

CONVENTIONAL BOWLING INSTRUCTION SHEET

- ✓ PUT YOUR HEELS AT THE FOUL LINE AND WALK TOWARDS THE CROWD, AWAY FROM THE PINS, FOR 4 TO 5 COMFORTABLE STEPS. LOOK DOWN, TURN AROUND, AND YOU WILL FIND YOUR PERSONALIZED STARTING POSITION FOR APPROACHING YOUR THROW (THIS CAN BE ADJUSTED SLIGHTLY ONCE YOU BEGIN TO BOWL).
- ✓ IF YOU ARE A RIGHT HANDED BOWLER, YOUR FINAL STEP IS YOUR LEFT FOOT. IF YOU ARE A LEFT HANDED BOWLER, YOUR FINAL STEP IS YOUR RIGHT FOOT.
- ✓ STAND COMFORTABLY AT YOUR STARTING POSITION AND HOLD THE BALL SLIGHTLY BELOW YOUR CHEST. MAKE SURE THE BALL IS NOT RESTED AGAINST YOUR CHEST AND IS COMFORTABLE TO PERFORM A SWING. KEEPING IT SLIGHTLY TO THE RIGHT OF YOUR BODY WHILE POINTING THE BALL AT YOUR TARGET WILL ALLOW YOU TO HAVE A SWING PATH.
- ✓ MAKE SURE YOUR PRIMARY HAND IS UNDER THE BALL WHILE KEEPING YOUR OTHER HAND SUPPORTING IT'S WEIGHT. KEEP A GOOD GRIP ON THE BALL WITHOUT SQUEEZING IT. FOR PROPER RELEASE, SLIGHTLY BENDING YOUR WRIST TOWARDS YOU CAN HOLD YOUR HAND IN POSITION LONGER FROM YOUR SWING TO YOUR RELEASE.
- ✓ TAKE A BREATH. WHEN YOU TAKE YOUR FIRST STEP, YOU'RE GOING TO PUSH THE BALL AWAY FROM YOUR BODY AND CREATE A SWING. WHEN YOU PUSH AWAY, DO NOT LOCK YOUR ARM, OR OVER EXTEND YOUR ARMS MOVEMENT. YOU WANT TO PUSH AWAY SLIGHTLY LOWER THAN YOUR BALLS POSITION NEAR YOUR CHEST. YOU WANT A SMOOTH SWING AND TO LET YOUR ARM DO THE WORK, NOT THE REST OF YOUR BODY. DO NOT STOP WALKING TO THE FOUL LINE AS YOU COMPLETE YOUR SWING. YOU CAN USE YOUR OTHER ARM FOR BALANCE, EXTENDED TO THE SIDE OF YOUR BODY (ARM-BAR).
- ✓ ON YOUR FINAL STEP, COMPLETE YOUR SWING, AND BRING YOUR OTHER LEG BEHIND YOU TO BALANCE YOUR LOWER BODY. RELEASE THE BALL TOWARDS YOUR TARGET WHILE FOLLOWING THROUGH WITH YOUR ARM.