



# USA BOWLING – QUICK REFERENCE GUIDE

## Fundamentals (Phase I)

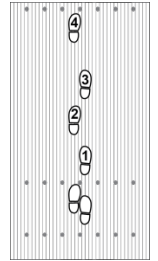
### Staggered Stance

- Use wider stance
- Resembles last step of the four step approach



### Footwork

- The size of the steps are relative to a bowlers height
- Bowling tempo is quick in pace



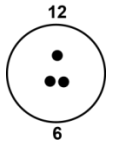
### Athletic Pose

- A balanced starting position used when bowlers utilize steps to deliver the ball



### Hand Position

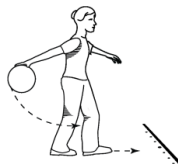
- Hand under ball
- Firm wrist
- Release thumb at 12 o'clock, fingers at 6 o'clock



### One Step with Push Away

(Staggered Stance Finish)

- Start with an athletic pose, push ball away allowing ball to swing naturally
- Step forward with slide foot as ball comes down from backswing
- Finish with slide foot and armswing in straight line toward target



### Follow Through

- Bowling arm finishes with elbow above bowling shoulder



### Finish Position

- Back leg stays straight behind bowler in finish position