Staggered Stance

- Use wider stance
- Resembles last step of the four step approach

Athletic Pose

- A balanced starting position used when bowlers utilize steps to deliver the ball

Hand Position

- Hand under ball
- Firm wrist
- Release thumb at 12 o'clock, fingers at 6 o'clock

Footwork

- The size of the steps are relative to a bowler's height
- Bowling tempo is quick in pace

Follow Through

- Bowling arm finishes with elbow above bowling shoulder

Finish Position

- Back leg stays straight behind bowler in finish position

One Step with Push Away

(Staggered Stance Finish)

- Start with an athletic pose, push ball away allowing ball to swing naturally
- Step forward with slide foot as ball comes down from backswing
- Finish with slide foot and armswing in straight line toward target