



SUMMER CAMP



CURRICULUM 1



Phase 1 Athletic Pose & One-Step Delivery (Staggered Stance Finish)

Athletic Pose

The Athletic Pose is a balanced starting position that is used when bowlers begin utilizing steps to deliver the ball.

- 1) Bowler holds ball securely with both hands while setting up
- 2) Bowler places the slide foot at starting point (*locator dots or a location chosen on the approach*)
- 3) The ball-side foot is set back, next to the slide foot
- 4) The feet positioned comfortably apart from side to side
- 5) The knees bent slightly and positioned over the toes
- 6) The spine tilted slightly forward
- 7) The ball-side hips and shoulders set back slightly to match up with the feet
- 8) The bowler places their hand in the ball fingers first, followed by the thumb
- 9) The ball is positioned waist-high, between the shoulder and chin of the ball-side shoulder (*The ball-side shoulder will be slightly lower than the opposite shoulder to allow for the weight of the ball*)
- 10) The ball-side elbow is positioned at the hip
- 11) The wrist is straight and firm with the hand positioned under the ball
- 12) The opposite hand helps support the weight of the ball. The ball should rest comfortably with minimal finger and thumb pressure



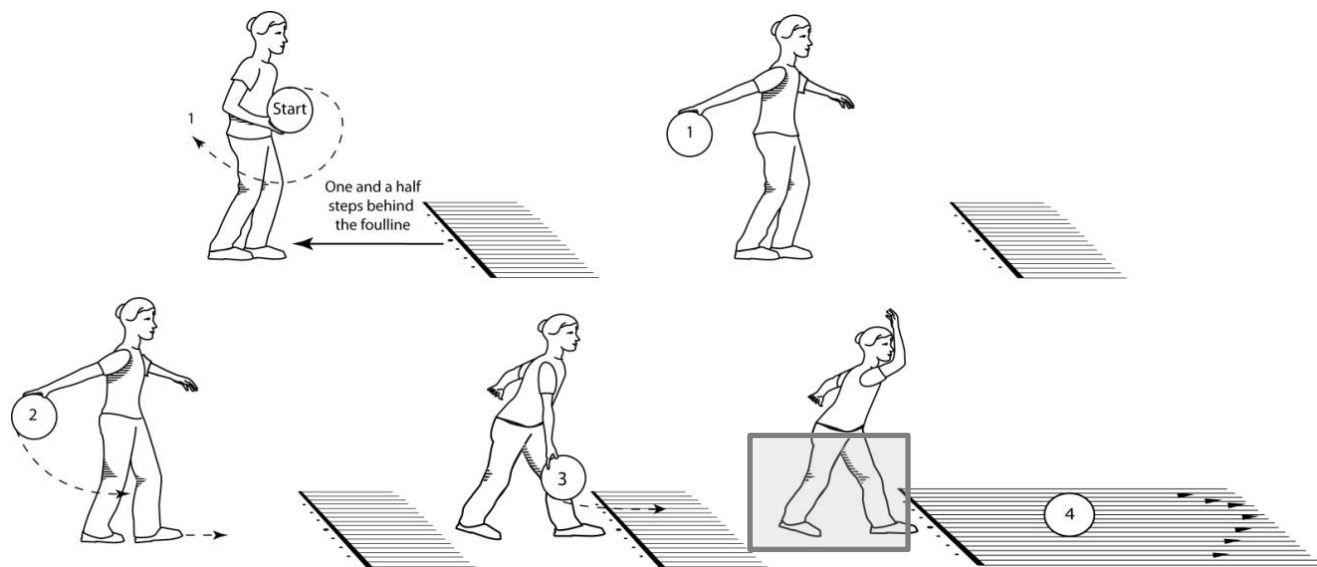


One-step with a Push Away (Staggered Stance Finish)

New bowlers will find this useful to learn a balanced finish position.

The bowler:

- Picks up the ball from the ball return using both hands on either side of the ball
- Carries the ball using both hands to the foul line, then turns around and stands with their back facing the pins with the center dot between their feet
- Takes one and a-half steps from the foul line and turns on their toe to face the pins. This is the starting distance
- Set up in athletic pose
- Places hand in the ball fingers first, followed by the thumb
- (Start) Positions the ball-side elbow at the hip and holds the ball waist level
- (1) Pushes the ball away, allowing it to swing naturally, while the opposite hand goes out to the side for balance as the ball continues into the backswing
- (2) Slides forward with the slide foot as the ball comes down from the top of the backswing, ending with the body weight over the slide foot
- (3) Releases the ball on the forward motion, as the ball passes the slide foot ankle, ball side leg stays behind the bowler
- (4) Bowler follows through toward the target, bringing the bowling elbow above the ball-side shoulder, staying in a balanced position watching the ball until it rolls over the target

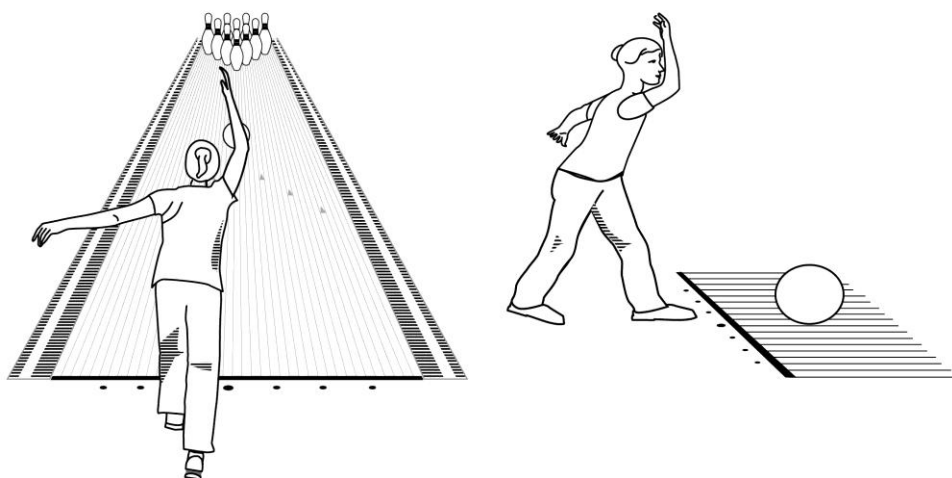




Phase 1 Finish Position & Follow Through

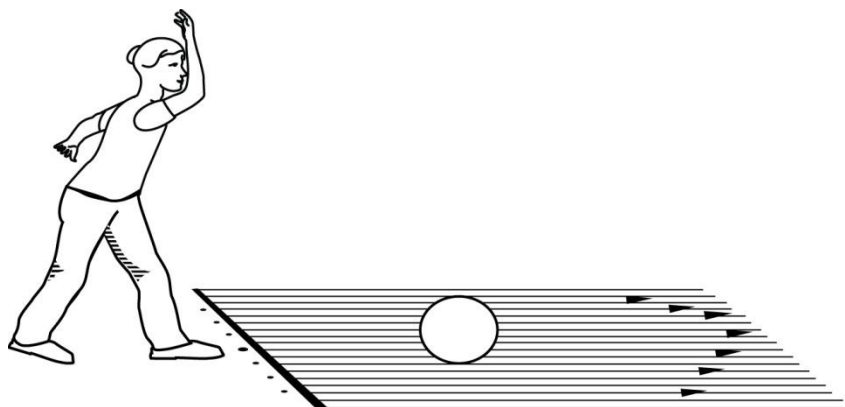
Finish Position

The finish position is the most important part of a bowler's delivery. The opposite arm is used to create a balanced finish position. It should go out to the side and stay there through the finish position; this will help keep the body pointed in the direction of the ball path. As the ball passes the slide foot ankle, the ball-side leg finishes behind the bowler.



Follow Through

It's important that bowlers reach out and fully extend their arm so the elbow is above the shoulder. This teaches a bowler how to complete the motion of the armswing and reinforces the direction toward the target.



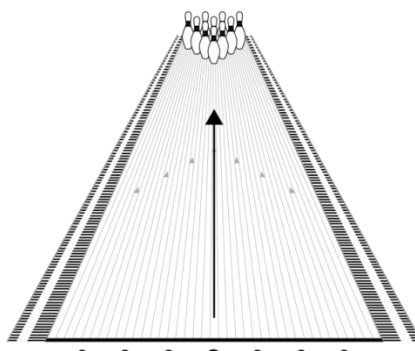


Phase 1 Lane Play

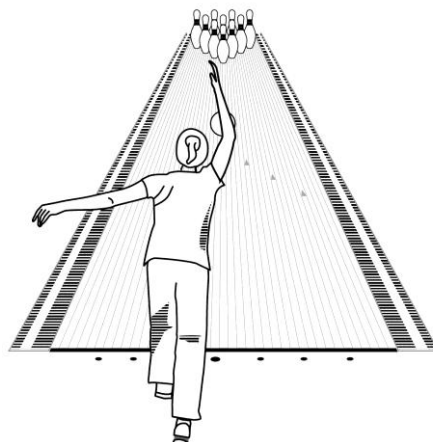
Adjusting

New bowlers most likely will be releasing the ball with their thumb at 12 o' clock, allowing the ball to roll straight down the lane (Refer to Phase 1 Release Hand Position). Once a bowler is able to keep the ball on the lane, they will need to learn how to change their alignment on the approach to compensate for the ball missing the head pin.

New bowlers should aim at a target that is easy for them to see with the goal being to get the ball to hit the front pin (No. 1 pin) also known as the head pin. USA Bowling suggests using the fourth arrow (middle) on the lane for the target. Right-handers will line up their feet to the left of the target and left-handers will line up their feet to the right side of the target. This will allow for a straight armswing and follow through.



If the bowler is missing their target, check their foot position and body alignment to make sure the swing is in line with the target. Also watch their hand as they swing the ball to make sure the thumb stays pointing toward the target throughout the swing and follow through.





Phase 1 Personal Equipment

Personal Bowling Balls

Bowling balls can be purchased and come in a variety of colors, textures and weights ranging from six to 16 lbs.

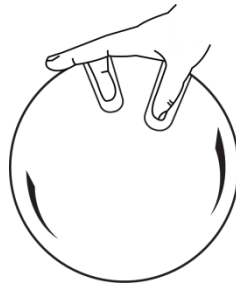
Entry Level Ball

The covers of these bowling balls are made of plastic (polyester) and are great for new bowlers.

Before purchasing a bowling ball, bowlers should consult an International Bowling Pro Shop and Instructors Association (IBPSIA) certified pro shop professional.

Conventional Grip

This fit will allow a secure grip. The fingers are inserted to the second joint followed by the thumb, which is placed all the way to the base.



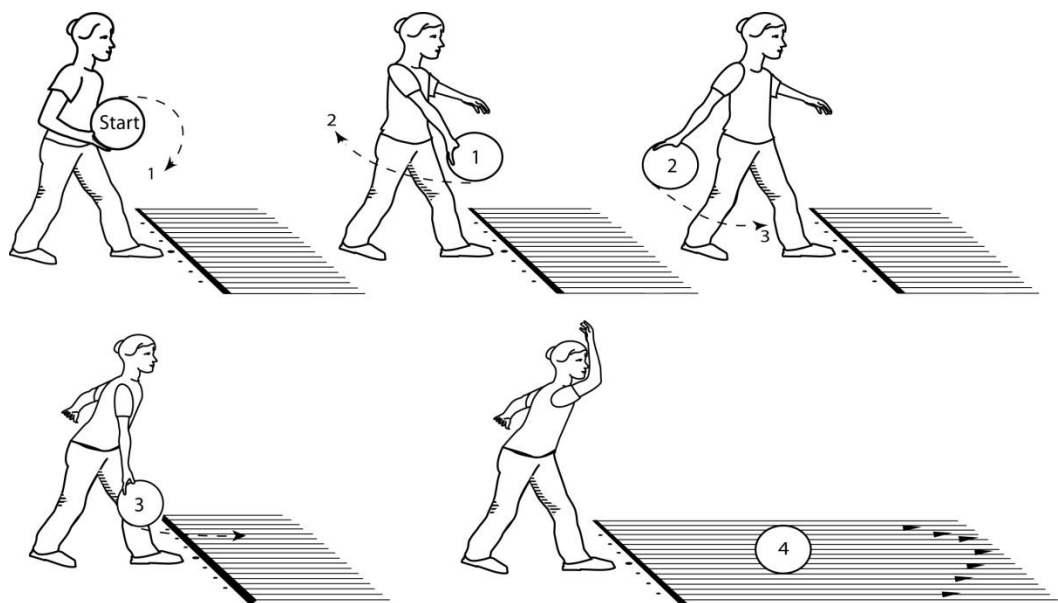


Phase 1 Staggered Stance with a Push Away

This is to be used when the bowler is ready to incorporate a push away.

The bowler:

- Picks up the ball from the ball return using both hands on either side of the ball
- Carries the ball to the foul line and stands at the foul line holding the ball in both hands
- Stands using the staggered stance, pointing the slide foot (non-ball side foot) toward the target area, then places the ball-side foot six-18 inches behind the slide foot
- Places hand in the ball, inserting fingers first, followed by the thumb
- (Start) Positions the ball-side elbow at the hip and holds the ball waist level
- (1) Pushes the ball away
- (2) Allows the ball to swing naturally, while the opposite hand goes out to the side for balance as the ball continues into the backswing
- (3) As ball comes forward again, releases ball as it passes the slide foot ankle
- (4) Bowler follows through toward the target, bringing the bowling elbow above the ball-side shoulder, staying in a balanced position watching the ball until it rolls over the target





Phase 1 Stance (Set Up)

Hand Position Stance

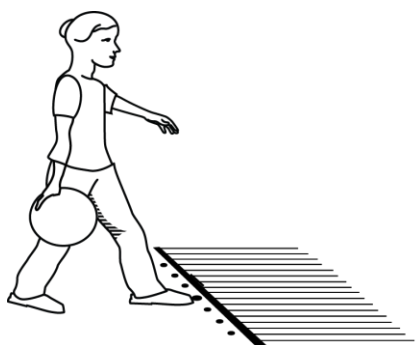
The hand is positioned under the ball with a firm wrist, held at waist level in-between chin and shoulder.



Staggered Stance

This begins to develop the bowlers finishing position by using a wider stance. It resembles the last step of the four-step delivery.

- 1) Bowler holds ball securely with both hands while setting up
- 2) Bowler places the slide foot on locator dot near the foul line
- 3) The ball-side foot is placed anywhere from six to 18 inches behind the slide foot (*Distance apart for bowler's feet should allow them to be comfortable and balanced*)
- 4) The knees are bent slightly and will be positioned over the slide foot toe
- 5) The spine is tilted slightly forward. The hips and shoulders are set back slightly to match up with the feet
- 6) The bowler places their hand in the ball, fingers first, followed by the thumb
- 7) The ball is positioned hanging at their side or waist-high, between the shoulder and chin of the ball-side shoulder (*The ball-side shoulder will be slightly lower than the opposite shoulder to allow for the weight of the ball*)
- 8) The ball-side elbow is positioned at the hip
- 9) The wrist is straight and firm with the hand positioned under the ball
- 10) The opposite hand helps support the weight of the ball. The ball should rest comfortably with minimal finger and thumb pressure





Phase 1 Equipment

Bowling Shoes (Rental)

Shoes can be rented at the front counter of the bowling center.

Bowling Shoes (Personal)

Some bowlers may prefer to have their own bowling shoes. There are two types of shoes that can be purchased: Recreational and High Performance. At this level, recreational should be used as they have a slide sole on both shoes so they can be used by left- or right-handed bowlers.

Bowling Shoes (Care)

Bowling shoes should stay dry and free of any foreign substance while bowling. Shoes can become wet from the restroom, drinking fountain, rain, snow, spills and oil on the lane. If a bowler's shoes get wet, they should be thoroughly dried or changed. Powders such as talcum powder or similar items can cause bowlers to slip. Sticking or slipping can result in a fall or injury.

House Balls

Most new bowlers use a ball provided by the bowling center, called a "house" ball. They are made of plastic (polyester) and range in weight from six to 16 pounds. The cover is smooth and does not generate a lot of hook. This is good for beginners as it will allow for more control.

Bowling Ball Weight

A ball that is too heavy could cause the bowler to squeeze the ball and create erratic physical movements; if the bowling ball is too light, the bowler will be able to manipulate the swing which could cause inconsistency. The bowling ball should fit comfortably and be a proper weight which is usually about 10 percent of body weight and adjusted from there for size, strength and ability.

Bowling Ball Fit

A ball that does not properly fit can sometimes cause blisters, calluses or sores. Finger and thumb holes that are too big can cause the ball to be dropped, and if the holes are too small the ball could stick on the bowler's hand. As youth bowlers grow, it is important to check their fit continuously and make adjustments when needed.

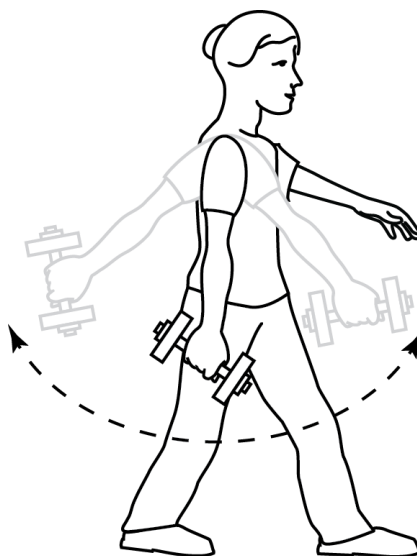




Phase 1 Off Lane Drills

Weighted Armswing

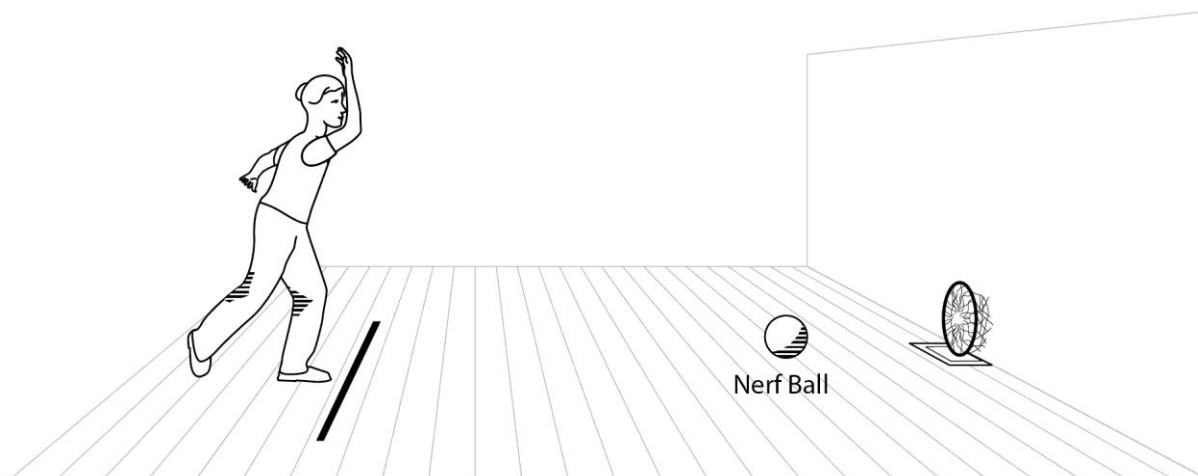
| | |
|-----------------------|--|
| Purpose | To teach the bowler how to feel a free and straight armswing. |
| Setup | Staggered Stance |
| Instructions | In this drill, the bowler will use a three- to five-pound weight. Have the bowler hold the weight down to their side while holding their opposite hand out for balance. Swing the weight slightly forward, and allow the weight to swing naturally into the backswing. This will allow the bowler to feel a free swing. (Repeat six times). |
| Variations | <p>Bowler can use the Finish Position Setup</p> <p>Using a bowling ball Coach chooses a ball that is about 1/10th of the bowler's body weight (ex: 100-pound bowler = 10-pound ball). Place the ball in a cloth ball carrier and have the bowler hold the sling down to their side. While holding their opposite hand out for balance, have the bowler swing the ball back and forth. (Repeat six times).</p> |
| Coaching Notes | Coaches should check the body movement of the bowler. The bowler should remain in a balanced position with minimal body movement. If the weight or the ball compromises the bowler's balance, or if the bowler can overpower the weight or the ball, then the coach should change the weight accordingly. |





Rolling the ball

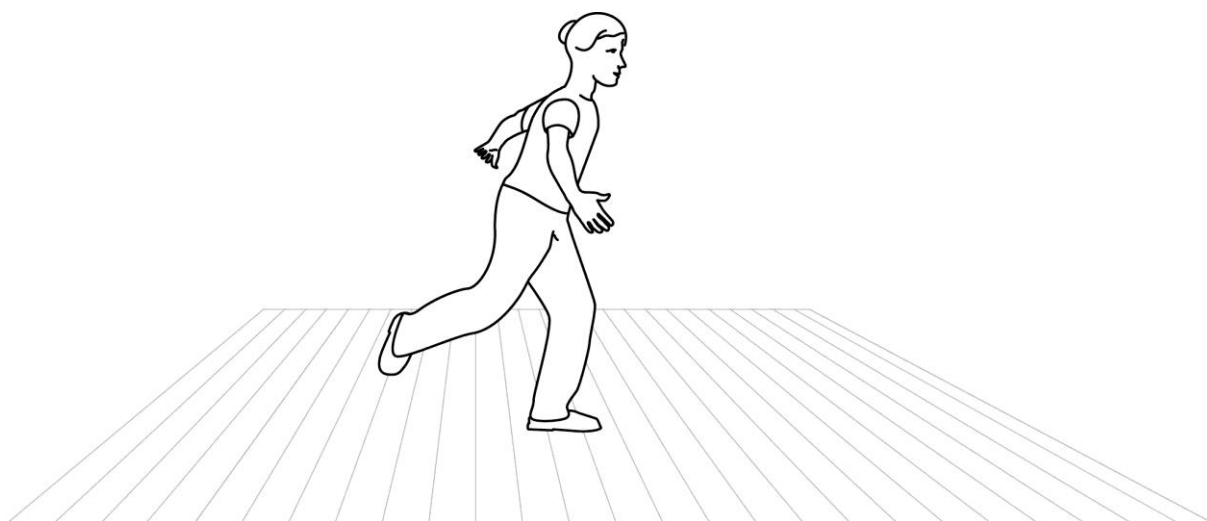
- Purpose** To teach the bowler the feel of the ball rolling off the fingers.
- Setup** Staggered Stance
- Instructions** Place a NERF basketball hoop with the backboard lying on the floor and the hoop against the wall. Mark off a minimum of 12 feet from the hoop. Using the NERF basketball (or a mini basketball if the NERF ball is too light), have the bowler get into position and hold the ball in the palm of their hand. They will swing it back once and as the ball comes forward they will roll the ball off their palm and fingers onto the floor and into the hoop. Once the ball hits the wall, it will return to the bowler or another bowler can stand by the wall and walk the ball back to the one performing the drill.
- Variations** Use the Finish Position
- Use masking tape to make a square for the target on the wall close to the floor and have the bowler try to roll the ball over or into the square.
- Coaching Notes** Have the bowlers form a line and place one bowler by the target to return the ball. Let each bowler try a few times then rotate the line. Coaches should watch to make sure the ball is being rolled off the fingers and not tossed into the wall. The ball should be rolled on the floor.





Balance Drill

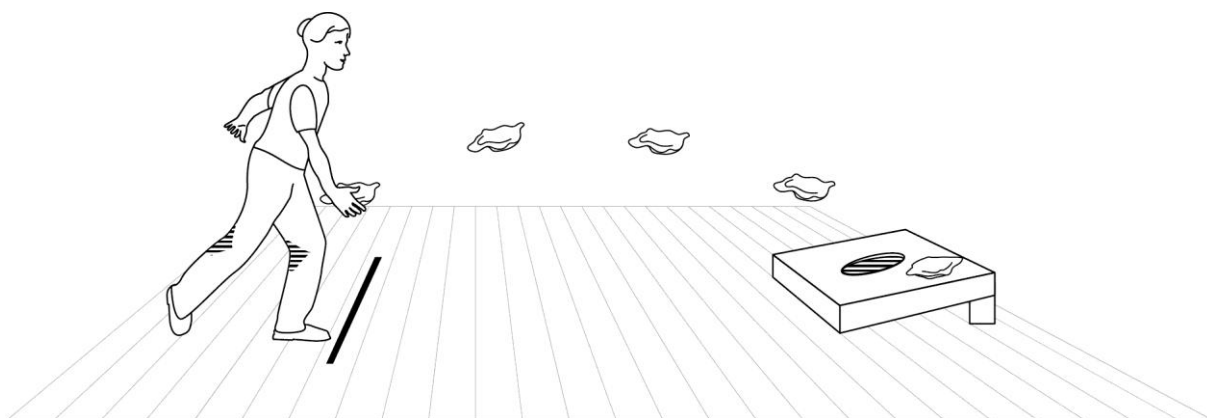
| | |
|----------------------|--|
| Purpose | Balance is a major component of the physical game. Once bowlers understand how they achieve balance, it will help them to make corrections in their finish position. |
| Setup | None |
| Instructions | The bowler will stand on their slide foot with a slight knee bend while holding the ball-side foot off the ground and slightly behind them with their arms out to their side for balance. Hold for 10 seconds, go back to standing position, and repeat. |
| Variations | This drill can be done with a half balance ball called a BOSU as long as there is an assistant to help them. |
| Coach's Notes | Coaches should look for stability and help the bowler to find a balance point. |





Bean Bag Toss

- Purpose** To develop the bowler's hand/eye coordination to improve their targeting skills while working on maintaining their balance.
- Setup** Finish Position
- Instruction** Coach places a box (Refer to how to build the beanbag toss) on the concourse carpet or floor and marks a spot 12 feet away. The bowler sets up on the mark so their armswing is in line with the hole in the box. This will keep them from crossing their arm in front of their body to toss the beanbag. The bowlers will mimic the armswing and toss the beanbag into the hole while keeping their balance. Bowlers need to track the best out of six shots and try to improve upon that each week (They can use the random arrow/croquet tracking sheet).
- Variation** If they have trouble holding their balance, bowlers can use the Staggered Stance Setup or, to make it more challenging, have them use the one-step approach (refer to the one-step finish position drill) ending in a balanced finish position.
- Coach's Notes** Coach should look for a straight armswing, excessive movement of the torso and balance.
- Have the bowlers form a line and place one by the box to return the beanbags. Let each bowler try for a few times and rotate. If two boxes are available, two bowlers can work together.

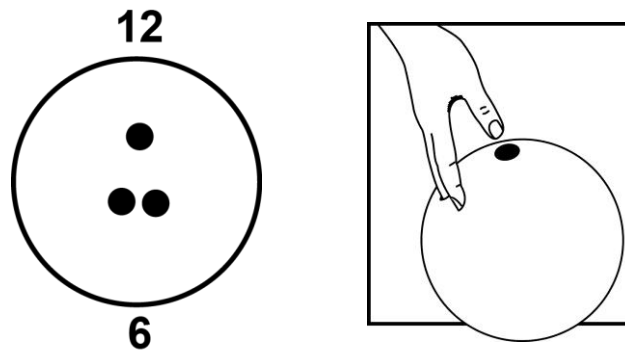




Phase 1 Release Hand Position

Hand Position - Release

To roll a straight ball, for both right- and left-handers, the thumb will be positioned at 12 o'clock with fingers at 6 o'clock. As the ball reaches the bowler's ankle, the ball rolls off the palm with the thumb exiting first followed by the fingers.



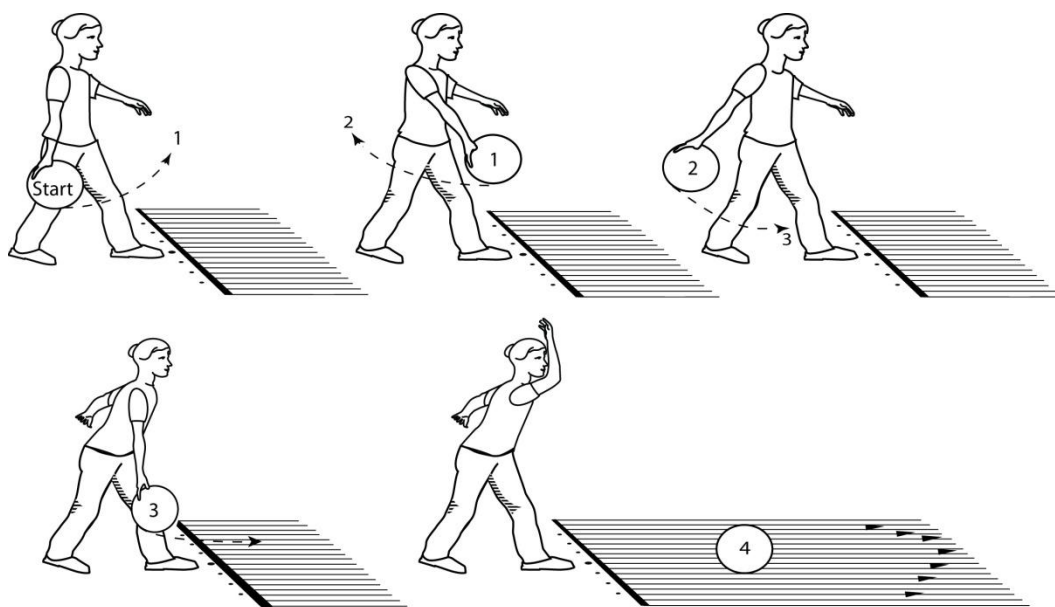


Phase 1 Staggered Stance without a Push Away

This is used to help create a straight swing if the weight or size of the ball is causing inconsistency.

The bowler:

- Picks up the ball from the ball return using both hands on either side of the ball
- Carries the ball to the foul line and stands at the foul line holding the ball in both hands
- Stands using the staggered stance, pointing the slide foot (non-ball side foot) toward the target area then placing the ball-side foot six -18 inches behind the slide foot
- The body's weight should be balanced between both feet
- Places hand in the ball, inserting fingers first, followed by the thumb
- (Start) Holds the ball hanging by their side with the opposite hand extended for balance
- (1) The bowler will swing the ball forward first
- (2) Then back into the backswing
- (3) As ball comes forward again, releases ball as it passes the slide foot ankle
- (4) Bowler follows through toward the target, bringing the bowling elbow above the ball-side shoulder, staying in a balanced position watching the ball until it rolls over the target



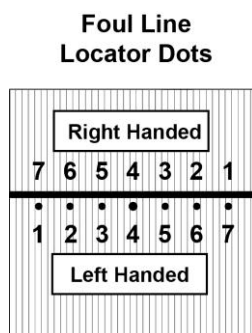


Phase 1 Spares

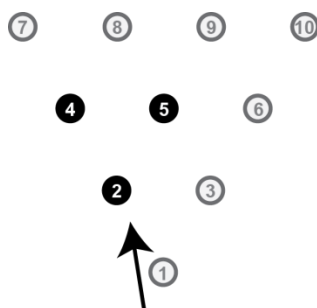
Converting spares

Bowlers using the staggered stance or one-step approach should keep it simple. 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).

The seven locator dots at the foul line will be used to help the bowler line up with their slide foot to shoot spares. Right-handers count the dots right to left and left-handers count the dots left to right.



In order to pick up a spare that has more than one pin, the pin that is in the front must be hit.



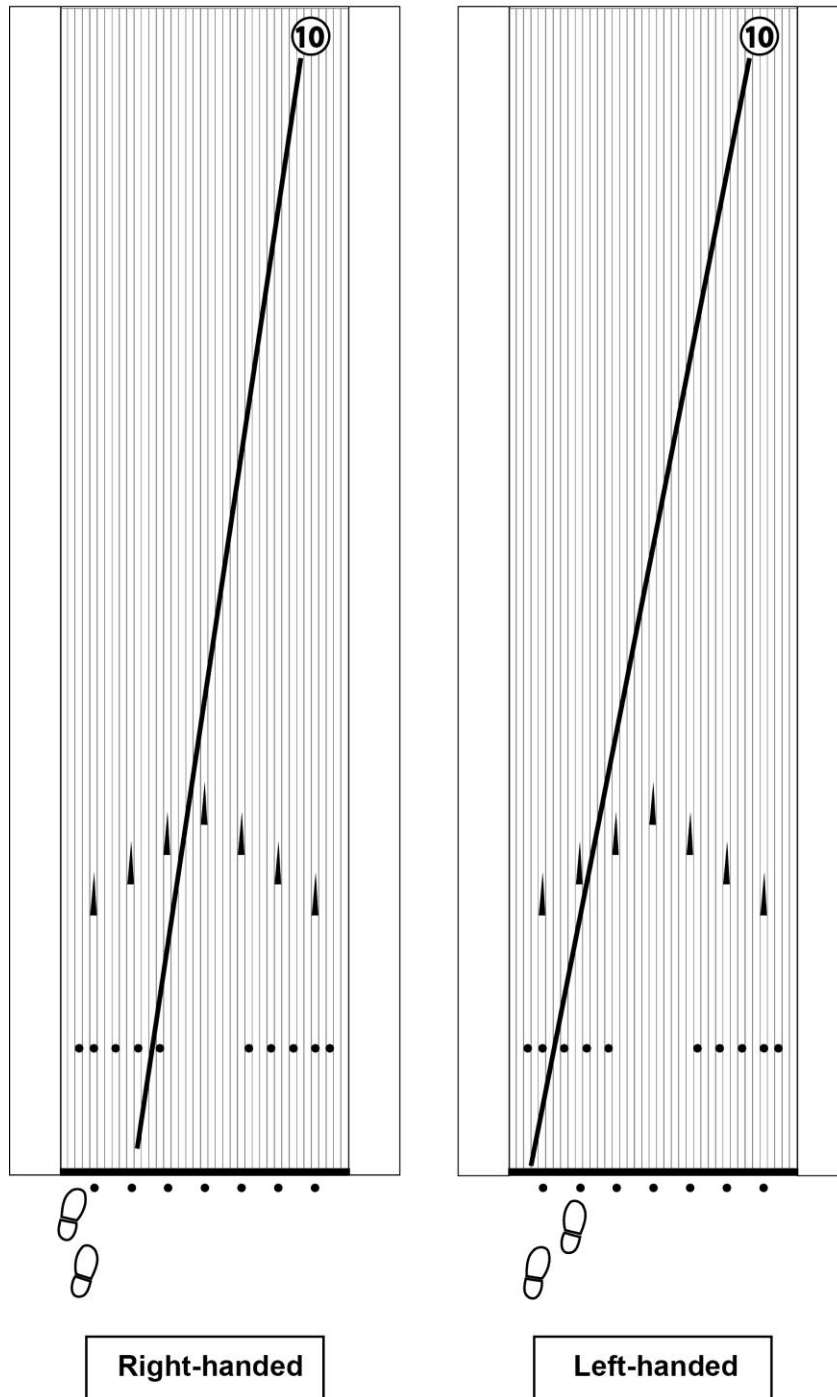
If a new bowler missed their target and leaves a spare with either the 1 or 5 pin, the bowler should roll the second ball as if they were trying to get a strike.

| Spare leave with | Right-hander stands on | Left-hander stands on |
|------------------|------------------------|-----------------------|
| 1 or 5 Pin | Starting Position | Starting Position |
| 2 or 8 Pin | 3rd Dot | 5th Dot |
| 4 Pin | 2nd Dot | 6th Dot |
| 7 Pin | 1st Dot | 7th Dot |
| 3 or 9 Pin | 5th Dot | 3rd Dot |
| 6 Pin | 6th Dot | 2nd Dot |
| 10 Pin | 7th Dot | 1st Dot |



Phase 1 spares are for bowlers who will be starting near or at the foul line

Example 10 Pin





Phase 1 Bowler Evaluation

Directions: Coaches give each player a check mark ✓ for areas that need improvement. Repeat the checklist as needed.

Coaches: Remember that your bowlers will have individual styles and you should work with your bowlers to help them become successful and confident.

Name _____

Date _____

- _____ Ball fit
- _____ Picks up ball safely from ball return
- _____ Carries ball with two hands to starting position
- _____ Places hand in ball properly (fingers first, then thumb)
- _____ Setup in stance
- _____ Upper-body posture position
- _____ Lower-body posture
- _____ Ball hand position
- _____ Ball position
- _____ Opposite hand supporting ball weight
- _____ Ball start direction
- _____ Hips and shoulders in line with target
- _____ Head stays level and still throughout approach
- _____ Ball-side arm stays close to side throughout swing
- _____ Armswing is free and loose
- _____ Backswing height
- _____ Balance at foul line (until the ball reaches the pins or leaves the lane)
- _____ Hand position at release
- _____ Release (is the ball released before or after the foul line)
- _____ Follow through
- _____ Ball rolls over intended target
- _____ Bowler uses lane courtesy

Coaches Notes: _____

