet at all times</li> <li>• Must respect foul line</li> <li>• Keep nylon bags off floor</li> <li>• Do not slide on gym floor</li> </ul>	<ul style="list-style-type: none"> <li>• Gym/Multi-purpose Room</li> </ul>	None	<ul style="list-style-type: none"> <li>• Fun and safe bowling</li> </ul>	6
<b>ETIQUETTE</b> <ul style="list-style-type: none"> <li>• Respect bowlers on each side</li> <li>• Be ready for your turn</li> <li>• Encourage your teammates</li> </ul>	<ul style="list-style-type: none"> <li>• Gym/Multi-purpose Room</li> </ul>	None	<ul style="list-style-type: none"> <li>• Fun and safe bowling</li> </ul>	7
<b>FREE PENDULUM SWING</b> <ul style="list-style-type: none"> <li>• Staged position</li> <li>• "Bowling arm"</li> <li>• "Non-bowling arm"</li> </ul>	<ul style="list-style-type: none"> <li>• Spread students out with enough room to swing their arms.</li> </ul>	PUSH - RELAX	<ul style="list-style-type: none"> <li>• Do PUSH-RELAX motion together.</li> <li>• A natural free swing should result.</li> </ul>	8
<b>HOW TO HOLD THE BALL</b> <ul style="list-style-type: none"> <li>• Two middle fingers and thumb</li> </ul>	<ul style="list-style-type: none"> <li>• Spread students out with enough room to swing their arms.</li> </ul>	None	<ul style="list-style-type: none"> <li>• Demonstrate that the two middle fingers and thumb hold the ball.</li> </ul>	9
<b>RELEASE</b> <ul style="list-style-type: none"> <li>• Teach from kneeling position</li> <li>• Use clock for correct position</li> <li>• Focus on relaxed arm swing</li> </ul>	<ul style="list-style-type: none"> <li>• Get students into teams of two and line up facing each other 10-15' apart.</li> </ul>	None	<ul style="list-style-type: none"> <li>• Roll ball to partner from kneeling position.</li> </ul>	10
<b>FOLLOW THROUGH</b> <ul style="list-style-type: none"> <li>• Teach from kneeling position</li> </ul>	<ul style="list-style-type: none"> <li>• Get students into teams of two and line up facing each other 10-15' apart.</li> </ul>	ANSWER THE PHONE	<ul style="list-style-type: none"> <li>• Roll ball using proper follow through</li> </ul>	11
<b>ACCURACY</b> <ul style="list-style-type: none"> <li>• Teach from kneeling position</li> <li>• Use a single pin</li> </ul>	<ul style="list-style-type: none"> <li>• Get students into teams of two and line up facing each other 10-15' apart.</li> </ul>	None	<ul style="list-style-type: none"> <li>• Smooth roll, like landing an airplane</li> </ul>	12



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[continued]

Lesson	Setup	Cue Words	Activity	Page
<b>BALANCE</b> <ul style="list-style-type: none"> <li>Staggered feet position</li> <li>"Karate Kid" crane balance</li> </ul>	<ul style="list-style-type: none"> <li>Get students into teams of two and line up facing each other 10-15' apart.</li> </ul>	<p>None</p>	<ul style="list-style-type: none"> <li>Start in staggered position</li> <li>Lean forward and extend both arms out to side.</li> <li>Lift back foot and hold balance,</li> <li>Back toe should be on the floor.</li> <li>Swing bowling arm freely.</li> </ul>	<p>13</p>
<b>ROTATION</b> <ul style="list-style-type: none"> <li>Explain positions</li> <li>Rotate clockwise</li> </ul>	<ul style="list-style-type: none"> <li>Set up bowling lanes</li> <li>Use four pins--1, 2, 3 and 5 pin on each lane</li> </ul>	<p>None</p>	<ul style="list-style-type: none"> <li>Form teams of 3-6</li> <li>Explain each position</li> <li>Each student gets 2 deliveries practicing balance and rotation</li> </ul>	<p>14</p>
<b>ONE-STEP DELIVERY</b> <ul style="list-style-type: none"> <li>"Toy Story's Woody"</li> <li>Feet together; knees bent</li> <li>"Magic" string = heel up</li> <li>Hold balance and finish</li> </ul>	<ul style="list-style-type: none"> <li>Set up bowling lanes</li> <li>Use four pins--1, 2, 3 and 5 pin on each lane</li> </ul>	<p>BACK - AND - BOWL</p>	<ul style="list-style-type: none"> <li>Each student gets two deliveries using Balance Plus technique.</li> <li>Students bowl and rotate.</li> </ul>	<p>15</p>
<b>ARM SWING</b> <ul style="list-style-type: none"> <li>Bowling arm ready</li> <li>Watch, listen, follow</li> </ul>	<ul style="list-style-type: none"> <li>Spread students out with enough room to swing their arms.</li> </ul>	<p>OUT - DOWN - SWING - AND - RELAX</p>	<ul style="list-style-type: none"> <li>Start arm motion slowly and speed up to develop free, natural arm swing.</li> </ul>	<p>16</p>
<b>TEMPO STEPS</b> <ul style="list-style-type: none"> <li>Staggered position</li> <li>Hands on hips</li> <li>Flex knees and lean forward</li> </ul>	<ul style="list-style-type: none"> <li>Spread students out with enough room to swing their arms.</li> </ul>	<p>SHORT - SHORT - SHORT - BOOOOWL</p>	<ul style="list-style-type: none"> <li>Do several sets of tempo steps to develop the rhythm of a consistent approach</li> </ul>	<p>17</p>

**FOUR-STEP DELIVERY**

- Staggered feet position
- Ball ready for push away

- Set up bowling lanes
- Use all 10 pins

ONE - TWO -  
THREE - FOUR -  
AND A LITTLE MORE

- Regular bowling rotation and scoring