USA Bowling Coaching

Learning the game: new bowler (phase 1)

**Week 1: Learning the Playing Field**
- **The Lane** – parts of the lane including pin numbers
- **Equipment** – shoes, bowling balls, and how to use them safely; conventional grip
- **Right handed/Left handed** – slide foot; balance arm
- **Evaluate skill level** – evaluate bowlers using the evaluation checklist to see which components would be suitable for them

**Week 2: Terminology/Fundamentals**
- **Picking up the ball** – how to pick the ball up safely
- **Hand Position Stance** – positioning of hand in stance
- **Hand Position Release** – positioning of hand at release
- **Staggered Stance Set-up** – begins to develop the finish position

**Week 3: Fundamentals, continued**
- **Staggered Stance without Push Away** – helps create a straight swing
- **Push away** – allows the weight of the ball to swing naturally
- **Staggered Stance with Push Away** – when bowler is ready to add a push away
- **Evaluate** – check bowler’s progress; make sure they are comfortable and understand the components they are working on
- **Review** – review lessons learned during weeks 1, 2, and 3

**Week 4: Fundamentals, continued**
- **Athletic Pose** – a balanced starting position used when utilizing steps to deliver the ball
- **One-step with a Push Away (Staggered stance finish)** – helps bowler to learn and develop a balanced finish position
- **Footwork** – foundation to a solid game
- **Evaluate** – check bowler’s progress; make sure they are comfortable and understand the components they are work on
**Week 5: Review**
Review – review lessons learned during weeks 1, 2, 3, and 4
Re-evaluate – evaluate bowler’s progress; make sure they are comfortable and understand the components they are working on. Make adjustments according to their comfort and skill level.

**Week 6: Fundamentals, continued**
Follow through – arm swings toward the target, with the elbow finishing above the shoulder
Finish Position – non-bowling arm is used to create balance
Lane Play – adjusting on the lane when a bowler misses the head pin

**Week 7: Spares**
Targeting for spares – roll the ball across the lane in a straight line toward the intended spare
Phase I Spare system – spare system to make picking up spares easier

**Week 8: Putting it all together**
Review the Fundamentals – review the fundamentals from weeks 1 through 7
Evaluate progress – evaluate bowler’s progress and make suggestions on where they might need more practice
Practice sheet – create a practice sheet with drills to help bowlers improve their game