



USA Bowling Coaching

Learning the game: new bowler (phase 2)

Week 1: Terminology/Equipment

Ball/Grip – parts of the lane including pin numbers

Terminology – explain ball-side, balance arm, and slide foot as related to right-handed and left-handed bowlers

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

Week 2: Fundamentals

Hand Position Release – how to roll a slight hook ball

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

One step with a Push Away (Traditional Finish Position) – teaches transfer of balance to one leg

Week 3: Fundamentals, continued

Four-step approach – helps develop sound fundamentals throughout a bowling approach

Five-step approach – bowler starts by taking a step with the slide foot, which then continues just like the four-step approach

Multi-step approach – if bowler takes more than four steps, push away is still based upon the four-step approach

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

Week 4: Review

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

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 5: Fundamentals, continued

Footwork (modified for arm swing) – Bowlers 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.

Finish Position – Opposite arm creates balance, body pointed toward intended target. As ball passes the slide foot ankle, the ball-side leg goes behind bowler rolling the foot on its side

Week 6: Lane Play

Adjusting – moving the feet in the direction a ball misses the pocket

Spare (3-6-9 Spare System) – teach this system when the bowler knows the basic moves for spares

Key Pin – pin closest to the bowler. Move feet to new position and face the spare. (angle the body toward the spare)



Week 7: Putting it all together

Review – review lessons learned from weeks 1 through 6

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

Practice – continue practicing on fundamentals that need improvement

Week 8: Practice

Practice – continue practicing on fundamentals that need improvement

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

Pick a partner – bowler’s partner up and work on skill drills together