



USA Bowling Coaching

Learning the game: new bowler (phase 1)

Week 1: Learning the Playing Field

The Lane – parts of the lane including pin numbers

Equipment – shoes, bowling balls, and how to use them safely; conventional grip

Right handed/Left handed – slide foot; balance arm

Evaluate skill level – evaluate bowlers using the evaluation checklist to see which components would be suitable for them

Week 2: Terminology/Fundamentals

Picking up the ball – how to pick the ball up safely

Hand Position Stance – positioning of hand in stance

Hand Position Release – positioning of hand at release

Staggered Stance Set-up – begins to develop the finish position

Week 3: Fundamentals, continued

Staggered Stance without Push Away – helps create a straight swing

Push away – allows the weight of the ball to swing naturally

Staggered Stance with Push Away – when bowler is ready to add a push away

Evaluate – check bowler's progress; make sure they are comfortable and understand the components they are working on

Review – review lessons learned during weeks 1, 2, and 3

Week 4: Fundamentals, continued

Athletic Pose – a balanced starting position used when utilizing steps to deliver the ball

One-step with a Push Away (Staggered stance finish) – helps bowler to learn and develop a balanced finish position

Footwork – foundation to a solid game

Evaluate – check bowler's progress; make sure they are comfortable and understand the components they are work on



Week 5: Review

Review – review lessons learned during weeks 1, 2, 3, and 4

Re-evaluate – evaluate bowler’s progress; make sure they are comfortable and understand the components they are working on. Make adjustments according to their comfort and skill level.

Week 6: Fundamentals, continued

Follow through – arm swings toward the target, with the elbow finishing above the shoulder

Finish Position – non-bowling arm is used to create balance

Lane Play – adjusting on the lane when a bowler misses the head pin

Week 7: Spares

Targeting for spares – roll the ball across the lane in a straight line toward the intended spare

Phase I Spare system – spare system to make picking up spares easier

Week 8: Putting it all together

Review the Fundamentals – review the fundamentals from weeks 1 through 7

Evaluate progress – evaluate bowler’s progress and make suggestions on where they might need more practice

Practice sheet – create a practice sheet with drills to help bowlers improve their game