













101

YOUTH EDUCATION SERVICES FUND
A JOINT VENTURE OF BPAA & USBC ALONG WITH OUR FOUNDING PARTNERS

TEAM LEADER'S GUIDE

INTRODUCTION

Thank you for committing to be a Team Leader in the USA Bowling 101 program. Your time and effort is valued and it's volunteers like you that are vital to the growth and development of youth and youth sports!

The main objective of the USA Bowling 101 program is to introduce new bowlers and bowlers who have never bowled in a league before to the game of bowling. Goals will vary depending on the initial skill level of the bowlers but will center on educating and introducing the bowlers to the basics of the sport. Learning about the lane, proper etiquette, scoring and the teaching of basic fundamentals involved in delivering the ball down the lane will be the main topics covered.

The following is a booklet of the program curriculum. Various handouts are kept separate from the Team Leaders instructions so that they can be photocopied and given to the bowlers to speed up their learning.

TEAM LEADERS PHILOSOPHY

Teaching positive life skills is vital when dealing with your bowlers. How you deal with each one will affect how they grow up in society. They will look to you as a mentor and will mimic your actions and behavior, so as the coach you must teach positive skills including:

- **Positive learning**
- **How to win and lose**
- **Self-direction**
- **Role model**
- **Have fun**

POSITIVE REINFORCEMENT

Give bowlers the environment to learn and be successful. Coaches need to give positive verbal words and nonverbal actions of encouragement to build self-esteem, trusting relationships, and teamwork. Having an environment in which the bowlers know they can fail without being teased or ridiculed is important. Not all bowlers will learn as quickly, have the muscle development, or the confidence to play equally. You have to be constantly focusing on small achievements that will produce the overall goal.

SPORTSMANSHIP

All bowlers want to win. They also enjoy learning, playing well and working as a team. When bowlers accomplish a goal, such as winning the match, they should be humble in their victory and thank the other team for competing and trying hard. This is what competition is all about and what will make your team and bowlers better. As important as it is to know how to win, you also must determine what is appropriate when your bowlers don't win. These moments can be emotional for bowlers but they must learn to keep their head up and congratulate the winning team. You should use this as a positive tool to work harder on drills, teamwork, communication, and to build stronger character.



SELF-DIRECTION

Self-direction in bowlers can be strong and equates to wanting to work harder, practice more, and learn more. The best athletes in all sports have strong self-direction but it is also something that can be taught by the coach. Coaches can help bowlers develop self-direction by focusing on:

Motivation – Getting your bowlers excited about the sport

Initiative – Getting the most out of their talent

Focus – Set goals for the bowlers

Discipline – Help your bowlers follow through on their plans

Learning – Challenge your bowlers to learn the sport

ROLE MODEL

As the coach, you are the most influential person to your team in bowling. So through actions and example, lead the way. In practice sessions, show them professional conduct by being on time, have a plan for each bowler, give positive communication either verbally or through body language, dress the part, and be interested in their roles on the team. Bowlers also like to be challenged with new goals, which are attainable within the practice session.

In competition, your professionalism must take another step up. Be early and organized to show stability for your team. Make sure you have communicated with your bowlers and parents about the details of the competition, i.e. dates, time, uniforms. Communicate with your bowlers during the match, if needed, and remember that all bowlers are different and need different styles of communication.

Finally, you are the leader when it comes to how to win and lose graciously. Congratulate the other team with your head held high after a loss, knowing you gave your best, or be gracious winners knowing the other team is dealing with the emotion of losing. Be the leader of your team and everything you do will affect how they act and mature in their daily life.

HAVING FUN

Having fun is what brings these pieces all together. Bowling is a great sport that allows for many life skills to begin and evolve within your bowlers. You, as the coach, have the plans for practice and competitions, but let your bowlers have fun doing it.

Allow time for them to goof off during practice once they have achieved goals, or once practice is over.

Resources: Positivesports.net Developing Self Directed Athletes by Steve Horan



USA BOWLING 101 TEAM LEADERS CURRICULUM SCHEDULE

WEEK ONE

- Choosing a ball – proper weight – proper fit
- Knowing the lane and it's markings – pins – arrows – foul line – approach
- Bowling Etiquette and Safety – ball return – lane courtesy – foul line – approaches
- General Bowling vocabulary

WEEK TWO

- Staggered Stance with a push away
- Follow through
- Finish position

WEEK THREE

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

WEEK FOUR

- Footwork
- Four step approach

WEEK FIVE

- Lane play

WEEK SIX

- Spare shooting

WEEK SEVEN

- Putting it all together

WEEK EIGHT

- Keeping score
- The Baker System



WEEK ONE

TEAM LEADER'S INSTRUCTIONS

The main focus in 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 to 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 Leader's 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

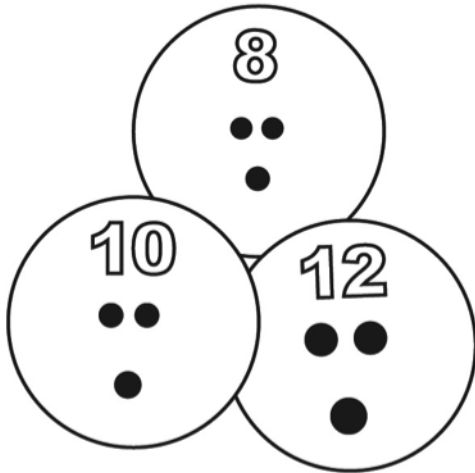
GENERAL BOWLING VOCABULARY



CHOOSING A BALL

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.

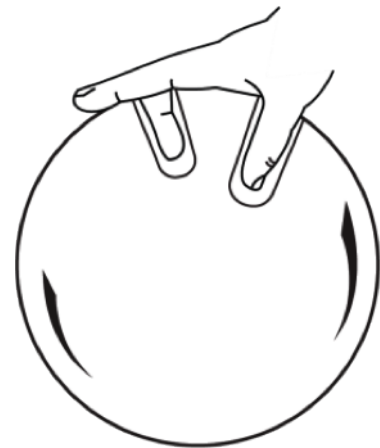


BOWLING BALL WEIGHT

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

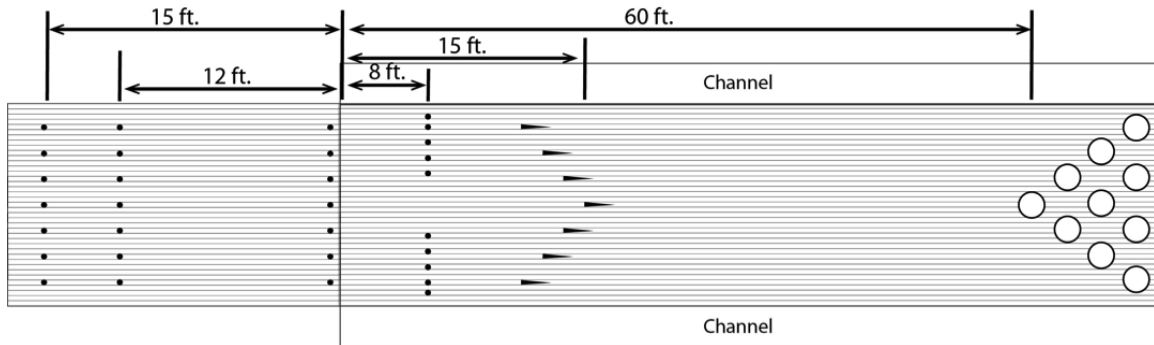
A ball that does not properly fit can sometimes cause blisters, calluses or sores. Finger and thumb holes that are too big can cause the ball to be dropped, and if the holes are too small the ball could stick on the bowler’s hand. As youth bowlers grow, it is important to check their fit continuously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



KNOWING THE LANE AND IT'S MARKINGS

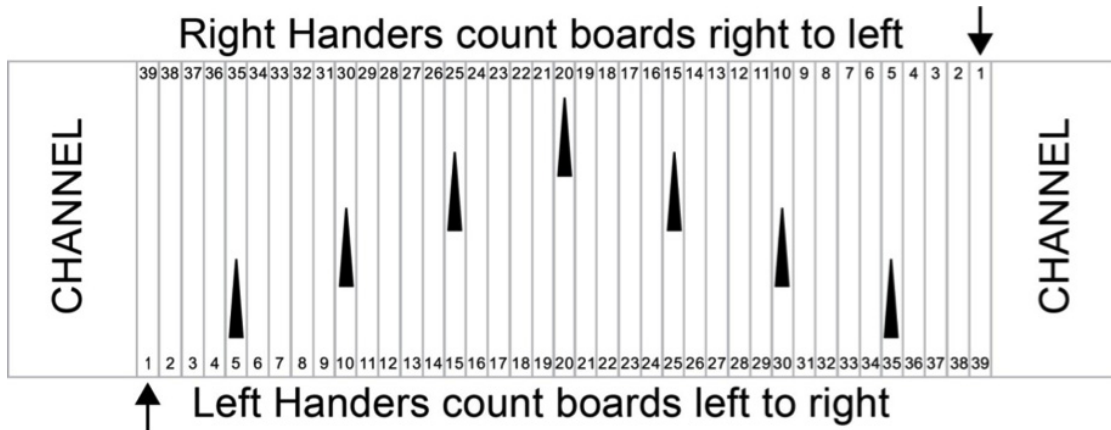
THE LANE

A bowling lane includes: the pin deck (where the pins are located) which is approximately three feet in length; the lane surface (wood or synthetic material), which is 60 feet in length from the foul line to middle of the front pin (called the head pin); gutters (also called channels) along both sides of the lane and the approach (where bowler's make their delivery) which must be a minimum of 15 feet in length.



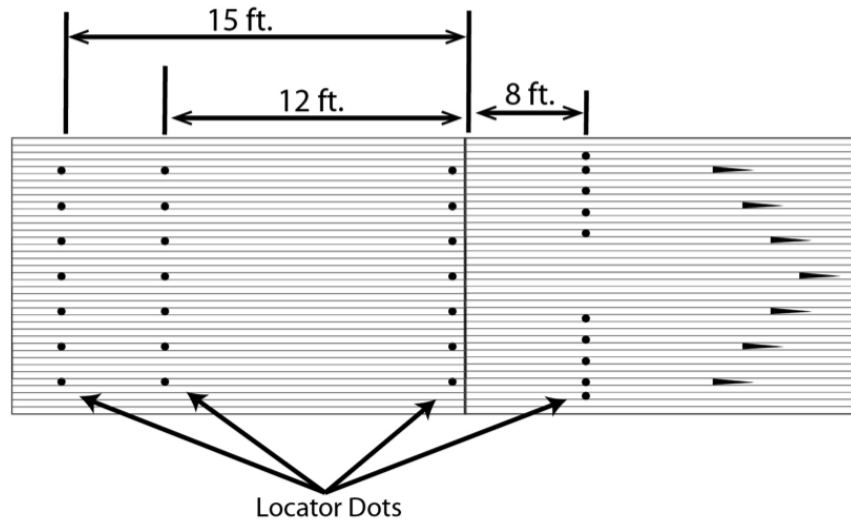
BOARDS

The width of a bowling lane is 41 1/2 to 42 inches wide and has 39 boards just over one inch wide, each placed tightly side by side. The boards run the entire length of the lane from the beginning of the approach to the pin deck. When counting boards, right-handed bowlers start from the right gutter and count to the left; left-handed bowlers start counting from the left gutter.



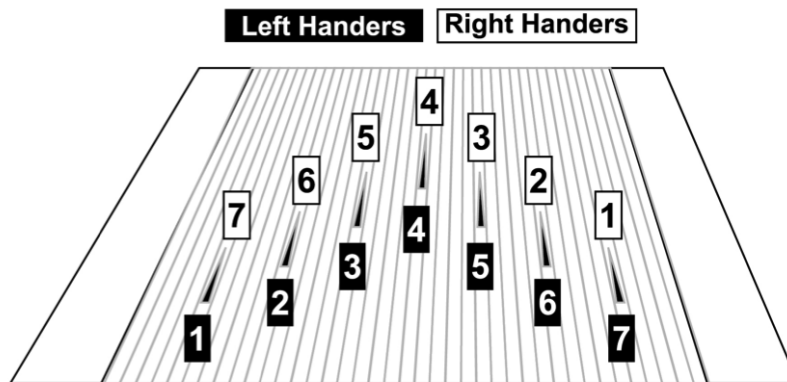
LOCATOR DOTS

There are three sets of locator dots on the approach, approximately 2-6 inches and 12-16 feet from the foul line. Some bowling centers have five dots on the back of the approach and others have seven. These dots are used by the bowler for lining up before they make their delivery. There also are 10 dots on each lane, approximately 7-9 feet from the foul line that can be used for targeting as well.



ARROWS

There are seven arrows on each lane, located 12-16 feet from the foul line. When counting the arrows, right-handed bowlers start from the right and count left, and left-handed bowlers start from the left and count right.



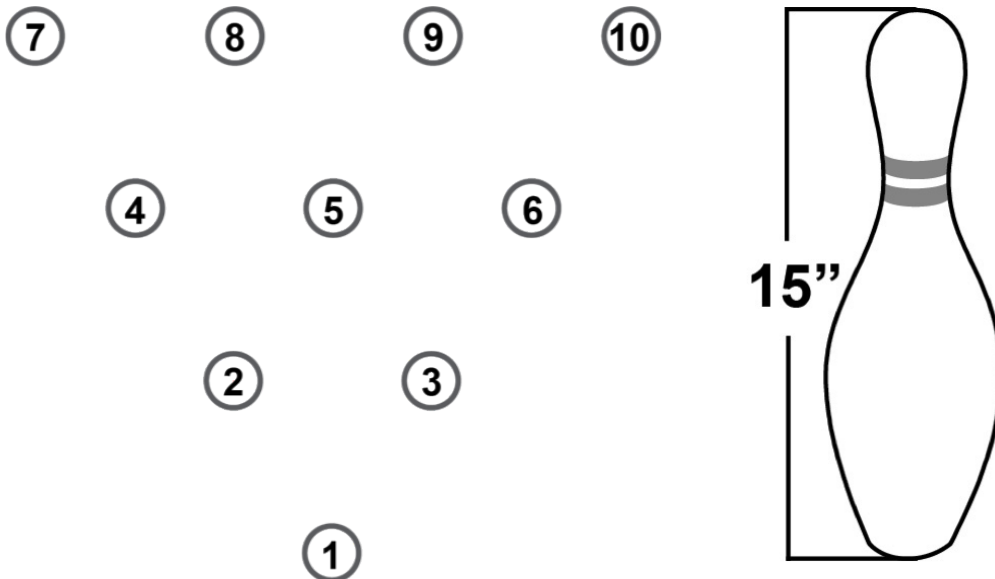
OIL

Beyond the foul line, oil is applied to the lane surface to protect it from damage caused by balls. This makes the lane slippery and can be a safety hazard if a bowler steps over the foul line.

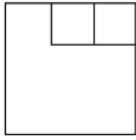


PINS

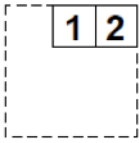
The pins are made of wood and plastic. They are manufactured to be uniform in size and weight. Each pin is 15 inches tall, approximately 4-11/16 inches in diameter and must weigh between 3 pounds, 6 ounces and 3 pounds, 10 ounces. The pins are arranged in a triangle and are approximately 12 inches apart numbered from one to 10 with the front pin (head pin) being the No. 1 and numbering left to right from front to back.



SCORING



This is a **frame**



You get to roll the ball 2 times in one frame, unless you get a strike.

There are **10 frames in 1 game**

1	2	3	4	5	6	7	8	9	10



This is a strike

A strike is marked when you knock down all the pins with your first roll. A strike gives you extra pins as a bonus. You do not add up the score for this frame until you have rolled the ball two more times.



This is a spare

A spare is marked when you knock down all the pins with two rolls. A spare gives you extra pins as a bonus, too. You do not add up the score for this frame until you have rolled the ball one more time.



This is a miss (or 0)

If you roll the ball into the gutter on the first roll, it means no pins were hit. Remember, you have two rolls per frame so you still have a chance to knock down some pins or maybe you might knock them all down and get a spare.

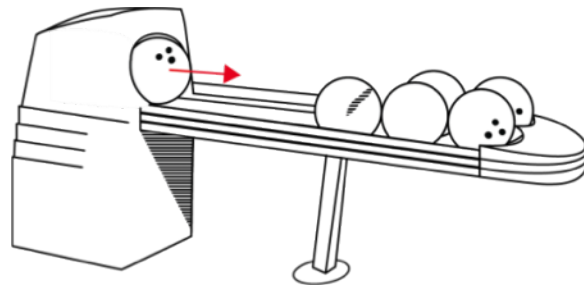
If you knock down eight pins on your first roll and then you miss the two pins that were standing on the second roll, that also is a miss and you only get to add the eight pins you knocked down to your score.



BOWLING ETIQUETTE AND SAFETY

BALL RETURN

The ball return is how the bowler gets their ball back after it has been delivered down the lane. Bowlers should keep their hands and face away from the opening of the ball return because the bowling balls come out fast and there are moving parts that can cause injury.



LANE COURTESY

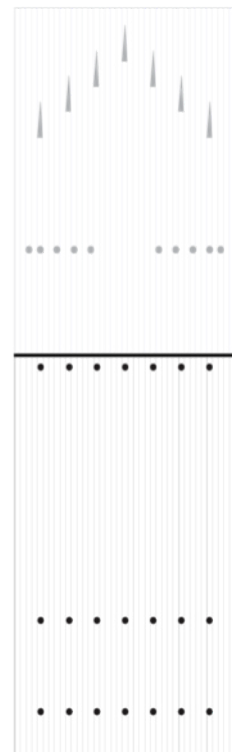
If a bowler is on the approach, the person on the lane next to them waits until that bowler has started their delivery before stepping onto the approach. The first one up should go. If there is any question who was the first one there, the person on the right has the right of way. This keeps bowlers from bumping one another on the approach.

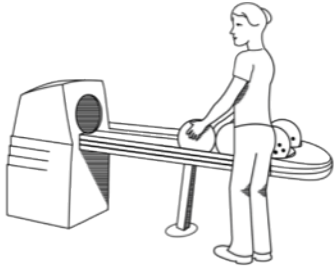
FOUL LINE

The foul line plays two roles; if the bowler goes over the line, they will receive a zero for that roll. Also, it keeps the bowlers off the lane so they will not get any oil on their bowling shoes.

APPROACHES

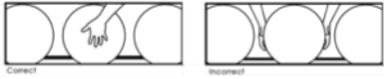
Bowling approaches can be different from day to day or center to center. Coaches should have their bowlers check the approaches to determine if they are slippery or sticky and have the bowlers use caution when making their delivery.





PICKING UP THE BALL

Bowlers should use two hands, lifting the ball up from the sides so their hands will not get hit from another ball coming through the ball return.



GENERAL BOWLING VOCABULARY

APPROACH: 1) Portion of the lane behind the foul line used by bowlers to build momentum to deliver the ball. 2) The movement of a bowler from stance to the delivery.

ARROWS: Targets on the lane starting about 15 feet from the foul line.

BALL: The object rolled at the pins in order to knock them down.

BALL RETURN: 1) The machine that returns the ball to the player. 2) Where the ball rests on or near the approach.

BALL RACK: Storage structure where establishments keep house balls.

BOARD: Wooden lanes have boards approximately one-inch wide. Synthetic lanes feature the same image. Bowlers use specific boards to line up their stance and as their target at times.

BOWLER'S AREA (Also SETTEE): The area where players wait between rolls. Usually contains seats and a scoring unit.

CHANNEL (Also GUTTER): The 10-inch out-of-bounds area to the right and left of the lane that guides the ball to the pit once it leaves the playing area.

DOTS: 1) Markings on the lane just past the foul line used by some bowlers as their target. 2) A series of dots on the approach used to assist the bowler in lining up.

FOUL: Going beyond the foul line at delivery. Results in a zero score for that delivery.

FOUL LINE: A solid black stripe which separates the approach from the lane.



FRAME: Each game is divided into 10 frames, the first nine allow a maximum of two rolls with three rolls possible in the 10th frame.

HEAD PIN: The 1-pin.

HOUSE BALL: Bowling ball provided by the center.

HOUSE SHOES: Rental shoes provided by the center.

LANE (Also ALLEY): Playing surface made of either maple and pine wood or a synthetic surface.

LANE CONDITIONER (Also LANE OIL or LANE DRESSING): An oil used to coat or dress the lanes, necessary to protect the lane surface. Also affects the reaction of a bowling ball.

PIN: The free-standing targets at the end of the lane. They are set in groups of 10 for each frame.

PIN DECK: The area at the end of the lane where the pins are set.

POCKET: Between the 1-pin and 3-pin for right-handers and the 1-pin and 2-pin for left-handers.

RELEASE: The point at which a bowler lets go of the ball.

SHOT: 1) A single delivery. 2) Reference to where to play specific types of oil patterns.

SLIDE FOOT: The non-ball side foot on which a bowler finishes their approach.

SPARE: Knocking down all 10 pins in two shots.

SPLIT: A spare leave in which the head pin is down and the remaining combination of pins have a gap between them, ranging from the 4-5 to the 7-10.

STANCE: The balanced starting position that bowlers assume before making their approach and delivery.

STRIKE: Knocking down all 10 pins on the first ball.

TARGET: A mark or area of the lane at which the bowler aims his or her shot.



WEEK TWO

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.

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.

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.

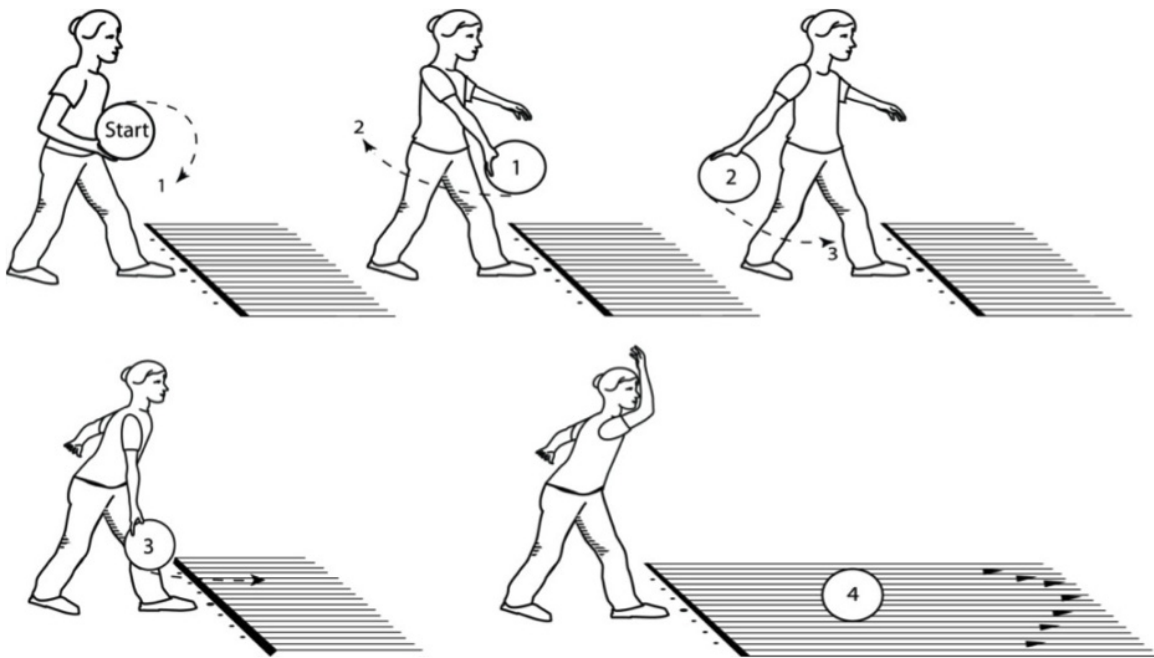
TIP! The finish position and follow through are key elements of a physically sound bowling game. After each shot, ask the bowlers to hold (or post) their finish position and follow through until their ball hits the pins or rolls to the end of the gutter. This habit will promote good balance and swing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



STAGGERED STANCE WITH A PUSH AWAY

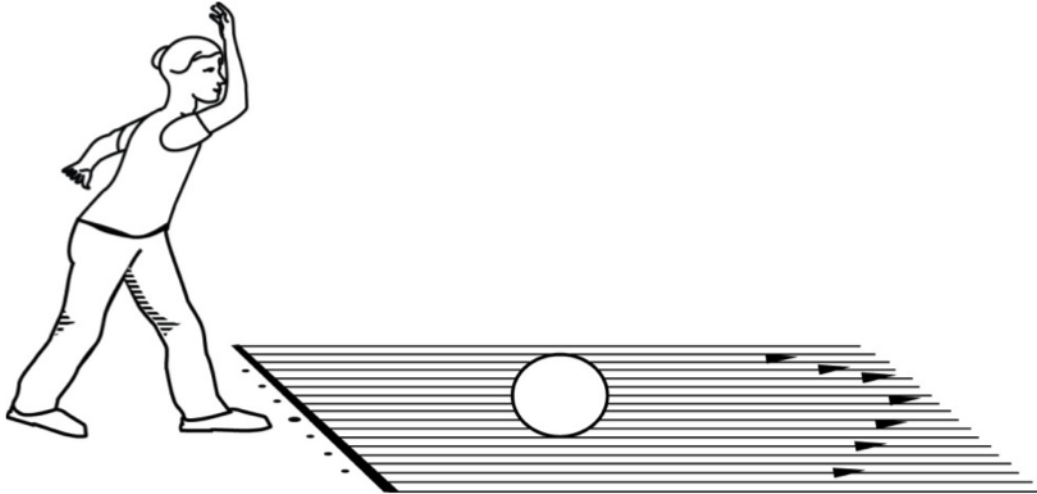
THE BOWLER:

- 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



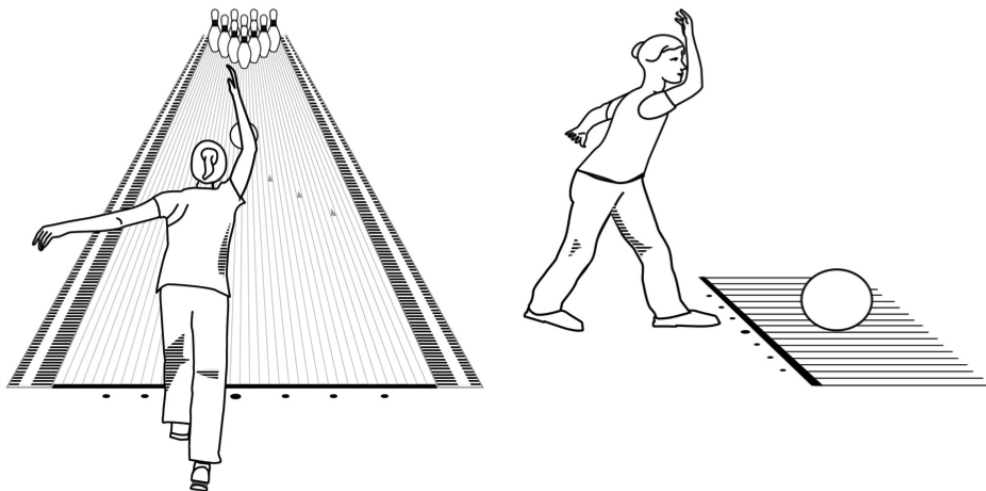
FOLLOW THROUGH

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 arm swing and reinforces the direction toward the target.



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.



WEEK THREE

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.

If any of the bowlers continue to struggle with the staggered stance, follow through or finish position, continue working on it with them before introducing this week's lesson.

REVIEW:

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

NEW MATERIAL:

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

This week introduces 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.

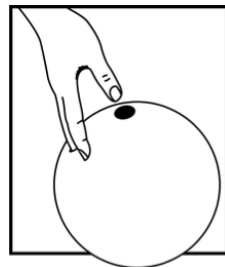
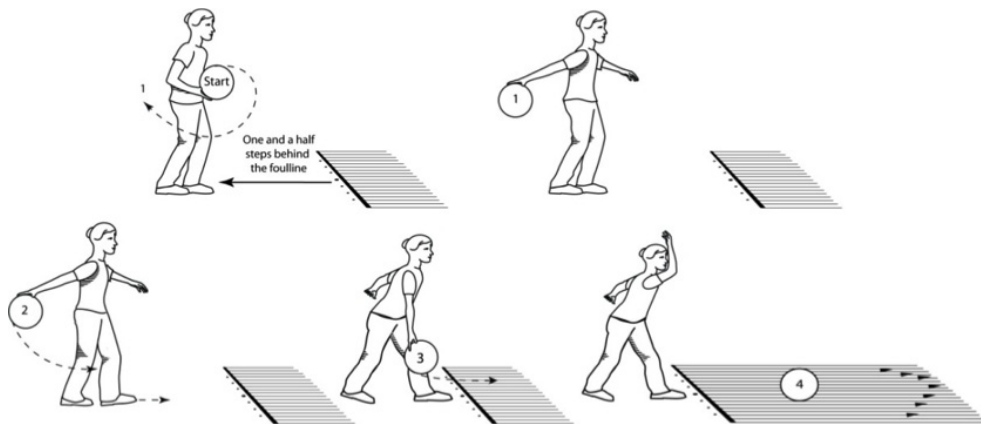
This week we also introduce the proper hand position release. Often times, bad habits that bowlers develop at young ages are related to hand position at release. The proper hand position at the time of release of the ball should be with the thumb at the 12 o'clock position and the fingers behind the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



ONE STEP WITH A PUSH AWAY (STAGGERED STANCE FINISH)

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
- **(Step 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
- **(Step 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
- **(Step 3)** Releases the ball on the forward motion, as the ball passes the slide foot ankle, ball side leg stays behind the bowler
- **(Step 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



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.



WEEK FOUR

TEAM LEADER'S INSTRUCTIONS

Week four includes a review of the one step approach as well as a proper hand position release. Just like week three, only bowlers who are comfortable with the one-step approach should continue with today's lesson.

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! 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).

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! 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.



FOOTWORK

Footwork is the foundation to a solid physical game.

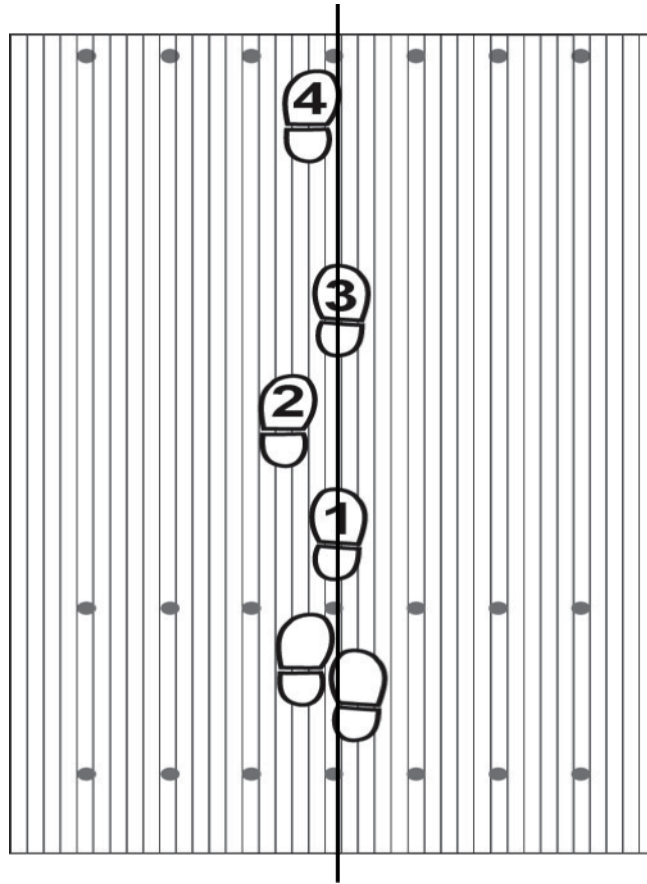
(1) The bowler's first step of a four-step delivery will slightly cross in front of the other foot. This helps the arm swing stay in a straight line.

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

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

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

Since the bowling ball is heavy, maintaining balance and good footwork throughout the approach is key.

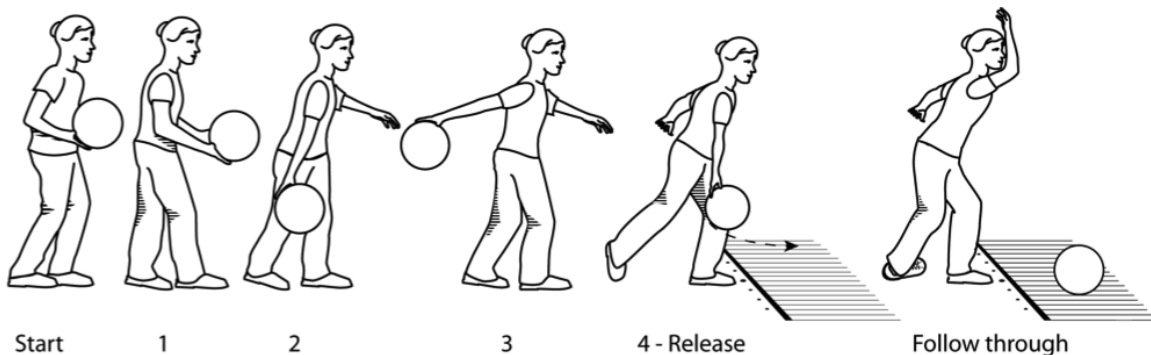
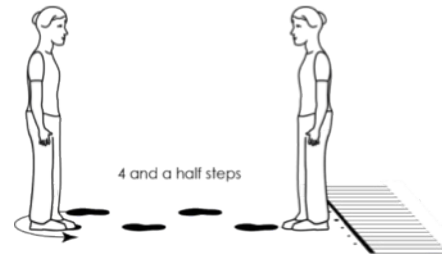


TRADITIONAL FOUR STEP APPROACH

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
- **(Step 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.
- **(Step 2)** In the second step the ball swings down near the leg. The swing should be close to the body and straight.
- **(Step 3)** In the third step the ball reaches the top of the backswing.
- **(Step 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.



WEEK FIVE

TEAM LEADER'S INSTRUCTIONS

Begin this week with a heavy review of the four step approach. Any bowlers who were not ready to try the four step approach last week should begin working on it now. 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

Because of the difficulty with getting comfortable with a four step approach, the only new material we introduce this week is targeting and lane play. Most of the bowlers will use the middle (or fourth) arrow on the lane as a target to hit the head pin.

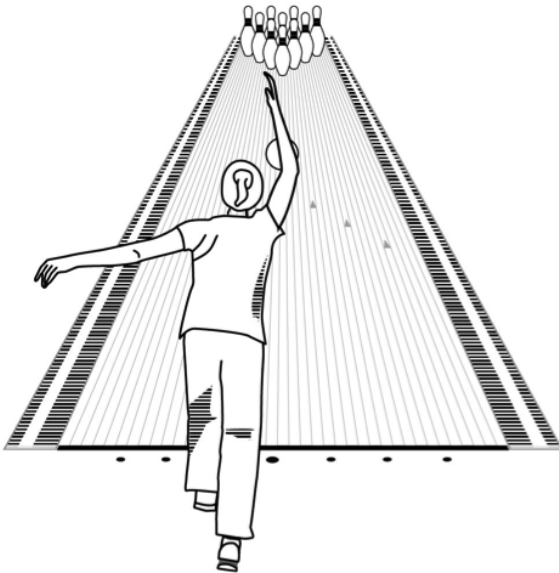
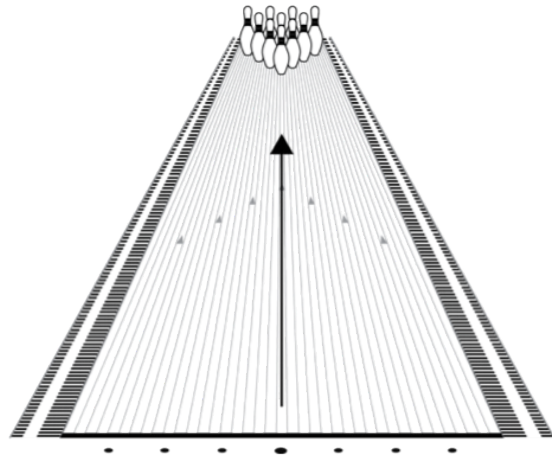
TIP! Wipe the oil off small sections of the lane and place bowlers tape or sticky notes on the lane as targets for the bowlers to try to hit.



LANE PLAY

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 page 40, Hand Position Release phase 1). 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 arm swing 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.



WEEK SIX

TEAM LEADER'S INSTRUCTIONS

Week six begins with a 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.

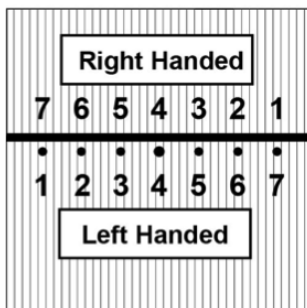


SPARE SHOOTING

Below is a table that explains to the bowler where to stand and what arrow to aim at to pick up a specific spare. 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.

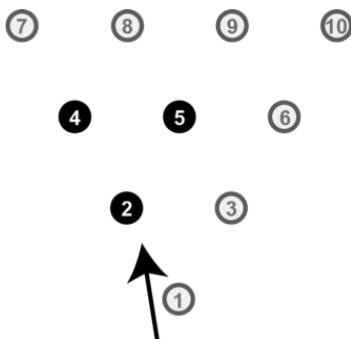
SPARE LEAVES WITH	RIGHT-HANDER STANDS ON	LEFT-HANDER STANDS ON
1 or 5 Pin	Starting Position	Starting Position
2 or 8 Pin	3rd Dot	5th Dot
4 Pin	2nd Dot	6th Dot
7 Pin	1st Dot	7th Dot
3 or 9 Pin	5th Dot	3rd Dot
6 Pin	6th Dot	2nd Dot
10 Pin	7th Dot	1st Dot

Foul Line Locator Dots



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.

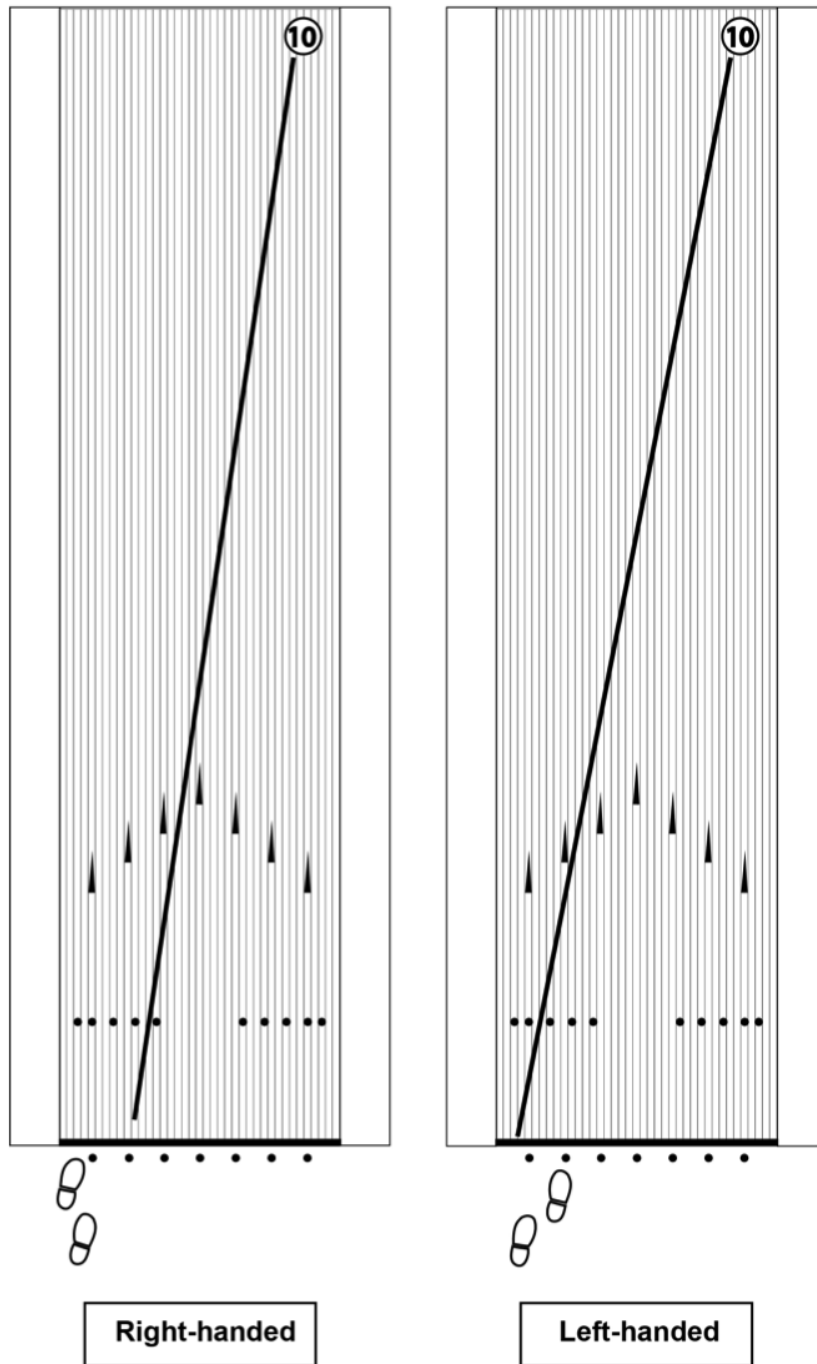


In order to pick up a spare that has more than one pin, the pin that is in the front must be hit. To the right is an example of which pin to aim for to convert the 2-4-5 spare.



Example of where to stand to spare a 10-pin if you are a right or left handed bowler:

Example 10 Pin



WEEK SEVEN

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 (no scoring). 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

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 once with use of a large dry erase or chalk board. Then pass out the worksheet on the next page 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 score
- Baker Games



WHAT'S THE SCORE?

Each bowling frame consists of two shots. There are three types of frames you can get in bowling; Strikes, spares and open frames. A strike is knocking down all pins on the first shot. A spare is knocking down all the pins in two shots. If after two shots there are one or more pins standing, the frame is called an open.

Each type of frame (strike, spare and open) is scored differently.

Open frame: If you leave an open in your frame your score is the total number of pins you knock down.

Strikes: If you get a strike in a frame, your score is worth 10 plus the next two shots you take.

Spares: If you get a spare in a frame, your score is worth 10 plus the next shot you take.

Your total score is the cumulative score of each individual frame.

Here is what scoring a game looks like:

1	2	3	4	5	6	7	8	9	10
8-	5/	35	81	71	X	9/	X	X	8/6
8	21	29	38	46	66	86	114	134	150

1ST FRAME

Roll #1: Bowler knocks down 8 pins.

Roll #2: Bowler misses the 2 pins left standing, for a score of 8 in the first frame.

2ND FRAME

Roll #1: Bowler knocks down 5 pins.

Roll #2: Bowler knocks down the 5 pins left standing for a spare.

3RD FRAME

Roll #1: Bowler knocks down 3 pins; now the score for the second frame goes in. How do you do this? Simply add the 8 from the first frame, plus 10 for the spare in the second frame plus the 3 pins that were knocked down on the first roll in the third frame: $8+10+3 = 21$.

Roll #2: Bowler knocks down 5 of the 7 pins that were left standing, so the total for the third frame is 29 ($21+8 = 29$).

4TH FRAME

Roll # 1: Bowler knocks down 8 pins.

Roll # 2: Bowler knocks down 1 of the 2 pins left standing, so the score in the fourth frame is 38 ($29+9= 38$).



5TH FRAME

- Roll #1: Bowler knocks down 7 pins.
Roll #2: Bowler knocks down 1 of the 3 pins left standing, so the score in the fifth frame is 46 ($38+8 = 46$).

6TH FRAME

- Roll #1: Bowler knocks down all 10 pins for a strike, so mark an X.
Roll #2: Since the bowler knocked them all down on the first roll, they do not get to roll again until the next frame.

7TH FRAME

- Roll #1: Bowler knocks down 9 pins but you must wait to add the score for the sixth frame since the bowler gets one more roll before that happens.
Roll #2: The bowler knocks the pin down for a spare, so the score for the sixth frame is 66; the 46 plus 10 for the strike, then 10 for the next two rolls: $46+10+10 = 66$.

8TH FRAME

- Roll #1: Bowler knocks down all 10 pins for a strike, mark an X and a score of 86 goes into the seventh frame: $66+10+10 = 86$.
Roll #2: No roll, cannot add score yet

9TH FRAME

- Roll #1: Bowler knocks down all 10 pin for another strike, mark an X.
Roll #2: No roll, cannot add score yet.

10TH FRAME

- Roll #1: Bowler knocks down 8 pins, since strikes count 10 plus the next two rolls, a score of 114 gets marked in the eighth frame. Here is how it works: After the strike in the eighth, the first roll was a strike in the ninth frame and the second roll was the 8 pins knocked down in the 10th frame ($86+10+10+8 = 114$).
Roll #2: Bowler knocks down the two pins standing for a spare, which is the second roll for the strike that was rolled in the ninth frame so 20 ($10+10$) gets added to the 114 for a score of 134 in the ninth frame. Since the bowler got a spare they get one more bonus roll.
Roll #3: Bowler knocks down 6 pins, now 16 ($10+6$) pins are added to the 134 for a total score of 150.



Here a few practice frames for you to try.

1	2
71	81

1	2
9/	9-

1	2	3
4-	62	71

1	2	3
X	8/	9-

8	9	10
9-	8/	XX9

Fill in the score

1	2	3	4	5	6	7	8	9	10
8-	7-	53	9/	9/	X	8-	51	3/	9-

1	2	3	4	5	6	7	8	9	10
8/	9-	44	72	9-	X	X	8-	35	9/7

Make your own score

1	2	3	4	5	6	7	8	9	10



ABOUT THE BAKER GAME

A **5-player baker game** is formatted as follows:

- Player 1 bowls in frames 1 and 6
- Player 2 bowls in frames 2 and 7
- Player 3 bowls in frames 3 and 8
- Player 4 bowls in frames 4 and 9
- Player 5 bowls in frames 5 and 10

Example of a 5-player baker game:

1	2	3	4	5	6	7	8	9	10
8-	5/	35	81	71	X	9/	X	X	8/6
8	21	29	38	46	66	86	114	134	150

A **4-person baker game** is formatted as follows:

- Player 1 bowls in frames 1,5 and 9
- Player 2 bowls in frames 2, 6 and 10
- Player 3 bowls in frames 3 and 7
- Player 4 bowls in frames 4 and 8

A **3-person baker game** is formatted as follows:

- Player 1 bowls in frames 1, 4, 7 and 10
- Player 2 bowls in frames 2, 5 and 8
- Player 3 bowls in frames 3, 6 and 9

