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 working 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