

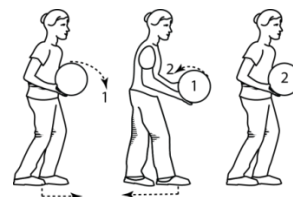


USA BOWLING – QUICK REFERENCE GUIDE

On - Lane Drills

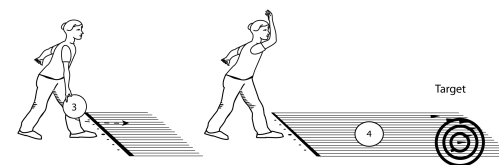
Ball Start

- Bowler stands on the approach at the locator dots
- Bowler moves the ball out and down while only taking the first step with the ball-side foot
- They stop the motion of the ball before the push away reaches full extension (Repeat six times)



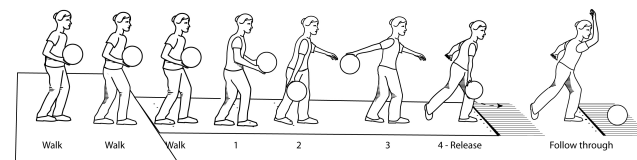
Armswing

- Coach chooses arrow for target
- Bowler stands a few inches away from foul line
- Bowler starts the swing and once the ball is in motion and before the push away reaches full extension, the opposite hand (balance arm) leaves the ball and goes out to the side waist-high for balance
- Once the opposite hand leaves the ball, the bowler should allow the ball to go into a free swing, keeping their ball-side arm close to their body throughout the entire swing and then release it at the bottom of the swing



Walk and Bowl

- Coach chooses arrow for target
- Bowler stands a few inches away from the foul line
- Bowler starts the swing. Once the ball is in motion and before the push away reaches full extension, the opposite hand (balance arm) will leave the ball and go out to the side keeping it waist-high for balance
- Bowler lets the ball swing from the shoulder
- After the ball is released, swing continues out and upward
- Hand should finish at least head level or above



Follow Through

- Coach chooses arrow for target
- Bowler stands a few inches away from the foul line
- Bowler starts the swing
- Once ball is in motion and before the push away reaches full extension, opposite hand (balance arm) will leave the ball and go out to the side, keeping it waist-high for balance
- Bowler lets ball swing from the shoulder
- After ball released, swing from the shoulder
- Hand should finish at least head level or above

