

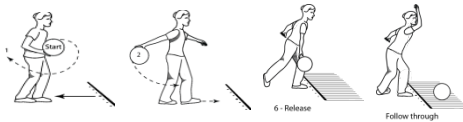


# USA BOWLING – QUICK REFERENCE GUIDE

## Fundamentals (Phase 2)

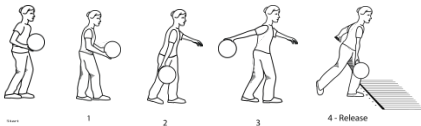
### One Step with Push away (Traditional Finish Position)

- Start with an athletic pose, push ball away allowing ball to swing naturally
- As ball comes down from the backswing, step forward with slide foot
- Finish with ball side leg rolling behind slide leg



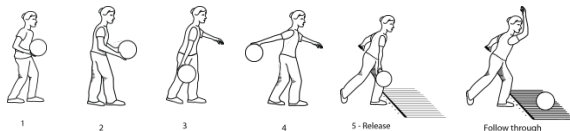
### Four Step Approach

- Step 1: Push away and ball side foot move together
- Step 2: Ball swings down near ball side leg
- Step 3: Ball reaches the top of backswing
- Step 4: While sliding the ball swings naturally into the release, follow through to target



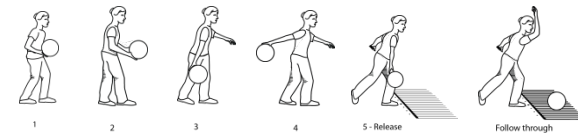
### Five Step Approach

- Step 1: Small step forward with the slide foot without moving the ball
- Step 2: Push away and ball side foot move together
- Step 3: Ball swings down near ball side leg
- Step 4: Ball reaches the top of the backswing
- Step 5: While sliding the ball swings naturally into the release, follow through to target



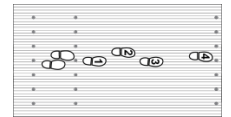
### Multiple Steps

- Allow for multiple steps before getting the ball into motion in the first step of a four step delivery



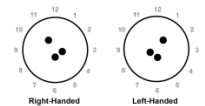
### Footwork

- First step has a slight crossover in front of the non-ball side foot



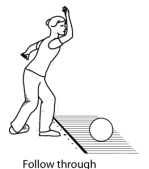
### Hand Position

- Release thumb at 11 o'clock and fingers at 5 o'clock for right handed bowlers, 1 o'clock and 7 o'clock for left handed bowlers



### Follow Through

- Bowling arm extends through the release and finishes with elbow above bowling shoulder



### Finish Position

- Ball side leg goes behind the bowler rolling the foot on its side