



How to Run Circuit Training

Circuit Training will be based on how many bowlers you have during your practice session.

Circuit Stations

Setup

There are four stations in this scenario

Instructions

Using the On-lane Drills (which include spare and targeting drills) and Off-lane Drills and Activities, the coach will explain each station and place each bowler at one of the four stations. The coach will time the bowlers and after five minutes, the bowlers will rotate stations.

Example

Station 1: On the lane practicing the Random Pin Spare drill

Station 2: In the bowler's area, working activity sheet for keeping score

Station 3: On the concourse, working on the off-lane Weighted Armswing

Station 4: On the concourse, working on the off-lane Balance Drill

Variations

Coaches can set up their stations however they wish, depending on the space available, and determine the time needed for each station.

Competition Practice

Setup

Bowlers need to be split into two teams

Instructions

Bowlers will bowl a Baker game competition. The coach should stay in the settee area and instruct the bowlers as if they were in actual competition.

Variation

None