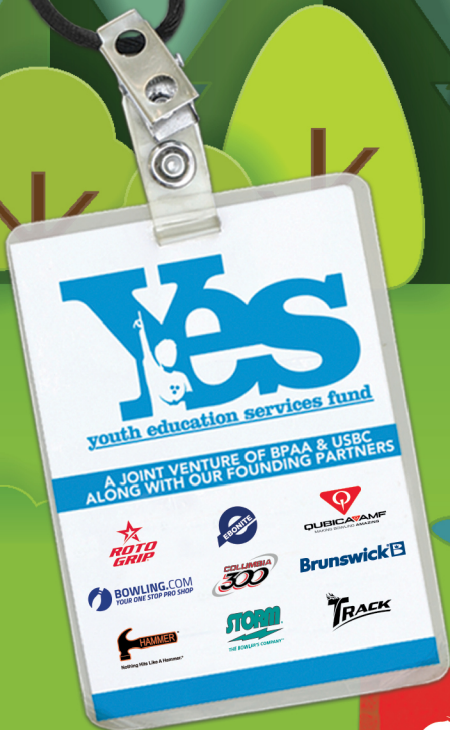




# SUMMER CAMP



CURRICULUM 2

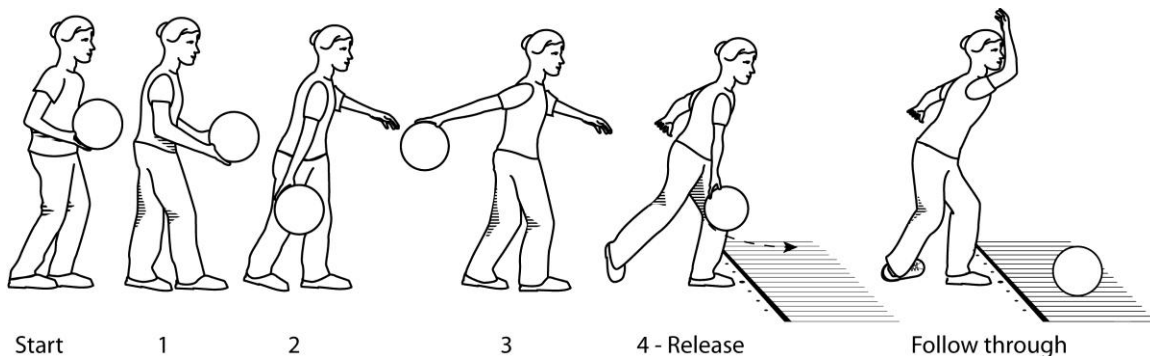
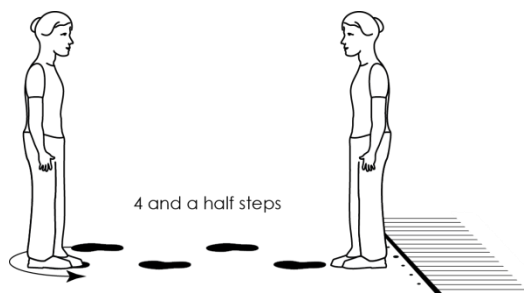


## Phase 2 Traditional Four-Step Approach

The four-step approach is great for beginning bowlers to develop a sound set of fundamentals throughout a bowling approach.

The bowler:

- Walks to the foul line, turns around and stands with their back facing the pins with the center dot between their feet
- Takes four and one-half steps back from the foul line and turns on their toe to face the pins. This is the starting distance
- Picks up ball from the ball return using both hands on either side of the ball
- Set up in athletic pose
- 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) Starts the push away and first step (ball-side foot) at the same time. As the ball starts into the swing, the opposite arm goes out to the side for balance
- (2) In the second step the ball swings down near the leg. The swing should be close to the body and straight
- (3) In the third step the ball reaches the top of the backswing
- (4 – Release) In the fourth step and while sliding, the ball swings down and is released as it passes the slide foot ankle
- (Follow through) 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 2 Spares

### Using a Spare System

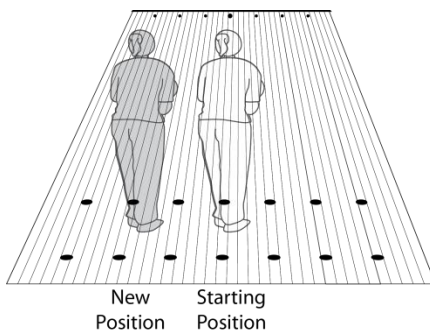
When beginning bowlers understand the basic moves and are using a walking approach, they can learn to use the board numbers and arrows for lining up to shoot spares. Bowlers will move their feet in three board increments. The **3-6-9 Spare System** is a way for bowlers to become more efficient at picking up spares. The following information explains how the system works.

### The key pin

The key pin, in most cases, is the pin that is closest to the bowler in any spare combination.

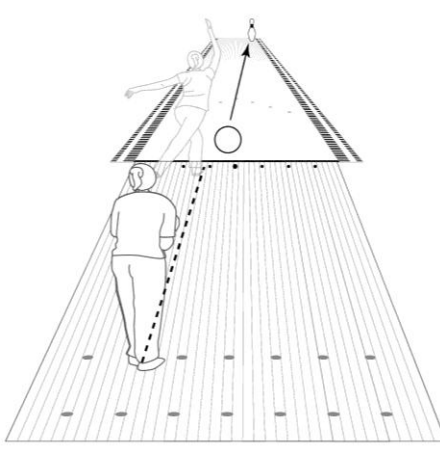
### Move feet to a new position on approach

Once the key pin has been determined, the next step is for the bowler to move their feet the proper number of boards to make the spare. If the bowler leaves the No. 1 or No. 5 pin, no adjustment is made.



### Face the spare

Once the bowler has moved their position on the approach, they should set up in the stance so the ball-side shoulder and feet are in line with the intended spare. This allows the bowler to shoot at the spare without changing the swing direction. The adjusted position is very slight and it encompasses the feet, knees, hips and shoulders. The bowler looks at the new target and draws an imaginary line through it to the spare.





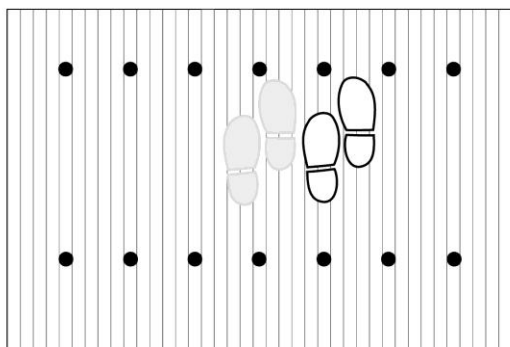
### 3-6-9 Spare System Adjustment Chart

For spares on the right side of the lane, the bowler moves their feet left, three boards at a time. For spares on the left side of the lane, the bowler moves their feet to the right, three boards at a time. The following chart gives the bowlers the movement for the feet and the target adjustment. This works for both right- and left-handed bowlers.

Key pin or single-pin conversion	Adjustment of feet on approach	Target Adjustment
1 (5)	None	None
2 (8)	3 boards right	Between 2nd and 3rd arrow
* 4	6 boards right	3rd arrow
7	9 boards right	Between 3rd and 4th arrow
3 (9)	3 boards left	Between 2nd and 3rd arrow
6	6 boards left	3rd arrow
10	9 boards left	Between 3rd and 4th arrow

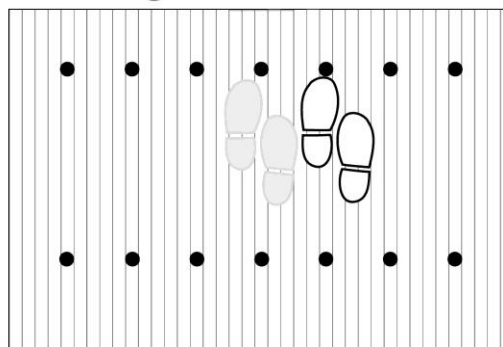
### \* Example of a 6 board move (4 pin)

#### Left-handed



Started on 20 moved to 26

#### Right-handed



Started on 20 moved to 14

*(illustration demonstrates, using the inside edge of sliding shoe to line up)*



## Phase 2 Spare Drills

### 3-6-9 Circuit

**Purpose** To teach bowlers the importance of making spares. When they make more spares, their scores will go up.

**Setup** Athletic Pose

**Instructions** **Circuit** – bowlers shoot the 3, 6, 10, 2, 4, and 7 pins in consecutive order.

Bowler should shoot spares using the 3-6-9 spare-making method. They will move their feet from their strike starting position. The ball needs to make contact with the intended pin; if it hits another pin first and ricochets to the intended pin, it does not count. Bowler will mark hit or miss on the 3-6-9 tracking sheet. (Repeat 3 times for each pin)

#### Circuit

Feet Move	Target	Pin
3 Left	Between 2nd and 3rd arrow	3
6 Left	3rd arrow	6
9 Left	Between 3rd and 4th arrow	10
3 Right	Between 2nd and 3rd arrow	2
6 Right	3rd arrow	4
9 Right	Between 3rd and 4th arrow	7

**Variation** Coach can choose a more suitable target, if necessary.

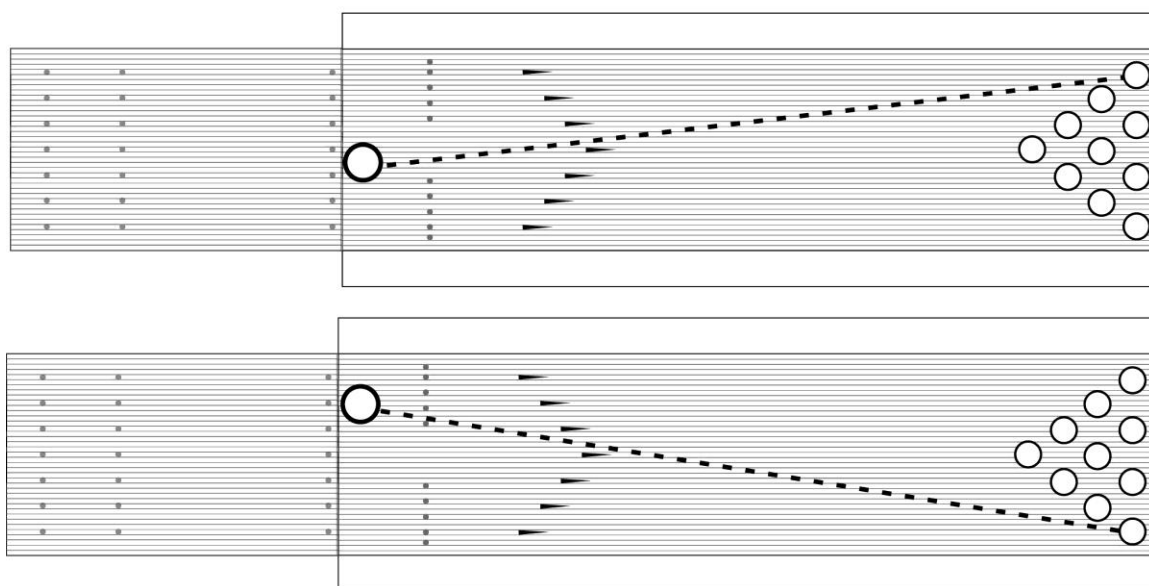
**Coach's Notes** Coaches should make sure the bowler's ball is hitting the pin and not ricocheting off another pin. Bowlers should turn in their tracking sheets so the coach can see what spares need to be improved upon. Coaches should keep records to track each bowler's progress.



## Off the Rack

<b>Purpose</b>	To increase the bowler's ability to hit corner pins.
<b>Setup</b>	Athletic Pose (page 75)
<b>Instructions</b>	<p>Bowler needs to line up to shoot the 10 pin. The object is to knock down only the 10 pin – to knock it “off the rack”. (Best out of 6)</p> <p>Bowler now sets up to shoot the 7 pin and knock only the 7 pin by itself off the rack (Best out of 6)</p> <p>Bowler will mark hit or miss on the Off the Rack tracking sheet.</p>
<b>Variations</b>	If knocking down the pin by itself is too challenging, switch the game. Allow the bowler to make contact with the pin next to the 7 or 10 pin. This will count as a hit; coaches can choose a more suitable target if necessary.
<b>Coach's Notes</b>	Coaches should watch bowlers to make sure they are lining up correctly and, depending on the variation, make sure the ball is making contact with the intended pin. Bowlers should turn in their tracking sheets. Coaches should keep records to track each bowler's progress.

## Off the Rack



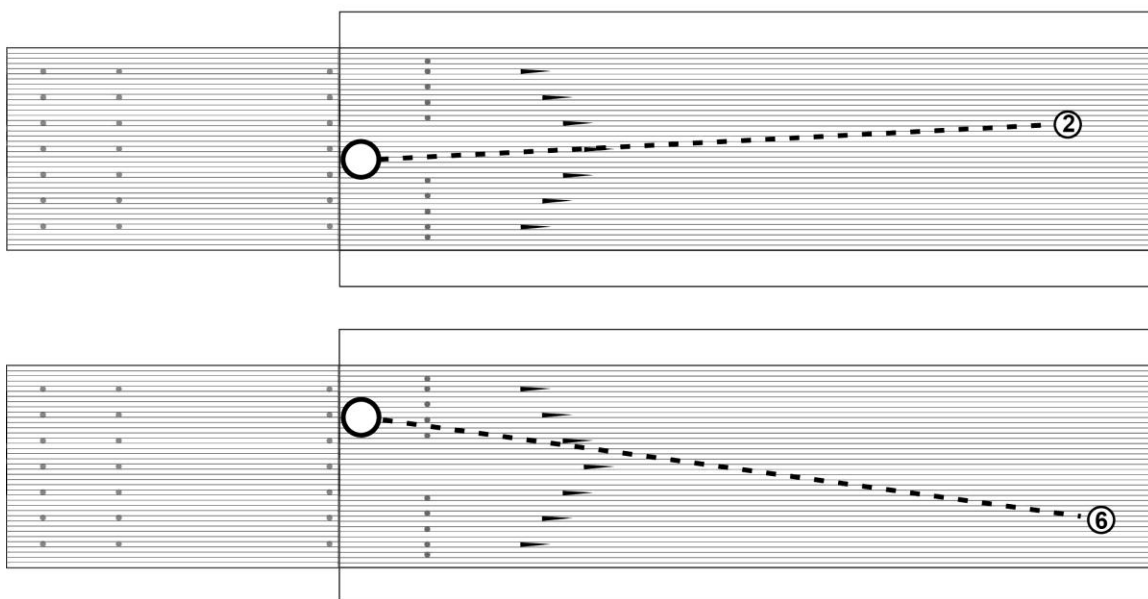




## Random Single Pin

<b>Purpose</b>	Increase the bowler's ability to make spares.
<b>Setup</b>	Athletic Pose (page 75)
<b>Instructions</b>	Coach places the following pin numbers in a bag to draw: 2, 3, 4, 6, 7 and 10. Coach will draw a number and the bowlers will need to line up to shoot that spare. Bowler will mark hit or miss on the 3-6-9 tracking sheet. (Repeat 3 times for each pin)
<b>Variations</b>	Bowlers can draw the pin numbers themselves; coaches can choose a more suitable target if necessary.
<b>Coach's Notes</b>	Coaches need to watch the bowlers to make sure they line up properly and that the ball makes contact with the intended spare or teammates can watch and make the call. Bowlers should turn in their tracking sheets. Coaches should keep records to track each bowler's progress.

## Random Single Pin

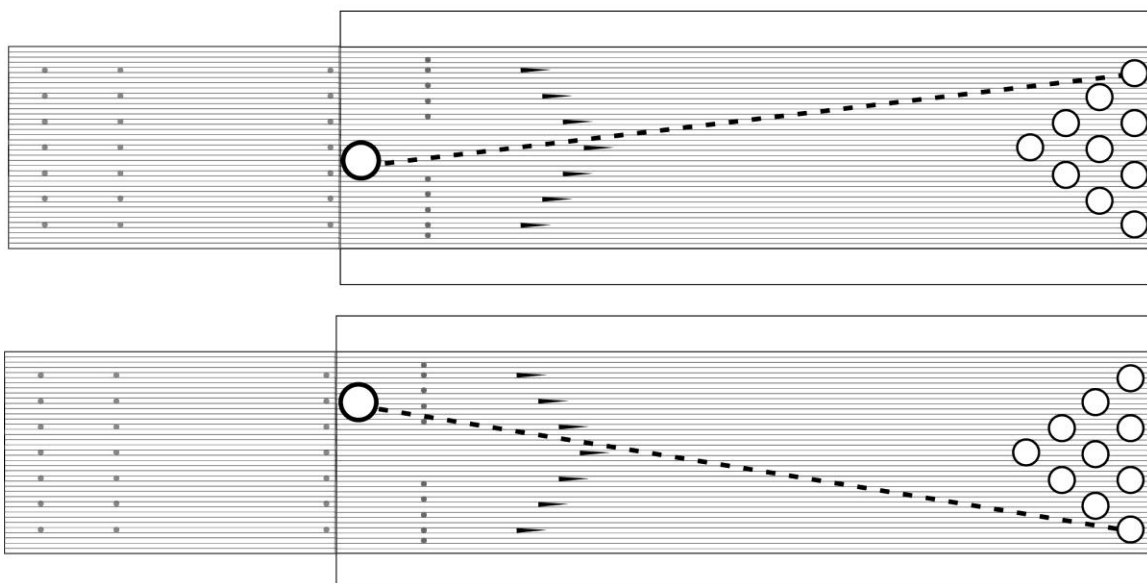




## Low Ball

<b>Purpose</b>	To increase the bowler's ability to make spares and work on math skills.
<b>Setup</b>	Athletic Pose (page 75)
<b>Instructions</b>	<p>Low ball is played as a full game. The bowlers will need to keep score. The object is to get the lowest score possible.</p> <p>Bowler tries to take the 7 pin and 10 pin off the rack. The ball must stay on the lane.</p> <p>On the first roll, if the bowler rolls a real strike or the ball goes into the channel, it counts as a strike.</p> <p>On the second roll, if the ball goes into the channel or does not make contact with at least one pin, it counts as a spare.</p> <p>Bowlers keep score on the Low Ball tracking sheet.</p>
<b>Variations</b>	Coaches can choose a more suitable target if necessary.
<b>Coach's Notes</b>	Coaches should help bowlers with scorekeeping and make sure the game is played correctly. Bowlers should turn in their tracking sheets. Coaches should keep records to track each bowler's progress.

## Low Ball



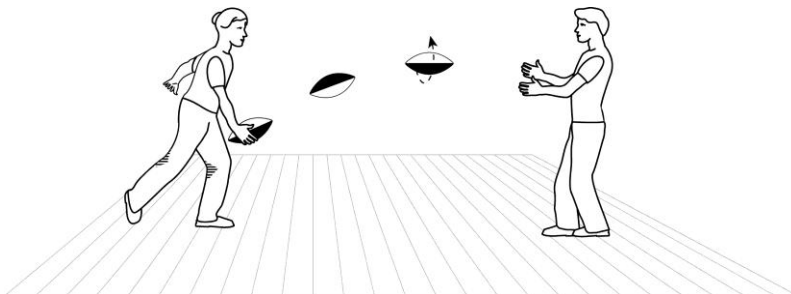
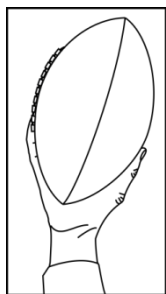




## Phase 2 Off Lane Drill

### NERF Football Hook Release

<b>Purpose</b>	To teach bowlers about hooking the ball and how it is achieved.
<b>Setup</b>	Finish Position
<b>Instruction</b>	Two bowlers will be needed for this drill. They will be taking turns releasing and catching the NERF football. Have the bowlers face each other about 12 feet apart. The bowler with the football starts by placing their thumb above the seam with the fingers below. They will swing the football back and, as it comes forward, they will release it trying to create an underhand spiral. The key is to release the thumb first from the football and rotate it with the fingers. (Repeat tossing the ball back and forth)
<b>Variations</b>	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.
<b>Coach's Notes</b>	The coach should make sure the bowlers are releasing the football in an underhand spiral and assist if needed. Foam footballs come in various sizes; have at least two sizes available for your bowlers.





## Phase 2 Targeting Drills

### Bull's-eye Arrow

<b>Purpose</b>	Teaches bowlers to keep their eyes on their target until the ball rolls over it.
<b>Setup</b>	Athletic Pose
<b>Instructions</b>	<p>Coach chooses arrow for target. A spotter stands behind the bowler in the settee area and watches the ball go down the lane and assigns points based on how close it is to the target. Bowlers keep score on Bull's-eye Arrow tracking sheet (Best out of 6)</p> <p>Points:</p> <ul style="list-style-type: none"><li>3 Direct Hit – Ball rolls over arrow</li><li>2 Just Missed – Ball rolls next to arrow (right or left)</li><li>1 I So Missed – Ball rolls between arrows (right or left)</li><li>0 Complete Miss – Ball rolls over the arrow next to it</li></ul>
<b>Variations</b>	Coaches can use Post-It-Note tabs to make it easier for the spotter to determine if the ball went over the intended target.
<b>Coach's Notes</b>	Coaches should observe bowlers and spotters to make sure they are scoring correctly. Bowlers should turn in their tracking sheet.

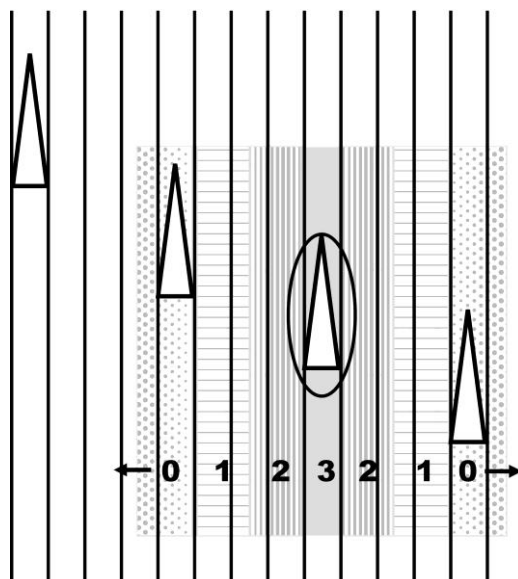
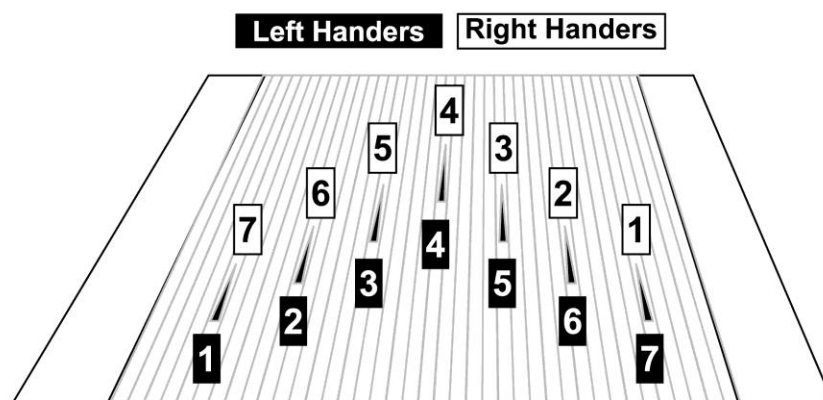


Diagram illustrates points based off the target being the second arrow



## Random Arrow

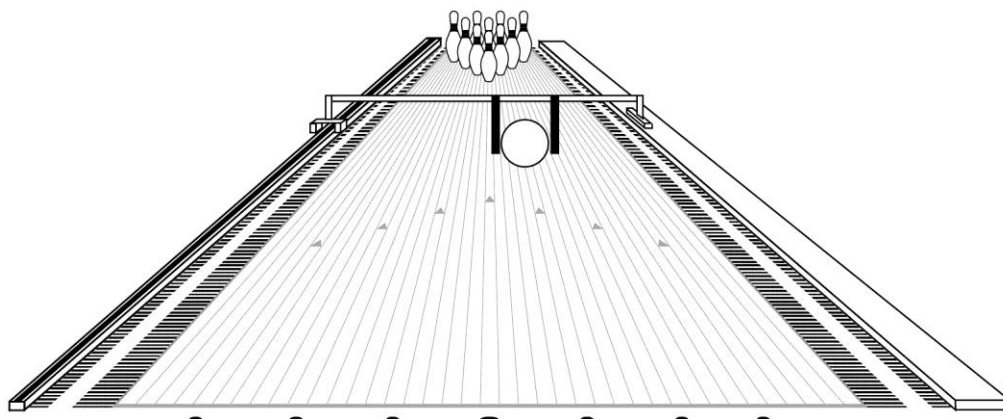
<b>Purpose</b>	To help bowlers become comfortable and confident shooting at different targets.
<b>Setup</b>	Athletic Pose
<b>Instructions</b>	Coach places the arrow numbers in a bag to draw: 1, 2, 3 or 4. Coach draws a number and the bowlers need to line up to shoot at that target. The ball needs to roll over the target to score a hit. Bowlers will mark hit or miss on the Random Arrow tracking sheet. (Best out of 6)
<b>Variation</b>	Bowlers can draw the arrow numbers themselves. Coach also can use between arrows (example: between second and third arrow).
<b>Coach's Notes</b>	Coaches should make sure bowlers line up properly for the intended target. Bowlers should turn in tracking sheets.





## Croquet Targeting

<b>Purpose</b>	Flags make it easier for children to see where the ball is actually rolling and it teaches bowlers to keep their eyes on their target.
<b>Setup</b>	Athletic Pose
<b>Instructions</b>	Using the targeting device (Refer to instructions on how to build targeting device). Coach places two flags about 10 boards apart. The bowler must roll their ball between the targets without hitting the flags. Bowlers will mark hit or miss on the Random Arrow tracking sheet (Best out of 6)
<b>Variations</b>	Post-It-Note tabs can be used in place of targeting device.
<b>Coach's Notes</b>	Coaches should make sure bowlers line up properly to roll the ball between the targets. Bowlers should turn in tracking sheets.



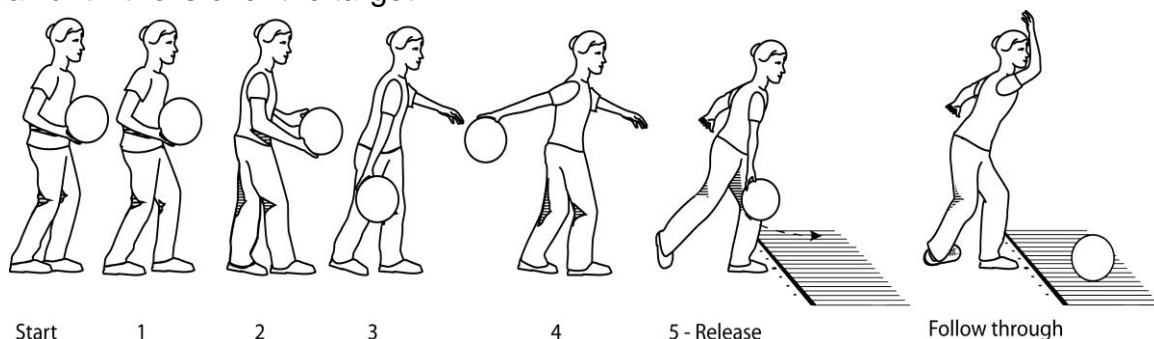


## Phase 2 Five-Step Approach

The five-step approach can be challenging at first, as the five-step delivery is a developed skill. It will take practice to develop a consistent delivery.

The bowler:

- Walks to the foul line, turns around and stands with their back facing the pins with the center dot between their feet
- Takes five and one-half steps back from the foul line and turns on their toe, to face the pins. This is the starting distance
- Picks up ball from the ball return using both hands on either side of the ball
- Set up in athletic pose
- 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) Begins the approach by taking a small step forward with the slide foot without moving the ball
- (2) Starts the push away and the second step (ball-side foot) start at the same time. As the ball starts into the swing, the opposite arm goes out to the side for balance
- (3) In the third step the ball swings down near the leg. The swing should be close to the body and straight
- (4) In the fourth step the ball reaches the top of the backswing
- (5 – Release) In the fifth step and while sliding the ball swings down into the release. Releasing the ball as it passes the slide foot ankle
- (Follow through) 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



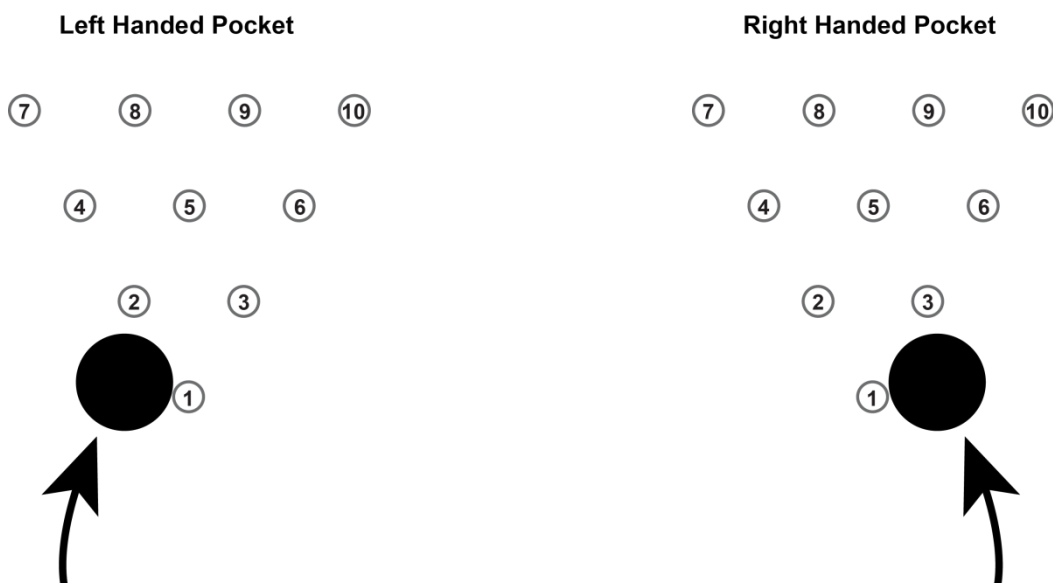


## Phase 2 Lane Play

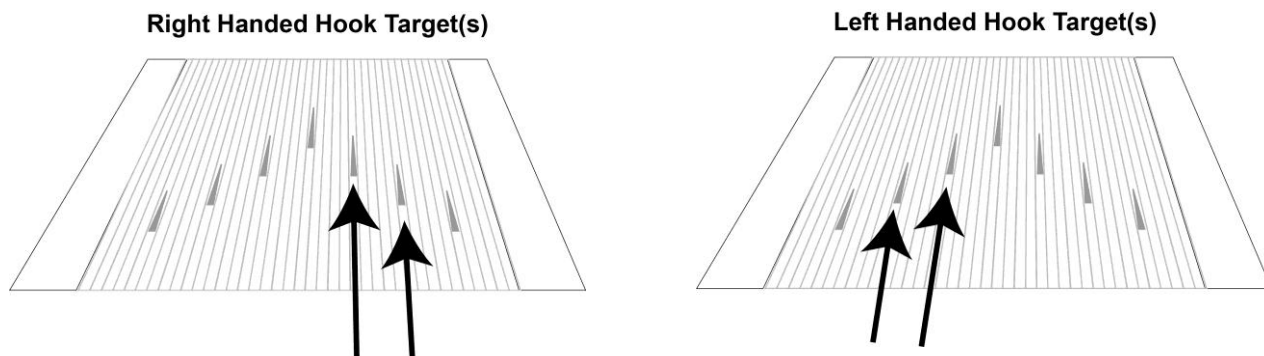
### Strike Pocket

As a bowler's skill advances, a hook ball can be learned (refer to page 56, Hand Position Release phase 2). The challenge is learning to control the direction of the shot.

A bowler's best opportunity to get a strike (knock down all 10 pins on the first roll) is to have the ball hit the pocket. For right-handed bowlers, the pocket is the area between the No. 1 and No. 3 pins, and for left-handed bowlers between the No. 1 and No. 2 pins.



The bowler's target should be either the second or third arrow, depending on how much the ball is hooking. 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.



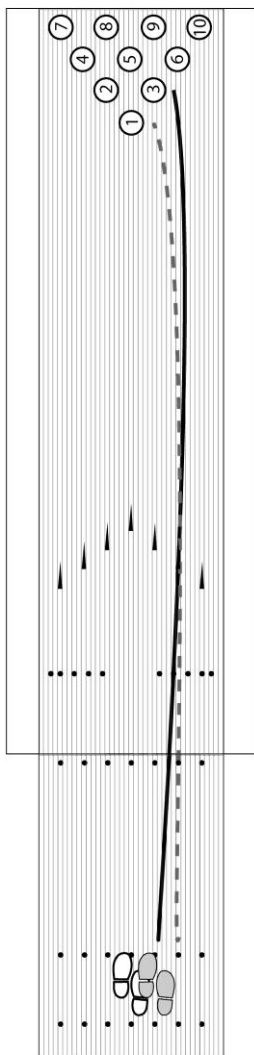




## Adjusting

Moving the feet the direction the ball missed the pocket is the simplest correction for beginning bowlers to use. Changing the position of the feet on the approach and keeping the same target on the lane will create a different angle to the pocket.

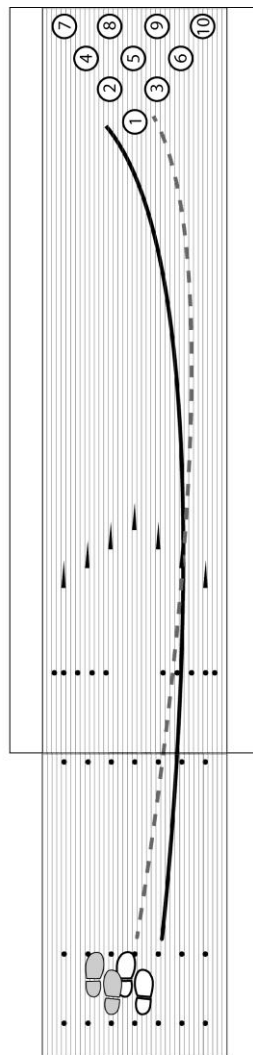
If a right-handed bowler misses the strike pocket to the right, they should move their feet to the right on the approach, keeping the same target. The same moves apply to left-handers.



Right-handed bowler misses the 1-3 pocket to the right



Bowler moves their feet to the right and rolls the ball over the same target



Right-handed bowler misses the 1-3 pocket to the left



Bowler moves their feet to the left and rolls the ball over the same target



## Phase 2 Physical Game Drills

### Balance Arm

**Purpose** To keep the bowler's shoulders and torso still during the approach, and act as a counter-balance.

**Setup** Athletic Pose

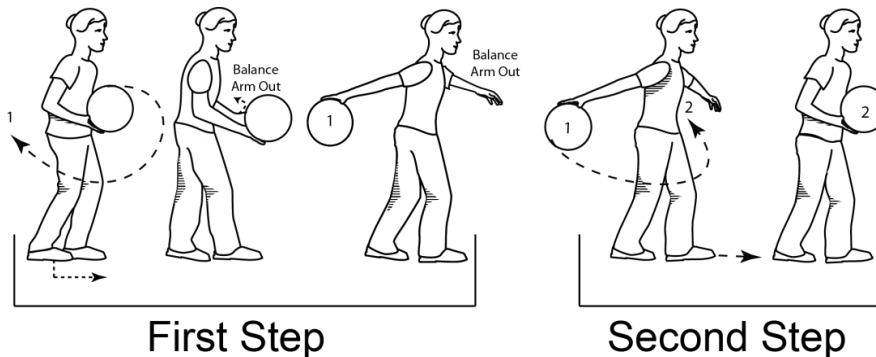
**Instructions** Bowler stands on the approach at the locator dots. The bowler will move the ball out and down while taking the first step. Before the push away reaches full extension, the opposite hand will leave the ball and go out to the bowler's side in a smooth motion while keeping it waist-high for balance.

Once the opposite hand leaves the ball, they should allow the ball to go into a free swing. As the ball comes forward, the bowler takes a second step and catches the ball, supporting it once again with both hands. (Repeat six times).

**Variation(s)** If a bowler starts with their slide foot, they will hold the ball still during the first step, then move the ball out and down while taking their second step with the ball-side foot and continue as instructed above.

If the bowler has trouble moving the ball and foot together, the coach can assist by standing next to the bowler and pushing lightly on the ball as the bowler's ball-side foot steps forward.

**Coaching Notes** Coaches should check the height and direction of the ball start. The ball should move straight out and then move in a downward motion. The bowlers should keep their bowling hand underneath the ball, while supporting the weight with the opposite hand (balance arm) until the ball starts its downward motion. The balance arm should move smoothly out to the side, staying at waist-level. The ball should be swinging freely without extra force and minimum movement to the bowler's shoulders and torso.





## Stationary Shoulder

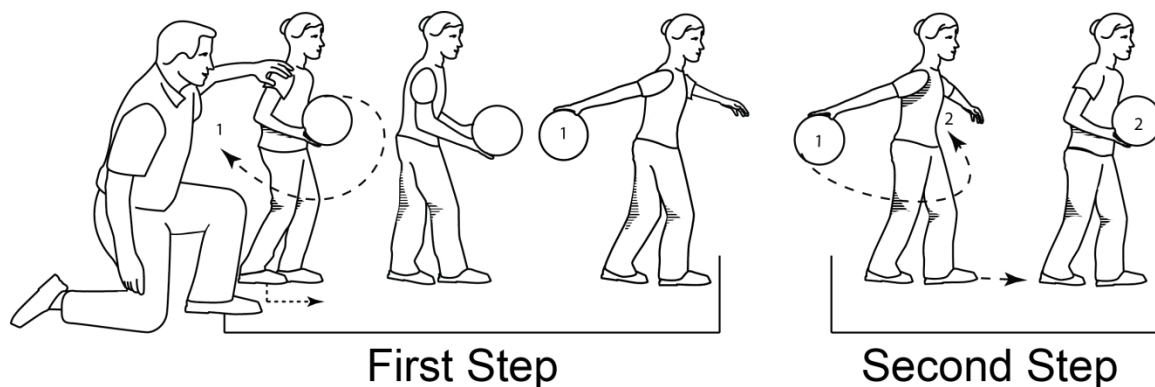
**Purpose** To teach bowlers the feel of a free ball-swing and to discourage pulling the ball down from the top of the backswing.

**Setup** Athletic Pose

**Instructions** This drill requires an assistant to hold the bowler's ball-side shoulder, keeping it still while the bowler swings the ball. (This drill is based on a four-step approach so the bowler's first step will be with the ball-side foot) The bowler will move the ball out and down while taking their first step. Before the push away reaches full extension, the opposite hand (balance arm) will leave the ball and go out to the side, keeping it waist-high for balance. Once the opposite hand (balance arm) leaves the ball, the bowler should allow the ball to go into a free swing, and as the ball comes forward, the bowler takes a second step and catches the ball, supporting it once again with both hands. (Repeat six times).

**Variation** If the bowler starts with their slide foot, they will hold the ball still during the first step, then move the ball out and down while taking their second step with the ball-side foot and continuing as instructed above.

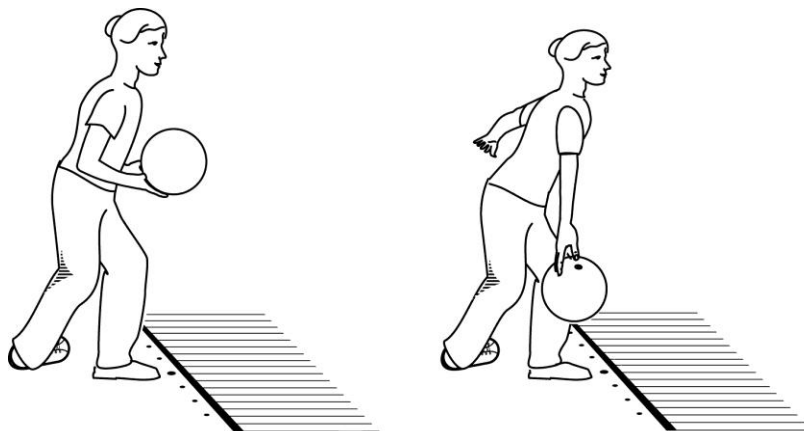
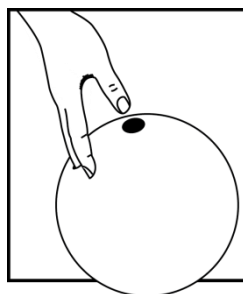
**Coaching Notes** Coaches should check to make sure the assistant is not pushing the shoulder back. The shoulder should remain still while the ball swings back and forward.





## Release

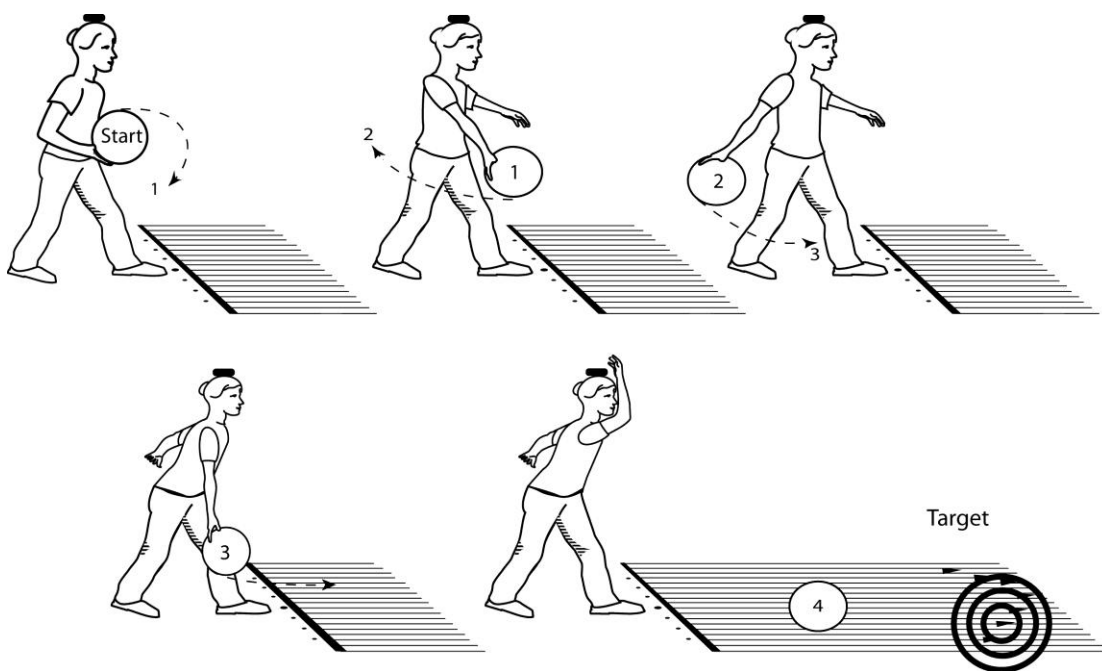
<b>Purpose</b>	To teach the bowler the feel of rolling the ball off the hand to create revolutions. They should see the ball rolling down the lane, not skidding.
<b>Setup</b>	Finish Position
<b>Instruction</b>	<p>The bowler stands a few inches from the foul line. Once the bowler is in position, they start the swing and the opposite hand (balance arm) will leave the ball and go out to the side, keeping it waist-high for balance.</p> <p>The bowler lets the ball swing from the shoulder. Once the ball is at the bottom of the swing, the bowler will roll the ball off their thumb and fingers (Repeat six times).</p>
<b>Variations</b>	If the bowler has trouble holding the finish position use The Staggered Stance Setup.
<b>Coach's Notes</b>	Coaches should watch the bowler's release and make sure the thumb came out of the ball first and that the bowler is rolling the ball with their fingers.





## Head Still

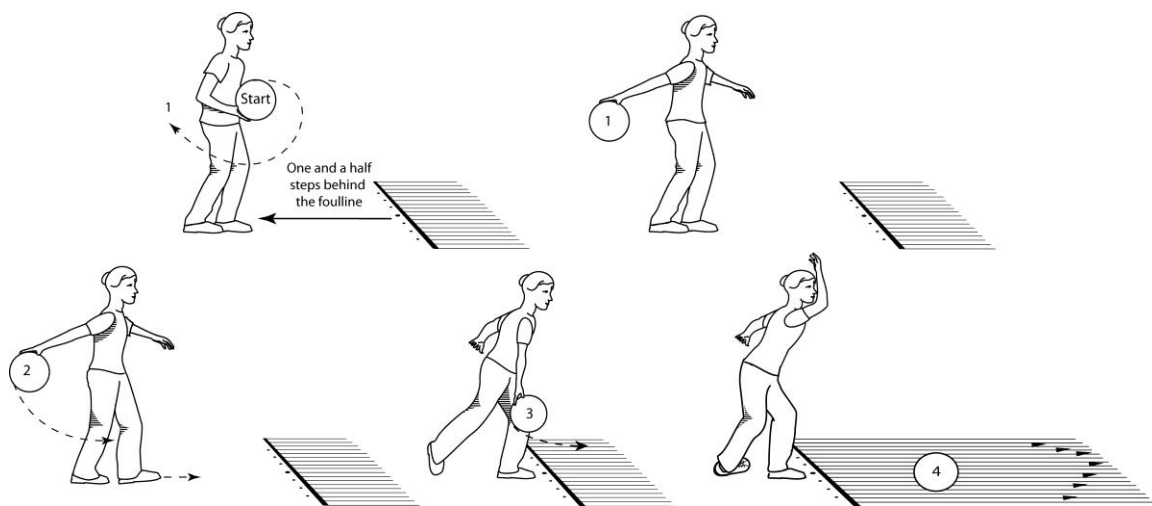
- Purpose** To teach the bowlers to watch the ball roll over their target. If a bowler is pulling the ball back and forward with their armswing and their head moves, or if they are moving their head to look down at the foul line dots, they will not be able to keep their eyes on the intended target.
- Setup** Staggered Stance
- Instructions** Coach chooses arrow for target. The bowler lines up and places a ball cup on their head. The ball cup must remain on the bowler's head as they swing and release the ball (Repeat six times).
- Variations** Use desired setup  
Coaches also can have the bowler use their full approach.
- If bowler has trouble keeping the ball cup on their head while using a bowling ball, let them practice the approach without the ball.
- Coaching Notes** Coaches should watch to make sure the bowlers keep their head still and their eyes on their target. Check to make sure their armswing is smooth and swinging freely. If the ball cup falls off, coaches need to determine when and why it fell off, and then instruct the bowlers on how to fix it.





## One-Step Finish Position

<b>Purpose</b>	To teach the bowlers the feel of a balanced finish position.
<b>Setup</b>	Athletic Pose
<b>Instructions</b>	<p>Coach chooses arrow for target. Bowler starts one and one-half steps from the foul line. Once the ball is in motion, and before the push away reaches full extension, the opposite hand (balance arm) will leave the ball and go out to the side, keeping it waist-high for balance.</p> <p>The bowler will let the ball swing from the shoulder. Once it reaches the top of the backswing, the bowler will step with their slide foot and, as the ball goes into the downswing, the bowler will swing the ball-side foot around behind them, ending in the finish position and holding their balance until the ball reaches the pins or leaves the lane. (Repeat six times).</p>
<b>Variations</b>	If the bowler has trouble ending in the finish position have them finish in the staggered stance.
<b>Coach's Notes</b>	Watch the bowler's step to make sure it does not move until the ball goes into the downswing and that they are stepping forward using the correct leg. The bowler should remain in a balanced finish position until the ball reaches the pins or leaves the lane.







## Phase 2 Personal Equipment

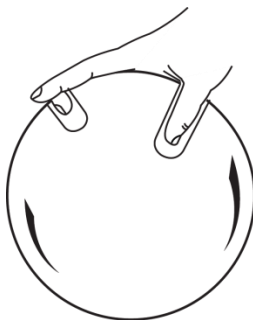
### High-Performance Ball

The covers of these bowling balls have a resin additive and hook more than plastic balls. This type of bowling ball can be found in weights ranging from 10 to 16 pounds and are recommended once a bowler has established solid fundamentals and can keep the ball in play.

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

### Fingertip Grip

This fit will give the bowler the ability to create a larger hook when released properly. The middle and ring fingertips are inserted to the first joint, followed by the thumb, which is placed all the way to the base. This grip should only be used once the bowler has established solid fundamentals and can keep the ball in play.





## Phase 2 Footwork

### Footwork (Modified for armswing)

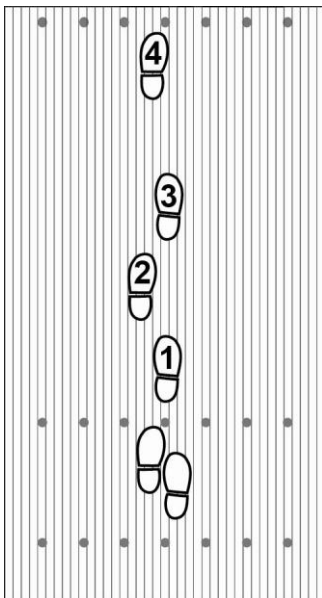
The bowler's first step of a four-step delivery will slightly cross in front of the other foot. This helps the armswing stay in a straight line.

The second step also will go slightly left as the ball needs to clear the ball-side leg.

The third step goes straight as the ball goes into the top of the backswing.

The fourth or slide step will go toward the ball path as the ball comes down from the top of the backswing into the release.

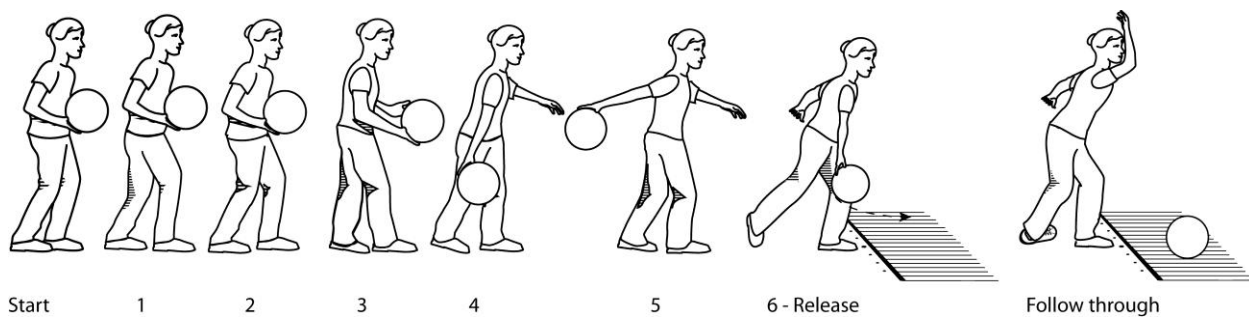
Once again, the most important factor with footwork is balance throughout the delivery.





## Phase 2 Multiple-Step Approach

When bowlers use more than four steps, the initial push away is based upon the four-step approach. So, as mentioned in the five-step approach, the bowler will begin the push away on step two; in the six-step approach, the push away starts on step three, and so on.





## Phase 2 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 \_\_\_\_\_

- \_\_\_\_\_ Bowling 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
- \_\_\_\_\_ Ball position (right, left, high, low)
- \_\_\_\_\_ Upper-body posture position (spine tilt)
- \_\_\_\_\_ Lower-body posture (alignment of hips, knees, feet)
- \_\_\_\_\_ Ball hand position (under ball, firm wrist)
- \_\_\_\_\_ Opposite hand supports ball weight
- \_\_\_\_\_ Ball start direction
- \_\_\_\_\_ Ball start and timing of step
- \_\_\_\_\_ Ball start height
- \_\_\_\_\_ Opposite arm goes out to side for balance
- \_\_\_\_\_ Ball position at end of second step
- \_\_\_\_\_ Opposite arm position at end of second step
- \_\_\_\_\_ Ball position at end of third step
- \_\_\_\_\_ Opposite arm position at end of third step
- \_\_\_\_\_ Ball position at slide
- \_\_\_\_\_ Opposite arm position at slide
- \_\_\_\_\_ Wrist stays firm throughout swing and release
- \_\_\_\_\_ Finish position (Hips and shoulders in line with target)
- \_\_\_\_\_ Head stays level and still throughout approach
- \_\_\_\_\_ Armswing stays close to side throughout swing
- \_\_\_\_\_ Armswing is free and loose
- \_\_\_\_\_ Backswing height
- \_\_\_\_\_ Hand position at release
- \_\_\_\_\_ Release (is the ball released before or after the foul line)
- \_\_\_\_\_ Balance at foul line (until the ball reaches the pins or leaves the lane)
- \_\_\_\_\_ Follow through
- \_\_\_\_\_ Ball rolls over intended target
- \_\_\_\_\_ Bowler uses lane courtesy

Coaches Notes: \_\_\_\_\_




## Phase 2 Tracking Sheets

### 3-6-9 Spare Drill / Random Single Pin Tracking Sheet

Name \_\_\_\_\_

Date \_\_\_\_\_

Pin	Feet move from strike starting position	Target	H=Hit M=Miss Shot #1	H=Hit M=Miss Shot #2	H=Hit M=Miss Shot #3
3	3 Left	Between 2nd and 3rd arrow			
6	6 Left	3rd arrow			
10	9 Left	Between 3rd and 4th arrow			
2	3 Right	Between 2nd and 3rd arrow			
4	6 Right	3rd arrow			
7	9 Right	Between 3rd and 4th arrow			

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### Off the Rack – Tracking Sheet

Name \_\_\_\_\_

Date \_\_\_\_\_

Pin	H=Hit M=Miss Shot #1	H=Hit M=Miss Shot #2	H=Hit M=Miss Shot #3	H=Hit M=Miss Shot #4	H=Hit M=Miss Shot #5	H=Hit M=Miss Shot #6
10						
7						



## Bull's-eye Arrow – Tracking Sheet

Name \_\_\_\_\_

Date \_\_\_\_\_

Arrow/Target Chosen \_\_\_\_\_

### Points Description

- 3 Direct Hit – Ball rolls over arrow  
2 Just Missed – Ball rolls 1 board to the right or left of arrow  
1 I So Missed – Ball rolls in-between arrows, right or left  
*(If target is first arrow it would be between the lane edge and second arrow)*  
0 Complete Miss – Ball rolls over the arrow next to it, right or left  
*(If target is first arrow it would be in the gutter or over the second arrow)*

Shot #	1	2	3	4	5	6	Total Points
Points							



## Random Arrow / Croquet Targeting Tracking Sheet

Name \_\_\_\_\_

Date \_\_\_\_\_

Arrow/Target Area Chosen \_\_\_\_\_

H=Hit M=Miss Shot #1	H=Hit M=Miss Shot #2	H=Hit M=Miss Shot #3	H=Hit M=Miss Shot #4	H=Hit M=Miss Shot #5	H=Hit M=Miss Shot #6	Total Points





## Low Ball Score Sheet

Name \_\_\_\_\_

Date \_\_\_\_\_

**Total  
Pins**

	1	2	3	4	5	6	7	8	9	10	
Game											
<b>1</b>											
	1	2	3	4	5	6	7	8	9	10	
Game											
<b>2</b>											
	1	2	3	4	5	6	7	8	9	10	
Game											
<b>3</b>											

### Rules

Bowler must try and hit only the 7 pin and 10 pin with the two rolls allowed per frame.  
(or knock down as few pins as possible)

Bowler writes in the number of pins knocked down in the small boxes and totals the score in the larger boxes.

2	3	1	2
5		8	

A real strike on the first roll counts as a strike.

A ball that goes into the channel (gutter) on the first roll is marked as a strike.

A ball that goes into the channel (gutter) on the second roll is marked as a spare.

A ball that does not make contact with any of the remaining pins standing is marked as a spare.