

Bowling

Skills and Drills

Individual Drills

#1. (Individual-Stationary) 5 Essential Components

- A. Tuck** (tuck bowling ball across chest)
- B. Grip** (grip bowling ball with dominant hand palm up with your thumb, middle and ring fingers inside the holes of the ball, with your index and pinky fingers assisting to balance the ball)
- C. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)
- D. Foot Work** (3 or 5 step forward approach-roll)

E. Motor Skills Cues

1. Rolling Cues (step by step progression with no bowling ball)

A. Stance (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

B. Grip (grip bowling ball with dominant hand palm up with your thumb, middle and ring fingers inside the holes of the ball, with your index and pinky fingers assisting to balance the ball)

C. Approach (take 3 or 5 steps toward your target, your first and last steps should be with the opposite foot of your rolling hand)

D. Backswing (swing your dominant hand extended from in front of your body at chest level down along your dominate hip and straight back to parallel to the floor behind you)

E. Frontswing (swing your dominant hand extended from behind you parallel to the floor along your dominate hip while transferring your weight from your back foot to your front foot releasing the bowling ball with your fingers close to the floor in front of body towards target with appropriate force...extend arm and snap wrist)

F. Freeze Frame (after releasing the bowling ball and following through, hold arm out pointing straight at target)

Partner Drills

***Explain**

F-Force (light, medium, heavy)

A-Angle (45 degrees, 90 degrees, parallel, perpendicular)

T-Trajectory (path of the bowling ball)

#2. (Partner-Stationary) Rolling and catching cues (underhand rolls)...2 times each partner

(Rolling) Stance-Grip-Approach-Backswing-Frontswing-Freeze Frame

#3. (Partner-Stationary) Rolling and catching (underhand rolls)

#4. (Partner-Increase Distance) Challenge rolling and catching (underhand rolls)

1 partner takes 1 step back after both partners catch a roll

#5. (Partner-Stationary) Short distance roll to pins (use 3 pins)

#6. (Partner-Stationary) Medium distance roll to pins (use 3 pins)

#7. (Partner-Stationary) Long distance roll to pins (use 3 pins)