

How to be a successful coach in 5-pin Bowling

History of Bowling

Knowledge of the sport

- Proper dress
- Sport Safety
- Standards and specifications
- Bowling etiquette
- Scoring

Role of the Coach

- Leader
- Goal setter
- Person
- Decision maker
- Communicator

Skill Development

- Instruction for beginners
- Determining starting position
- Picking up the ball
- Proper delivery
- The 3-step approach
- Spot bowling

Advanced instruction

- The back-up ball
- Lane conditions
- Converting spares

Skill Analysis

- Detect and Correct
- Bowler evaluation form

Practice sessions

- Clinics for new bowlers
- Introduction to practice sessions

Follow Through

- Analysis
- Drills

Tournament Preparation

- Practice
- Mental Perspective
- Bowler Beware

Games and Drills

- Follow Through Drills
- Spare Task Cards
- Statistic Sheet



Bowling has been played in countless variations for over 5,000 years, with the earliest bowling artifacts originating in Ancient Egypt. No, they weren't playing 5 Pin bowling, in fact it is likely the game the Ancient Egyptians played would be completely unrecognizable to us, but it is the starting point for the evolution of the game of bowling that ultimately leads to where we are today.

The genesis of 5 Pin bowling was a product of the society of its day, and the ingenuity of one eccentric man. Thomas Ryan, the inventor of 5 Pin bowling, had originally opened the first Tenpin bowling centre in Canada on the corner of Yonge & Temperance Streets in downtown Toronto, featuring 10 lanes, palm trees, and a string orchestra. A private member club, the bowling centre catered to a white-collar crowd. Many of Thomas Ryan's customers, looking to bowl a game on their lunch break, were unsatisfied with the speed of Tenpin bowling. Not only that, the ball itself was seen as too heavy. In Thomas Ryan's own words: "The Tenpin ball was too heavy for the type of person I had induced to bowl. Some hadn't used their muscles in years. They'd bowl one or two games, then play bridge in my office while I supplied adhesive tape for their thumbs."

In response, Mr. Ryan had his father whittle down some pins, introduced a hand-sized ball, created a scoring system, and 5 Pin bowling in its original form was born. The year was 1909.

5 Pin bowling grew rapidly from the start, with the first league being formed in 1910. What followed was an explosion of the game across the country, with a staggering amount of league bowlers; it is estimated that in Toronto alone, at any given time during the 1950's there were 120,000 league bowlers.

The following decades saw the sport evolve with the creation of various associations that govern the sport and industry, as well as the introduction of a national youth bowling program in 1963 that has served over 2.2 million registered 5 Pin bowlers since its inception.

Today, 5 Pin bowling continues to be a favourite activity of people of all ages and abilities across the country.

5 Quick Facts

1.

5 Pin bowling is only played in Canada: While there have been a few attempts to introduce 5 Pin bowling to other parts of the world, such as in Scotland, and on Canadian Forces bases in Germany, today the sport is only played in Canada.

2.

5 Pin bowling is a recognized Heritage Sport: In 2008, Heritage Canada recognized 5 Pin bowling as a Heritage Sport.

3.

5 Pin bowling changed its scoring system: Today, the pin values are 2-3-5-3-2. However, for the first part of its existence, the pin values were 4-2-1-3-5, with the 4-pin labeled the “counter-pin”. The counter-pin had to be knocked down, otherwise the bowler would get a score of zero (0) for the frame. The counter-pin was completely abolished in 1971.

4.

5 Pin bowling has a Hall of Fame in Ontario: Run by the Ontario 5 Pin Bowlers’ Association, the Hall of Fame recognizes Players, Builders, and Legends of the game in Ontario. Started in 1968, induction ceremonies are currently held every 2 years.

5.

5 Pin bowling recently celebrated its 100th Anniversary: In 2009, 5 Pin bowling celebrated 100 years since its invention in downtown Toronto by Thomas Ryan. Here’s to 100 more!

Republished 2019
Darryl Skipworth & Dianne McPhee
Special thanks to Tom Paterson

1

- *Proper Dress*
- *Sport Safety*
- *Standards and Specifications*
- *Bowling Etiquette*
- *Scoring*

FUNCTIONAL DRESS

Correct Bowling Apparel

Bowling, as in any athletic endeavour, requires the correct sporting apparel.

Bowlers should wear non-restrictive clothing that allows for mobility and freedom of movement.

In bowling, dress rules may be established by the governing body of a particular tournament.

Bowling shoes are a MUST!

These shoes are designed and manufactured specifically for use by bowlers. The soles are made of leather and, in some designs, additional low-friction material (teflon) is built into the sole of the slide foot, to ensure a more consistent slide by the bowler when completing the approach.

The non-sliding foot has an added leather piece over the sole at the toe area, for added stability and to help overcome the excessive wear, due to the dragging of this foot at the completion of the approach. The heels are made of a rubber compound to assist the bowler in braking and stopping at the completion of the delivery.

A personal bowling shoe is recommended to provide a proper fit, consistent wear and a more comfortable feeling. for the athlete.

SPORT SAFETY

- Proper Bowling Apparel
- Bowling Shoes
- Warm-up and stretch before starting.
- Keep bowlers' enclosure free of food and drink. Check the bottom of your shoes before entering the bowlers' enclosure.
- Practise slide on the approach before bowling.
- Use water and towels (air) properly.
- Pick up the ball correctly.
 - The fingers and thumb must be placed on the ball pointed towards the side of the ball return.
 - Never place your fingers or thumb between the balls.

STANDARDS & SPECIFICATIONS OF 5 PIN BOWLING

The following 10 points list some basic information about the equipment used in the sport of 5 Pin Bowling.

- 1) The **length of the lane** is SIXTY FEET plus or minus ONE/HALF INCH (**60' ± ½"**) from the foul line to the centre of the Headpin spot.
- 2) The **width of lane** is FORTY—ONE to FORTY-TWO INCHES (**41"-42"**) between the channels.
- 3) The **length of the approach** may vary. For this reason, it is recommended that you use the guides embedded on the approach. One set of guides appears ELEVEN to TWELVE FEET (**11'-12'**) from the foul line and the second set are FOURTEEN to FIFTEEN FEET (**14'-15'**) from the foul line.
- 4) The **5 Pin Bowling ball** is made from hard rubber, urethane, or plastic compounds. The bowling ball may weigh between THREE POUNDS FOUR OUNCES and THREE POUNDS TEN OUNCES (**3 lbs. 4 oz. To 3 lbs. 10 oz.**).
- 5) The **5 Pin Bowling Ball measures** between FOUR and THREE/QUARTER INCHES and FIVE INCHES in diameter with an allowable tolerance of ONE/THIRTY-SECOND of an inch (**4¾" and 5" in diameter (± 1/32")**).
- 6) The **weight of a 5 Pin Bowling pin** is TWO POUNDS and TWO OUNCES plus or minus TWO OUNCES (**2 lbs. 2 oz ±2 oz.**) without the rubber band.
- 7) The height of a 5 Pin Bowling pin is TWELVE and THREE/EIGHTHS INCHES plus or minus THREE/SIXTY-FOURTHS INCHES (**12⅞" ± 3/64"**).
- 8) The **diameter of a 5 Pin Bowling pin, including the rubber band**, is FIVE INCHES plus or minus THREE/SIXTY-FOURTHS INCHES (**5"± 3/64"**) at the widest point.
- 9) The **diameter of a 5 Pin Bowling pin at its base** is ONE and FIVE/EIGHTHS INCHES plus or minus THREE/SIXTY-FOURTHS INCHES (**1⅝" ± 3/64"**).
- 10) The distance between each pin is EIGHTEEN INCHES (**18"**), measured from the centre to centre of each pin spot.

BOWLING ETIQUETTE

As the governing body for the sport of 5 Pin Bowling, the Canadian 5 Pin Bowlers' Association has established definite rules of conduct for all its members.

Beyond this, sportsmanship, courtesy, consideration of others, and plain common sense are equally important for the enjoyment of 5 Pin Bowling.

The rules of conduct are outlined in Section "C" of the C5PBA's ***Official Rules and Regulations Governing the Sport of 5 Pin Bowling***. The "rules" of etiquette are outlined below, and should be practised with the same respect by all bowlers...

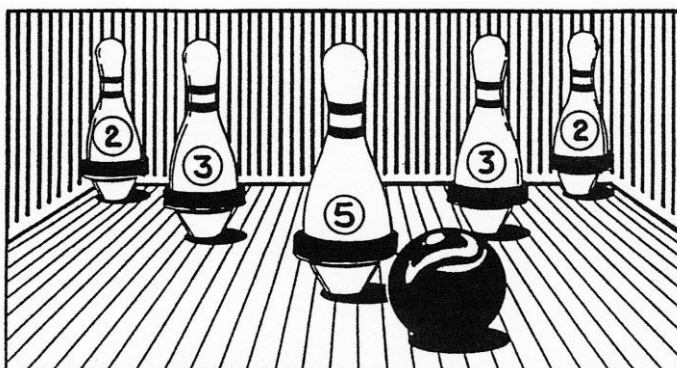
- 1) Be ready to bowl when your turn comes up.
- 2) Stay off the approach until it is your turn to bowl. After bowling, leave the approach immediately.
- 3) Get set properly. Concentrate, but don't waste too much time with meaningless motions. Mental preparation can begin before you even step onto the approach.
- 4) Confine any "body English" to your own lane. Try to limit excessive movements.
- 5) If the bowler on the right-hand lane is ready, allow that bowler to complete his/her delivery. Stay out of their field of vision during their entire approach.
- 6) Observe the foul line. Deduct 15 points from your score for failure to do so. Get in the habit of playing by all the rules.
- 7) Do not loft the ball.
- 8) If there are automatic pinsetters, always reset the pins for the next bowler.
- 9) Be a good sport. Give credit and encouragement to others, but only give advice if asked to do so.
- 10) Keep a check on your temper and language.
- 11) Do not carry refreshments or food into the bowlers' enclosure.

OFFICIAL 5 PIN SCORING RULES

The following is reproduced from Section "B" of the "OFFICIAL RULES AND REGULATIONS GOVERNING THE SPORT OF 5 PIN BOWLING" (4TH PRINTING).

PIN VALUES....

The five bowling pins shall be known by their numbers, which also indicates their point value. The value and position of the pins are:



The total point value of the five bowling pins shall be 15 points.

COUNT....

The point value of pins bowled down by a legally delivered ball and/or the point value assigned to a strike or spare.

SCORE....

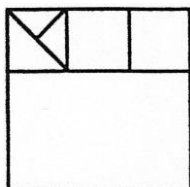
The accumulated point value of pins bowled down by legally delivered balls during the course of a game.

SERIES....

The calculated total of two or more games bowled by a bowler during one bowling session.

STRIKE....

A "STRIKE" is recorded when the bowler completes a legal delivery and bowls down the full setup of five pins on the first ball of a frame.



A strike is designated on the scoresheet by placing its symbol (see diagram) in the first count box of the frame where the strike was bowled. The strike symbol should be drawn from the top left-hand corner of the square to the bottom right corner with an intersecting slash from the top right hand corner to the middle of the square.

This symbol represents 15 points. The count in each frame where a strike has been made, must be left blank until the bowler completes his/her next two deliveries in the following frame(s). The point value of all pins legally bowled down by those two balls are added to the 15 points (represented by the symbol) and this count is credited to the frame where the strike was made.

DOUBLE..... When a bowler bowls two strikes in succession, within a game, he/she shall have scored a “DOUBLE”. The count in the frame where the first strike was bowled shall be left blank until the bowler makes his/her first delivery of the next frame.

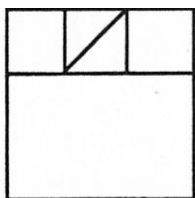
When a DOUBLE has been bowled, the count for the first strike is 30 points plus the value of pins bowled down with the first ball of the frame following the second strike.

TRIPLE When a bowler bowls three strikes in succession, within a game, he/she shall have scored a “TRIPLE”.

In scoring three successive strikes, the bowler shall be credited with 45 points in the frame where the first strike was bowled.

PERFECT GAME.. In a game of a full ten frames, a bowler must bowl twelve (12) strikes in succession and must not have committed any foul, to have bowled a “PERFECT GAME” score of 450.

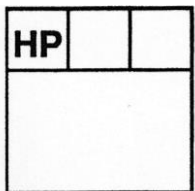
SPARE..... A “SPARE” is recorded when a bowler bowls down all remaining pins left standing (by the first ball) on the second legally delivered ball of a frame.



A spare is designated on the scoresheet by placing its symbol (see diagram) in the second count box of the frame in which the spare was bowled. The spare symbol is drawn from the top right-hand corner to the bottom left hand corner.

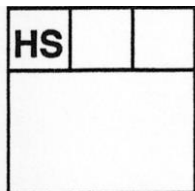
This symbol also represents 15 points. The count in each frame where a spare has been made, must be left blank until the bowler completes his/her first delivery of the next frame. The point value of all pins legally bowled down by that ball are added to the 15 points (represented by the symbol) and this count is credited to the frame where the spare was made.

HEAD PIN..... “HEAD PIN” shall be the term applied to the centre pin (5 Pin).



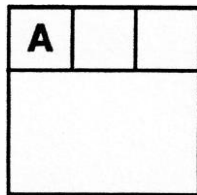
When only the Head Pin is bowled down by the first legally delivered ball of a frame, it shall be designated on the scoresheet by placing an “HP” symbol (see diagram) in the first count box of the frame where such a Head Pin has occurred. This symbol represents 5 points.

SPLIT A “SPLIT” shall be defined as the setup of pins after the first legally delivered ball of a frame, when the Head Pin and ONLY ONE of the 3 Pins have been bowled down.



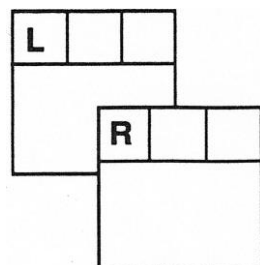
A Split shall be designated on the scoresheet by placing an “HS” symbol (see diagram) in the first count box of the frame where the Split occurred. This symbol represents 8 points.

ACES.....“ACES” shall be defined as the setup of pins after the first legally delivered ball of a frame, when the Head Pin and BOTH 3 Pins are bowled down, leaving the two corner pins standing.



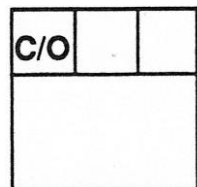
Aces shall be designated on the scoresheet by placing an “A” symbol (see diagram) in the first count box of the frame where the Aces occurred. This symbol represents 11 points.

CORNER PINA “CORNER PIN” shall be defined as the pin setup after the first legally delivered ball of a frame, when EITHER the left 2 Pin OR the right 2 Pin remain standing.



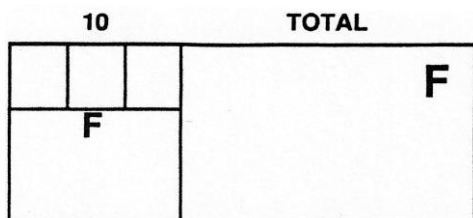
A Corner Pin shall be designated on the scoresheet by placing the appropriate symbol “R” (for the right Corner Pin) or “L” (for the left Corner Pin) in the first count box of the frame where the Corner Pin has occurred. Both these symbols represent 13 points.

CHOP-OFF.....A “CHOP-OFF” shall be defined as the setup of pins after the first legally delivered of a frame, when the Head Pin, and the 3 Pin and 2 Pin on the same side of the lane have been bowled down, leaving the opposite 3 Pin and 2 Pin standing.



A Chop-Off shall be designated on the score-sheet by placing a “C/O” symbol (see diagram) in the first count box of the frame where the Chop-Off occurred. This symbol represents 10 points.

FOULWhen a “FOUL” has been committed it shall be designated on the scoresheet by placing an “F” symbol (see diagram) immediately below the corresponding count box for the ball in the frame where the foul has occurred.

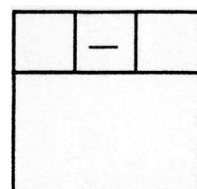


This symbol represents a deduction of 15 points from the total Score upon completion of the game.

The Foul symbol “F” must also be recorded in the Total Column at the end of the scoresheet as a reminder to the scorekeeper that a foul was committed during that game.

NOTE: No more than three (3) fouls may be charged to a bowler in a given frame and not more than one (1) foul may be charged on a given ball.

OUT OF BOUNDS BALL Any legally delivered ball which enters the left or right channel shall be called an “OUT OF BOUNDS BALL”.



An Out of Bounds ball shall be designated on the scoresheet by placing a “-” symbol (see diagram) in the corresponding count box for the ball in the frame where the Out of Bounds ball occurred. This symbol represents 0 (zero) points.

MISSED SHOT

5	-	

Any legally delivered ball which does not bow] down any pins whatsoever, but remains on the playing surface until leaving the lane bed via the end of the lane, shall be defined as a "**Missed Shot**"

A Missed Shot shall be designated on the scoresheet by placing a " - " symbol in the corresponding small square for the ball in the frame where the missed shot has occurred.

This symbol represents a point value of zero (0).

LOST BALL.....

-		

A ball shall be declared lost if any of the following circumstances occur:

- (i) clears (*goes over top of*), or hits and clears a C5PBA approved "Lane Protection Device";
- (ii) knocks a C5PBA approved "Lane Protection Device" out of bracket, or hits it requiring the "Lane Protection Device" to be repositioned;
- (iii) a ball delivered while the sweeping unit or shield of an automatic pinsetter is in motion and that ball comes in contact with the sweeping unit or shield.

A Lost Ball shall count as a ball rolled, and any pin(s) bowled down by such ball shall not count as downed pins and must be re-spotted before any subsequent delivery is attempted by the bowler.

A Lost Ball shall be designated on the scoresheet by placing a " - " symbol in the corresponding small square for the ball in the frame where the lost ball has occurred.

This symbol represents a point value of zero (0).

FOULS

A foul is committed when any part of the bowler's person, wearing apparel or foreign object originating - from the bowler's person, comes in contact with the lane bed, foul line, channels, ball return or portion of the equipment or building (side walls, posts, etc.) which are on line with or extend beyond the foul line, during or after the act of delivering a ball, providing that the ball is released.

A foul shall be called if a bowler makes a delivery of a bowling ball when deadwood or balls are lying on the lane bed, or in the channels.

When a bowler commits a foul, which triggers the automatic foul detection device, the bowler shall not make a subsequent delivery until the indicator (light or buzzer) of the foul detection device, returns to its non—indicating mode.

PENALTY: A bowler who does not abide by this rule, shall be assessed a foul on the subsequent delivery.

Fouls may be called by one or more of the following:

- an approved automatic foul detection device ‘
- a designated Foul Line Judge
- opposing Team Captains and/or Coaches
- one or more members of opposing teams
- an Official Scorekeeper
- a League or Tournament Official.

A foul must be called and recorded immediately after the foul has been committed and brought to the attention of both the bowler and scorekeeper.

In the case of a disputed foul, play must be stopped immediately and not continued until such time as the dispute is reconciled between the opposing team captains or coaches. If the dispute can not be reconciled, a League or Tournament Official must be called and a decision made then and there.

When a protest involving a decision of a League or Tournament Official regarding a disputed foul is entered, the League or Tournament Official shall ask that a provisional ball or frame (Refer to Section A - Rule #18) be bowled by the bowler involved, until such time as a final decision can be rendered by the League Executive or Tournament Committee.

No appeal to a protest decision shall be allowed when a foul is indicated by an approved foul detection device OR IS called by a designated Foul Line Judge, EXCEPT when it IS proved that the device is not operating properly, or there is sufficient evidence that the bowler did not foul.

NON-FOULS

A foul shall not be called when a bowler requests and receives permission from an opposing team captain, coach or league or tournament official, to cross the foul line in order to retrieve an article (i.e. — a ball in the channel, etc.).

A foul shall not be called when a bowler bowls on the wrong lane or out of turn.

A foul shall not be called if the ball triggers the approved foul detection device.

A foul shall not be called on a bowler who is physically interfered with while in the act of delivering a bowling ball where such interference causes the bowler to commit a foul. Such ball shall be declared “dead”, and any pin(s) knocked down by such ball shall not count and must be respotted and play continued without any penalty whatsoever to the bowler.

PENALTIES FOR FOULS

The penalty for committing a foul shall be a deduction of 15 points from the bowler’s total game score.

No more than three (3) fouls may be charged to a bowler in a given frame and not more than one (1) foul may be charged on a given ball.

Regardless of the number of fouls assessed to a bowler in a given game, a bowler cannot have a net game score of less than zero (0) points.

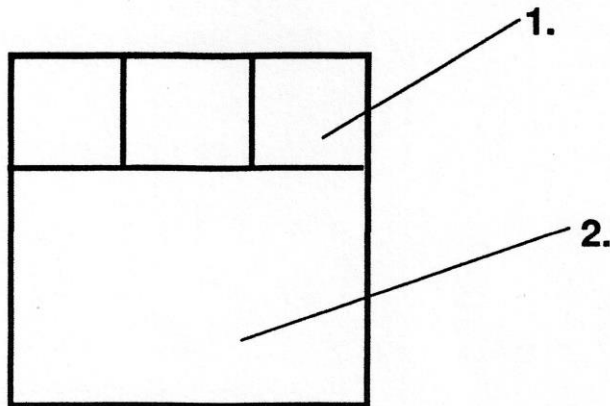
The appropriate symbol (“F” for Foul) must be placed on the scoresheet immediately below the appropriate count box corresponding to the actual ball of the frame where the foul was committed, and in the bowler’s total score column to remind the scorekeeper that a foul has been committed during the game.

At the conclusion of the bowler’s game, the scorekeeper shall total the number of fouls committed by the bowler during the game and shall subtract 15 points from the bowler’s game score for each and every infraction committed and then record this net score under the bowler’s corresponding total column on the scoresheet.

HOW TO USE THE 3 BOX SCORING METHOD

Although it may appear difficult, especially to those who are used to the single box method, the three-box scoring system is really quite simple.

You Will notice that each frame on a three-box scoresheet is divided into two (2) sections:



The upper section (1) of the frame is divided into three smaller squares called COUNT BOXES. The Count Boxes are used to record the count or Point value of pins bowled down by each ball delivered in a frame. Adding the three Count Boxes gives you the frame score.

The lower section (2) of the frame is called the SCORE BOX and is used to record the running game score as the frames progress. To calculate the running game score, add the Count Boxes for the current frame and add this total to the previous frame Score Box.

For Example: Adding the three Count Boxes in Frame # 2, gives you a count of 10 points ($5 + 0 + 5 = 10$). Adding this count to the previous frame's running game score (Frame # 1 Score Box) of "15", gives you a new running game score of "25" points ($15 + 10 = 25$). You record this new running game score in the Score Box section of Frame # 2.

1				2	
5	5	5	5	—	5
15				25	

EXAMPLE OF 3 BOX SCORING METHOD

The official method and procedure for scoring a game of 5 Pin Bowling is explained in the following example:

FIRST FRAME

ON THE FIRST DELIVERY, only the HEADPIN was bowled down. The headpin symbol "HP" is marked in the first count box of Frame # 1.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP										

ON THE SECOND DELIVERY, the left 3 and 2 pins were bowled down. The total value or "count" of 5 points is entered into the second count box of Frame # 1.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP	5									

ON THE THIRD DELIVERY, the ball did not knock down any pins but remained on the lane surface until leaving the end of the lane (did not enter the channels). The missed shot symbol "-" is placed in the third count box of Frame # 1.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP	5	-								

The three count boxes are then added (remember the point values for the scoring symbols) and the running game score of "10" is entered in the score box of Frame # 1.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP	5	-								
10										

SECOND FRAME

ON THE FIRST DELIVERY, all the pins except the right corner pin (2 Pin) were bowled down. The right hand corner pin symbol "R" is marked in the first count box of Frame #2.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP	5	-	R							
10										

ON THE SECOND DELIVERY, the right-hand corner pin is bowled down. This is called a SPARE and its symbol "/" is marked in the second count box of Frame # 2.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R /										
10										

Since a spare is worth 15 points plus the count earned on the first ball delivered in the next frame, the running game score is not entered for Frame # 2 until the first ball of the third frame has been bowled.

THIRD FRAME

ON THE FIRST DELIVERY, all pins except the two corner pins were bowled down. This is called ACES and its symbol "A" is placed in the first count box of Frame # 3.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R /	A									
10										

The corresponding count for aces (11) is also placed in the third count box of the second frame, giving the spare a value of 26 points (15 points for the spare plus the bonus points awarded for the pins bowled down on the first ball of the third frame). The running game of 36 may now be entered into the score box of Frame # 2. This score is determined by adding the running game score of Frame # 1 (10) to the second frame count of 26.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R /	11	A								
10	36									

ON THE SECOND DELIVERY, the left corner pin (2 Pin) was bowled down. The corresponding count of 2 points is entered in the second count box of Frame # 3.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R /	11	A 2								
10	36									

ON THE THIRD DELIVERY, the ball entered the right channel and did not bowl down any pins. This is an OUT OF BOUNDS BALL and is marked in the third count box of the frame as "-".

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R /	11	A 2 -								
10	36									

Adding the three count boxes of Frame # 3 gives you a count of 13 points which is added to the running game score of 36 (from Frame # 2) and produces a running game score of 49 in the third frame. This is entered in the score box for that frame.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / II A 2 -										
10	36	49								

FOURTH FRAME

ON THE FIRST DELIVERY, all the pins except the left-hand corner pin (2 Pin) were bowled down. The left hand corner pin symbol "L" is marked in the first count box of Frame # 4.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / II A 2 - L										
10	36	49								

ON THE SECOND DELIVERY, the pin was missed but the ball didn't enter the channel. A "-" symbol (missed shot) is marked in the second small square of the fourth frame.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / II A 2 - L -										
10	36	49								

ON THE THIRD DELIVERY, the pin was missed again and as before the ball did not enter the channel. The missed shot symbol "-" is entered in the third count box of Frame # 4.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / II A 2 - L - -										
10	36	49								

Adding the three count boxes of Frame # 4 gives you a count of 13 points for the frame and a running game score of 62 points which is placed in the score box of the fourth frame.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / II A 2 - L - -										
10	36	49	62							

FIFTH FRAME

ON THE FIRST DELIVERY, the headpin was missed and the ball knocked down the right 3 and 2 Pins. No symbol is entered, but the numeral 5 (representing the count of the two pins bowled down) is entered in the first count box of the fifth frame.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / 11 A 2 - L - - 5										
10	36	49	62							

ON THE SECOND DELIVERY, the remaining pins were bowled down and a SPARE "/" is indicated in the second count box of Frame # 5. Again, the running game score is not entered for Frame # 5 until the bonus count from the first ball delivered in the next frame has been determined.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / 11 A 2 - L - - 5 /										
10	36	49	62							

SIXTH FRAME

ON THE FIRST DELIVERY, all pins were bowled down. This is called a STRIKE and is indicated on the scoresheet by placing a "Y" symbol in the first count box of Frame # 6.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / 11 A 2 - L - - 5 /					Y					
10	36	49	62							

You may now complete the count for the spare recorded in the fifth frame. A spare is worth 15 points plus the value of the first ball delivered in the next frame. Since a strike was rolled on the first ball of the sixth frame, the bonus count added to the spare is 15 more points. This is denoted on the scoresheet by placing 15 in the third count box of the fifth frame thus making the count for the fifth frame a total of 30 points (15 points for the spare + 15 points for the strike). These 30 points are then added to the running game score of 62 (from Frame # 4) giving you a new running game score of 92 points in the fifth frame. Enter this in the score box for Frame # 5.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / 11 A 2 - L - - 5 / 15										
10	36	49	62	92						

Since a strike is worth 15 points plus the value of pins bowled down on the next two deliveries, the running game score cannot be entered in the sixth frame until completion of these two deliveries.

SEVENTH FRAME

THE FIRST DELIVERY, another STRIKE is rolled. This gives you two successive strikes (one in the sixth frame and one in the seventh frame). This is called a DOUBLE. The strike symbol "Y" is entered in the first count box of Frame # 7. Also, 15 points is entered into the second count box of Frame # 6 which represents the first of the two bonus deliveries allowed for a strike.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / 11 A 2 - L - - 5 / 15 Y 15 Y										
10	36	49	62	92						

EIGHTH FRAME

ON THE FIRST DELIVERY, a STRIKE is rolled again. Another strike symbol "Y" is placed in the first count box of Frame # 8. You now have three strikes in a row. This is called a TRIPLE.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / 11 A 2 - L - - 5 / 15 Y 15 Y										
10	36	49	62	92						

The strike rolled in the eighth frame represents the second bonus delivery allowed for the strike bowled in the sixth frame. You may enter 15 points in the third count box of the sixth frame.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / 11 A 2 - L - - 5 / 15 Y 15 15 Y										
10	36	49	62	92						

You may now complete the count for the sixth frame by adding the three count boxes for the frame. The first count box contains a strike symbol which is worth 15 points. The second count box contains a value of 15 points as does the third count box. This gives you a total of 45 points for Frame # 6. Adding the 45 points to the running game score of 92 (from the fifth frame) gives you a running game score of 137 for six frames.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / 11 A 2 - L - - 5 / 15 Y 15 15 Y										
10	36	49	62	92	137					

The strike bowled in the eighth frame also represents the first of two bonus deliveries allowed for the strike in the seventh frame. Indicate this by placing its point value (15) in the second count box of Frame # 7.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / 11 A 2 - L - - 5 / 15 Y 15 15 Y										
10	36	49	62	92	137					

NINTH FRAME

ON THE FIRST DELIVERY, the headpin and left 3 Pin were bowled down. This is called a SPLIT and its Symbol "HS" is marked in the first count box of Frame # 9.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / II A 2 - L - - 5 / 15 \ 15 15 \ 15								HS		
10	36	49	62	92	137					

This split represents the second bonus delivery of the strike bowled in the seventh frame as well as the first bonus delivery of the strike bowled in Frame # 8. Place the corresponding point value for a split (8 points) in the third count box of Frame # 7 and again in the second count box of Frame # 8.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / II A 2 - L - - 5 / 15 \ 15 15 \ 15 8 \ 8								HS		
10	36	49	62	92	137					

The frame total can now be completed for the seventh frame as both bonus deliveries allowed for the strike have been completed. Total the three count boxes 15 points for the strike symbol + 15 points for the first bonus ball + 8 points for the second bonus ball = 38 points for the seventh frame. Add these 38 points to the running game score of 137 (Frame # 6) and record the new running game score of 175 in the score box of Frame # 7.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / II A 2 - L - - 5 / 15 \ 15 15 \ 15 8 \ 8								HS		
10	36	49	62	92	137	175				

ON THE SECOND DELIVERY, the right 3 Pin and right 2 Pin were bowled down, but the bowler went across the FOUL LINE. Record the count for the ball (5 Points) in the second count box of Frame # 9.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / II A 2 - L - - 5 / 15 \ 15 15 \ 15 8 \ 8								HS 5		
10	36	49	62	92	137	175				

YOU MUST ALSO RECORD THE FOUL! Place the Foul symbol "F" immediately below the second count box of the ninth frame and again in the top right-hand corner of the "TOTAL COLUMN" (at the extreme right side of the bowler's game). This symbol tells you two things. First the foul was committed on the second ball of the ninth frame and secondly, the "F" symbol in the total column reminds the scorekeeper that a penalty of 15 points must be deducted from the bowler's score at the conclusion of the bowler's game.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / II A 2 - L - - 5 / 15 \ 15 15 \ 15 8 \ 8								HS 5		
10	36	49	62	92	137	175		F		F

The count of the second ball in the ninth frame (5 Points) also represents the second bonus ball allowed for the strike bowled in the eighth frame. In the third count box of the eighth frame record these 5 points then total the count for the frame. Count 15 points (for the strike) + 8 points (for the first bonus ball) + 5 points (for the second bonus ball) = 28 points. This count (28) is added to the running game score from the seventh frame, giving a new running game score of 203 in Frame # 8.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 -	R / 11	A 2 -	L - -	5 / 15	X 15 15	X 15 8	X 8 5	HS 5		F
10	36	49	62	92	137	175	203			

ON THE THIRD DELIVERY, the left corner pin is bowled down which is denoted as 2 in the third count box of the ninth frame. Since no strike or spare has been made in the ninth frame, you can complete the ninth frame by adding the three count boxes (8 + 5 + 2 = 15) then add this frame count to the running game score from the eighth frame (203) and enter the new running game score of 218 in the score box of Frame # 9.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 -	R / 11	A 2 -	L - -	5 / 15	X 15 15	X 15 8	X 8 5	HS 5 2		F
10	36	49	62	92	137	175	203	218		

TENTH FRAME

ON THE FIRST DELIVERY, the headpin, right 3 Pin and right 2 Pin were bowled down. This is called a CHOP-OFF and is denoted by placing its symbol "C/O" in the first count box of the tenth frame.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 -	R / 11	A 2 -	L - -	5 / 15	X 15 15	X 15 8	X 8 5	HS 5 2	%	F
10	36	49	62	92	137	175	203	218		

ON THE SECOND DELIVERY, the two remaining pins were knocked down, giving the bowler a SPARE. Record the spare by placing its symbol "/" in the second count box of tenth frame.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 -	R / 11	A 2 -	L - -	5 / 15	X 15 15	X 15 8	X 8 5	HS 5 2	% /	F
10	36	49	62	92	137	175	203	218		

Although the bowler has recorded a spare, the game is not finished because the count for a spare is not complete until a subsequent delivery has been made and its point value added to the 15 points represented by the spare. IN THE TENTH FRAME, YOU MUST ALWAYS BOWL THREE BALLS! This allows for the completion of counts for strikes or spares made in the final frame.

ON THE THIRD DELIVERY, only the right 3 Pin is bowled down. this is recorded as 3 in the third count box of the tenth frame.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / II A 2 - L - - 5 / 15 \ 15 15 \ 15 8 \ 8 5 HS 5 2 % / 3										F
10	36	49	62	92	137	175	203	218		

Calculate the count for the tenth frame by adding the three count boxes. REMEMBER ... ALL COUNTS PRECEDING A SPARE SYMBOL IN A FRAME ARE DISREGARDED. Therefore, the count for the tenth frame is 18 points (15 points for the spare + 3 points on the bonus or third ball). Add the 18 points to the running game score from Frame # 9 and enter the sum (236) in the score box of the tenth frame.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / II A 2 - L - - 5 / 15 \ 15 15 \ 15 8 \ 8 5 HS 5 2 % / 3										F
10	36	49	62	92	137	175	203	218	236	

YOU ARE NOT FINISHED YET!

For each foul committed during a game, 15 points are deducted from the game score upon completion of the bowler's game. Since only one foul was committed by the bowler in this game (in Frame # 9), we will subtract 15 points from the running game score of 236. We then enter the FINAL GAME SCORE (236 - 15 = 221) under the TOTAL COLUMN at the extreme right side of the scoresheet.

1	2	3	4	5	6	7	8	9	10	TOTAL
HP 5 - R / II A 2 - L - - 5 / 15 \ 15 15 \ 15 8 \ 8 5 HS 5 2 % / 3										F
10	36	49	62	92	137	175	203	218	236	221

THE BOWLER'S FINAL GAME SCORE IS 221!

SUMMARY

With new bowlers it is better not to assume that they know the basics. Be sure to start by explaining proper dress, and the importance of bowling shoes.

Safety should always be a concern for coaches. It is important to know what to look for when checking the environment and equipment. One of the key safety factors is proper handling of the ball. Young bowlers should be taught how to pick up the ball so that the fingers and thumb point to the side of the ball return.

In the C5PBA Rule Book, the coach can find most of the information they require. Section C contains rules for bowling etiquette. Although most of these rules are common sense, it is up to the coach to ensure that their bowlers are well informed.

Scoring is an integral part of the game, and coaches are expected to be totally versed in the proper procedures. Every bowler needs to be taught how to score using all of the proper symbols. Going along with this is the ability to recognize when a ball has been delivered with a foul, and how this should be handled.

2

- *Leader*
- *Goal Setter*
- *Person*
- *Decision Maker*
- *Communicator*

**R
O
L
E

O
F

T
H
E

C
O
A
C
H**

ROLE OF THE COACH

Like a Hollywood actor, the coach must be prepared to play many roles — and do each one well. Unlike the actor, the coach's roles are very real. There is little room for “acting” in your various roles. To be effective you must be genuine in your approach.

1. THE COACH AS A LEADER

One of your functions will be that of a leader. This not only means on the lanes, but in your everyday activities. As a leader you must set an example for athletes, parents, family members, and other coaches.

You must be able to assert authority when necessary, give and take advice when required, deal effectively with outside influences, and be willing to accept and cope with change when called for. Together with the above attributes, you, the coach, must accept responsibility for your actions.

You must be fair and consistent in your judgement and decisions, while allowing for individual differences in your athletes' attitudes, temperament and abilities.

As a leader, it is imperative that you put priorities in their proper perspective. Remember, you are an influential model to the people you are dealing with.

2. THE COACH AS A GOAL SETTER

The coach, with input from the bowler, must decide their priorities. As much as practical, the coach should know the bowler's background at home, at work, at school and their relationships with friends, relatives, and team mates. Only then can goals be set. Remember, goals set in consultation with the bowler are more likely to be respected **and** achieved.

It is the coach's responsibility to eliminate individual problems in attempting to achieve the goals set for a team.

3. THE COACH AS A PERSON

Outlined below are the “three keys to success” for personal behaviour as a coach.

A) **Honesty** — Honesty in the coach is demonstrated in three ways:

- (a) Personally
- (b) With the bowler
- (c) In competition

By maintaining personal high standards, you will gain the respect of your athletes and fellow coaches.

B) **Appearance** — It is important to the bowlers, officials, competitors and spectators that you be dressed in a manner that identifies you as the coach during competition. Being properly attired and well groomed can help.

- (a) Set an example for your bowlers
- (b) Act as a motivator
- (c) Gain respect from your bowlers.

The Canadian 5 Pin Bowlers' Association has designed a shirt specifically for qualified coaches. Ask your course conductor for information, or enquire directly to the national office. The coach should realize that he/she is in the public eye at all time and should dress and act accordingly.

C) **Punctuality** — The coach must be punctual. If a practice or a meeting is called for a certain time, be there early. The coach here again sets the example, which the bowler will surely follow.

4. THE COACH AS A DECISION MAKER

A) **Be Consistent and Fair** -- Consistency is the benchmark of a successful coach. And, fairness is the standard by which the coach is judged. Inconsistency will result in an eventual lack of confidence in the coach, illustrated by a loss of team morale. Showing favouritism for one or more team members can be detrimental to the coach's role as a leader. Be consistent and fair in dealing with your bowlers and you will gain their respect.

B) Who Makes Decisions?

- (i) **The Coach** — You as the coach may decide to make several decisions on your own. This type of decision-making is dictatorial or authoritative. Although there will be times when the coach must resort to this type of decision-making, it should be kept to a minimum. It has been proven to be ineffective in overall goal setting.
- (ii) **The Athlete** — The individual or team member may make a decision on his/her own. Especially when confronted with coaches who do not involve them in decisions, athletes tend to become "unpredictable".
- (iii) **The Team** — There may times when the team will make the decision, and the coach will follow their wishes. Showing you are flexible and respect the bowlers' opinions is a good way to gain their respect.
- (iv) **The Group** — The team as a whole, including the coach, may arrive at a decision. Under these circumstances all parties in the decision assume personal responsibility for attaining their goals.

C) **How to Make Decisions** — As a general guideline, the more time involved between making a Decision and achieving it, the more consultation there should be in the decision-making process. Line-up changes during competition require immediate decisions and the coach must assume that responsibility. Setting an objective of hitting the pocket 7 out of 10 times is a planned goal and should involve the athlete and coach. Striving to be national champion is more long-range and the coach, athlete and others (i.e. family, peers) should be consulted.

5. THE COACH AS A COMMUNICATOR

Communication with your bowlers may be verbal or non-verbal (written or demonstrative). Regardless of the type of communication, it must be geared to the level of comprehension of your bowlers. Factors to consider are age and bowling ability.

A) **Counsellor:** Understand the problems of your bowlers.

The coach should try to obtain as much background information on each bowler as possible. A form, specifically designed to fit your needs, can be used to obtain this information.

B) **Instructor:** Knowledge of skill teaching methods.

The coach must have a basic knowledge of the sport of 5 Pin Bowling. Not only must you know the fundamentals, you must be prepared to show through example, by yourself or others, the proper techniques to correct mistakes in stance, approach, delivery and other basics of 5 Pin Bowling. The coach must have knowledge of skill teaching methods and be able to communicate to the bowler, the proper correction of a fault, once it has been detected.

Knowledge of the sport is of utmost importance. The coach must have a full understanding of 5 Pin Bowling in general, and a complete comprehension of the rules and regulations of the particular competition in which the team and/or individuals are involved.

C) **Group Coordinator:**

(i) **Travel and Accommodation** — The coach must coordinate all travel to and from competitions And must also make suitable arrangements for accommodations.

(ii) **Practice Scheduling** — The coach must organize the practice sessions by formalizing the time, the place and the nature of the practices. You are also responsible for maintaining the bowlers interest at the practice sessions. Later chapters in this manual will describe this in greater detail.

(iii) **Diets and Medications** — It is your responsibility as a coach to recommend the specific amount and type of food intake prior to a competition. At the same time, you should be aware of any physical disabilities and/or special medicinal requirements of your bowlers. This information should be known in advance, so that if the situation arises, you will already have contingency plans to reduce any major cause for concern.

D) **Coping With Parents, Officials, Spectators, and Media** — There will be no shortage of people ready to give advice. Many of the sources listed above may try to influence your coaching methods. Few will accept responsibility for their decisions. You, as a coach, must be able to handle these intrusions and not let them influence the goals and objectives established by yourself and your bowlers. In handling these situations, you must maintain your composure and continue to set a good example.

SUMMARY

Coaching is no simple task. Each coach plays many different roles when interacting with bowlers.

As a leader, the coach must be able to set a good example, be fair and consistent, and be able to assert authority when necessary. At times it is necessary for goals to be set with the team and/ or with the individual bowler.

At all times a coach must be honest. By setting high personal standards in terms of appearance punctuality, and conduct, the coach can earn respect as a person.

The role of decision maker can often be a difficult one. Coaches must determine who should make the decision, and who should be consulted. The key, as always, is to be fair and consistent.

Coaches are always communicators, although sometimes they play different roles within this area. For example, at times a coach may be a counsellor, instructor, group coordinator, and/or liaison.

3

Instructions for Beginners

- *Instruction for Beginners*
- *Determining Starting Position*
- *Picking Up the Ball*
- *Proper Delivery*
- *The 3-Step Approach*
- *Spot Bowling*

Advanced Instruction

- *The Back-up Ball*
- *Lane Conditions*
- *Converting Spares*

BASIC INSTRUCTIONS FOR THE BEGINNERS

One definition of happiness is a coach with Beginners to teach. Just as it is easier to write on a blank page, it should be easier to teach a student with little knowledge of the sport. They have not yet acquired the mistakes that result from bowling over a period of time without proper instruction.

A *Beginner* will be more receptive to instruction and will more readily adapt to the correct bowling methods, explained and demonstrated by qualified coaches.

The ideal size of an instruction clinic is 20 students. For on-lane instruction use only four lanes with groups of five per lane. This will make the class easier to control. It is recommended that the Head Coach use an amplifying system to ensure every word will be heard.

While it is possible for one coach to handle such a class (20) alone, it is recommended using at least two or, ideally, four assistant coaches. This allows more individual attention with one coach as signed to each lane. As the Head Coach explains the various “steps”, the on-lane instructors can demonstrate.

DEMONSTRATE WITHOUT A PIN SET-UP

We all know that a picture is worth a thousand words. The Head Coach should keep talk to a minimum and maximize visual demonstrations. However, it is highly recommended that pins not be set during on-lane presentations. Although your ultimate objective is to show how to knock down the pins, your immediate goal is to teach proper skills; and trying to bowl the perfect strike can get in the way of achieving this goal.

When giving personal instruction always check on the student’s hand size. The basic instruction on how to hold the ball will not apply to those with very small hands. A student with hands too small to grasp a ball with the finger tips should be shown an alternative grip (children can be instructed in the two-handed method).

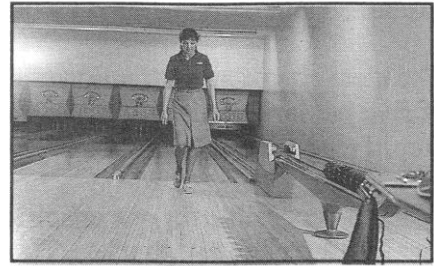
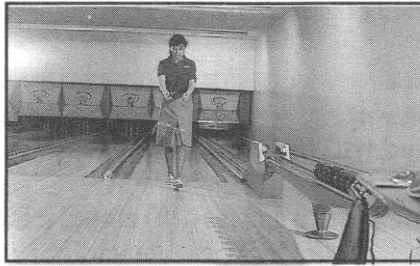
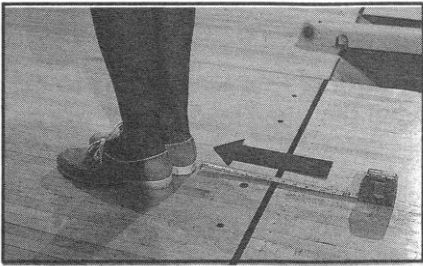
NOTE

Try to teach what comes naturally to the student.

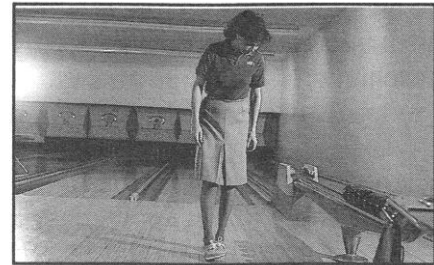
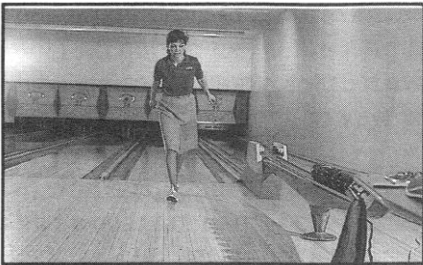
A. DETERMINING THE START POSITION

How long should the approach be? This will vary with each student. The length must be “comfortable” to that particular bowler.

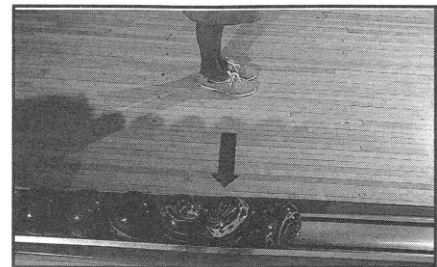
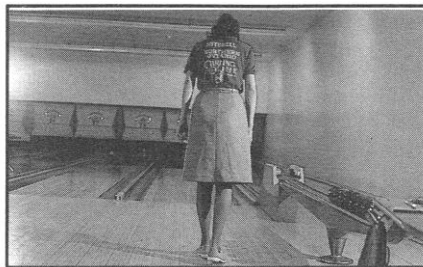
Have the bowlers stand on the approach, back to the foul line, with heels six (6) inches from the foul line.



Then, *without a ball in their hand*, have the students simulate an approach away from the foul line.



NOTE where the student's left foot stops (6 g. opposite the third ball on the rack, a spot on the approach, etc.).

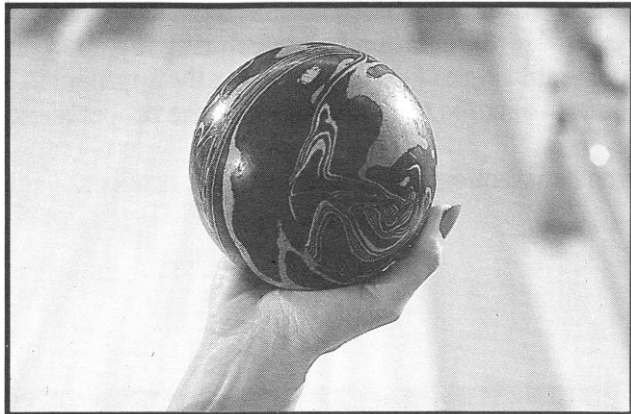
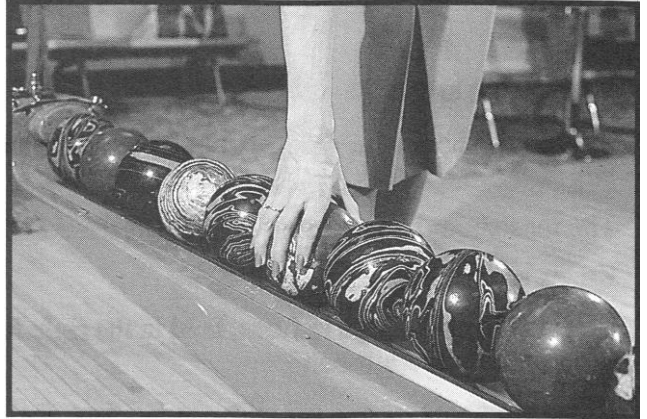


Have the student turn around and face the pins. This spot will be their approach starting point. If the test approach was accurate, the actual approach should end with the left foot three to six inches from the foul line. Now, with a ball in hand, have the student take a number of practice approaches to verify their starting position is correct.

B. PROPER METHOD TO PICK UP THE BALL

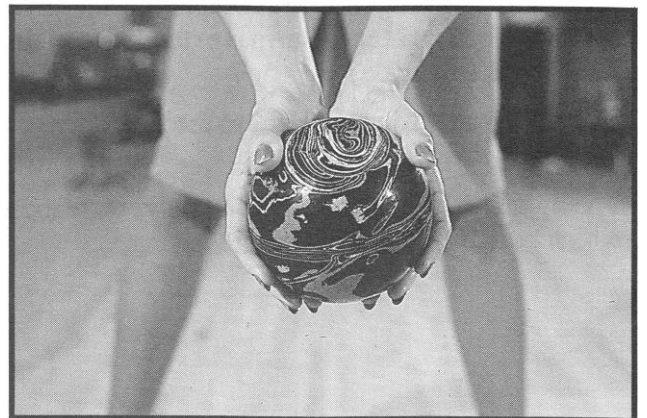
Is this part of the instruction? Silly as it may seem, picking up a ball from the return can be dangerous and could result in injuries to the fingers, if hit by a returning ball. To avoid such painful accidents, the bowler must always use the correct method of picking up a ball.

The fingers and thumb must be placed on the ball safely, with the fingers spread and pointed towards the far side of the ball return, and the thumb pointed towards you. The ball should then be lifted from the rack, grasped firmly but not tightly. This is how the ball should be held for delivery. The ball must be held out on the finger tips, leaving a space between the palm of the hand and the ball. Do not cup or palm the ball.



Keep the ball out on the finger tips for better control and more consistent release. A palmed ball is a dead ball, lacking the spin necessary for good pin action. A palmed ball also results in erratic deliveries. An effective way to check on whether or not the student is palming the ball is to have them turn their hand upside down while holding a ball. If the ball is being palmed it will fall from the student's hand.

As mentioned previously, there always exceptions and people with small hands **cannot** use the finger tip grip. Some will have to cup or cradle the ball, while others (children) should be instructed using the two-handed delivery until they can handle the one-handed method. Some unorthodox bowlers may excel while breaking most of the rules, but they are exceptions. **Teach the basics!**



C. BASIC STEPS TO PROPER DELIVERY

What are the basic steps to a proper delivery? First the student must pick up a ball from the rack. Remind the student of the proper way to do this the finger tip grip.

Now, here are the fundamentals of the approach and delivery.

THE STANCE

The body should be erect, shoulders square to the target.

The toes should be pointing directly at the target.

Knees are slightly bent.

Ball is held chest-high in front, held in the right hand, supported by the left hand.

If you are going to step off with the *left* foot, the bulk of the weight should be on the *right* foot.



Proper stance is of the utmost importance as it helps the bowler to maintain balance during the approach. Improper distribution of body weight will cause an unnatural shifting of the weight during the approach. The result . . . an off-balance delivery. Make sure that the student absorbs the importance of the proper stance.

Such basics are easily taught to beginners. Your teaching satisfaction will come from the novices.

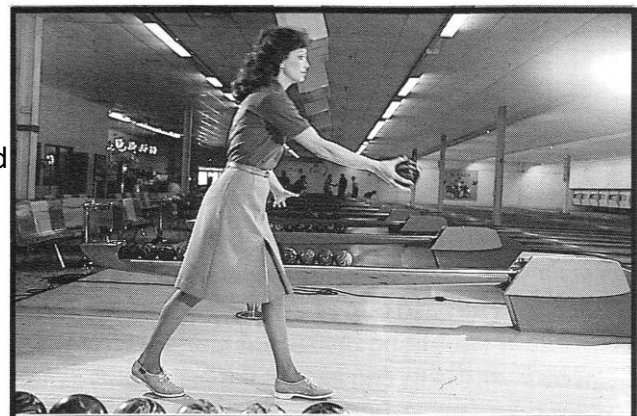
THE PUSHAWAY

The hands and left foot begin to move simultaneously.

The ball is pushed slightly upward and away from the body as the first step is taken with the left foot. The upper body tilts slightly forward.

As the first step is nearing its completion, the left hand leaves the ball and the left arm is extended to maintain the bowler's balance.

The right arm pushes forward to the full extension of the push away. The right arm and ball then begin a downward motion, which marks the start of the backswing.



THE BACKSWING

At the completion of the push away the right arm should be straight and fully extended.

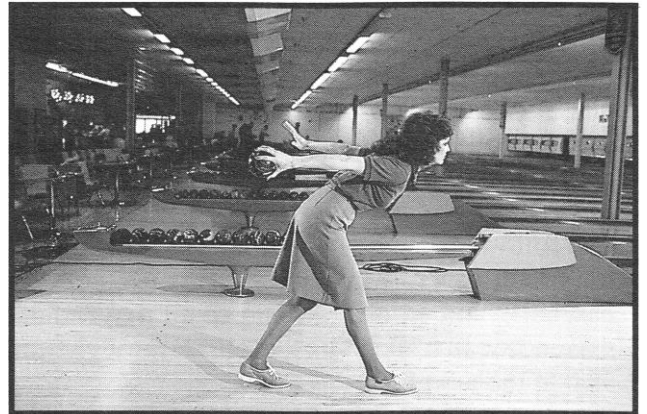
The hand should now descend in a natural arc, like a *pendulum*.

Allow the weight of the ball to control the height of the backswing.

This action is coordinated with the second step (right foot).

Be sure that the arm is kept close to the body during this pendulum motion backswing.

The backswing must be *natural*, not forced.

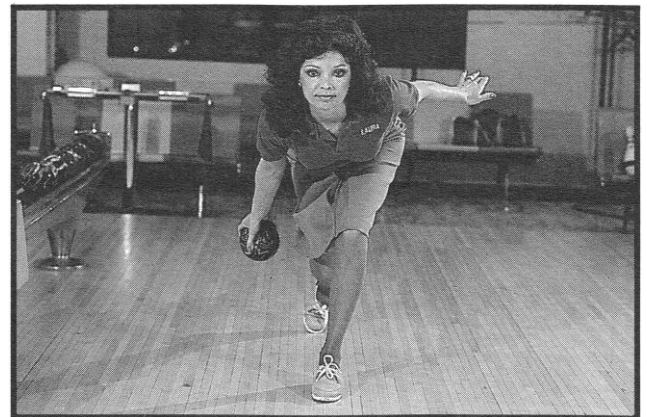


There is often a tendency to do just that . . . force the backswing. This results in too *high* a backswing which causes lofting of the ball. The other extreme is *too low* a backswing which shortens the natural pendulum motion of the arm. *Too low* a backswing often results in a jerky delivery with little or no follow-through. The result is loss of control of the ball at the release point and/or a ball delivered too slow to achieve the action required to knock down all the pins.

THE SLIDE

The slide is the completion of the final step in approach.

The length of the slide is determined by the length And speed of the bowler's approach.



THE DELIVERY

In unison with the slide (left foot forward), the right arm swings forward, close to the body.

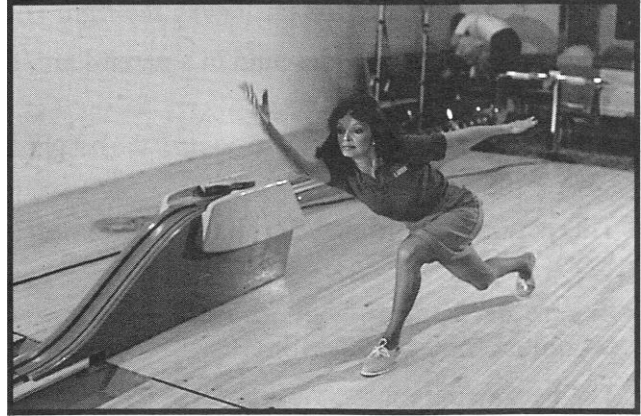
Like a grandfather clock, the pendulum returns on the same course just completed by the backswing. At what is called the "Explosion Point" the ball is released to your target.



THE FOLLOW-THROUGH

Possibly one of the least understood aspects of teaching bowling is the follow-through. Some people find it hard to understand that a motion that takes place after the ball is released can have some bearing on its ultimate destination. You must convince your students that the follow-through is necessary for a consistent delivery.

The follow-through is not unique to bowling. It is an important part of most other sports (i.e. golf, tennis, baseball), and an integral part of all movement. The reason we can walk is that we follow-through from one step to the next!



D. THE THREE-STEP APPROACH

The One - Two - Three System: It's as easy as 1 - 2 - 3 and perhaps that's why it is so successful. It shows the student how to coordinate the various actions that make up a successful Approach and Delivery. The 1 - 2 - 3 system is perfect for the 3-STEP APPROACH because each number is tied in with a step and arm motion.

Here's how easy it is:

On 1 — Push away and take *first* step with left foot.

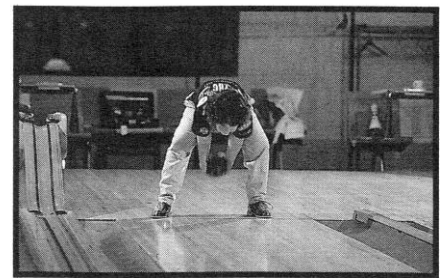
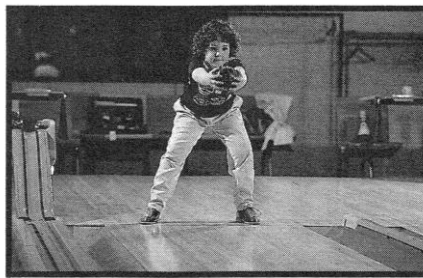
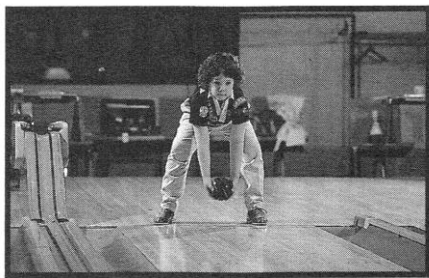
On 2 — Backswing while taking *second* step with right foot.

On 3 — Arm swings forward to make delivery as slide is taken with left foot, culminating in ball *release* and *follow-through*.

E. ALTERNATE TYPES OF APPROACHES

NO-STEP APPROACH (TWO-HANDED)

This approach is primarily for young children with small hands. However, it can also be used when working with the physically disabled or senior citizens.



Position of Feet: Position the feet approximately twenty (20) inches apart and three (3) inches from the foul line. Ensure the feet are spread to a point that will allow the student's arms to swing freely between the legs.

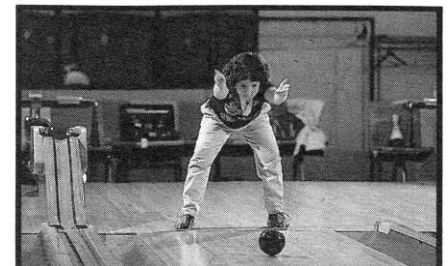
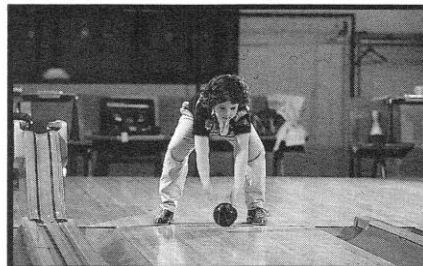
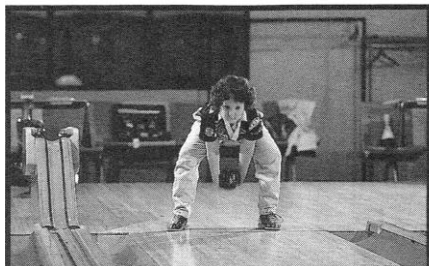
Holding the Ball: Grasp the ball firmly on the *finger tips* with *thumbs* directly opposite each other on top of the ball. Keep the third and fourth fingers on each hand touching to assist in improved follow through.

On 1 — Push away

On 2 — Backswing (between legs)

On 3 — Swing arms forward, *release ball* and *follow-through*. No foot movement is involved.

Note: The two hands must operate in unison when delivering the ball. Practice this motion.



ONE-STEP APPROACH

The following is recommended for the elderly, disabled, or any persons unable to cope with the activity required for the 3-step approach. The 1 - 2 - 3 system is used as follows:

On 1 — Push away (feet do not move)

On 2 — Backswing (feet do not move)

On 3 — Forward swing of arm as left foot slides forward.

Release Ball and Follow-through.

FOUR-STEP APPROACH

This is basically a three-step approach with a short preliminary step, prior to putting the ball in motion. However, some bowlers will include ball movement with this first step. To fit this into the 1 - 2 - 3 system, just add a 0 count to begin.

On 0 — Lift ball slightly away from the body and move right foot forward.

On 1 — Complete the push away and take step with left foot.

On 2 — Backswing and third step with right foot.

On 3 — Arm swings forward to make delivery as slide is taken with left foot, culminating in *ball release* and *follow-through*.

***Other variations such as the two-step and five-step approaches
are not recommended and should not be taught.***

F. CONCENTRATION

Like most other sports, one of the most important skills of bowling is the ability to concentrate. Before beginning the approach, the bowler must always know what he/she is attempting to achieve. However, concentration does not mean going into a hypnotic trance. Rather, it is the ability to block out interference, internal and external, and keep the mind on the task at hand. Without concentration, a bowler will never achieve a consistent delivery. Techniques to improve concentration are covered in later levels of the coaching program.

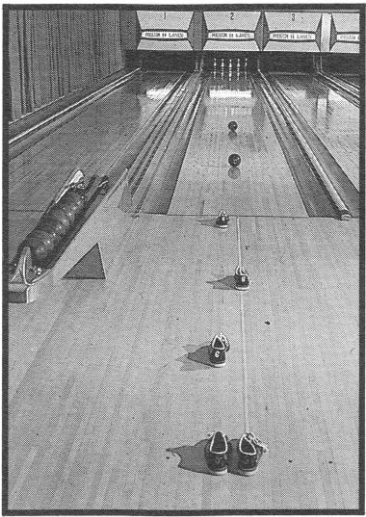
INTRODUCTION TO SPOT BOWLING

Now that the students are to the “point of delivery”, they need a target to shoot at. Provide them with the fundamentals of Spot Bowling. Not only is it the easiest method to explain, but it has proven results. Most high average bowlers are spot bowlers. SO TEACH IT!!

When you spot bowl, you are aiming at a target only 15 feet (Darts) away instead of one 60 feet (Pins) away. It is recommended that during initial instruction the Centre Dart be used as the target for all pins.

A) STRAIGHT LINE APPROACH

This is the easiest way to explain Spot Bowling to the new bowler. Draw a straight line between your place on the approach, the dot at the foul line and your Target Spot (Dart). The spot where the student stands to begin the approach is the Rear Sight, the dot at the foul line, over which the ball is delivered, is the Front Sight, and the dart over which the ball rolls is the Target. This is referred to as the Rifle Technique. Let us emphasize; instead of trying to hit a pin that is sixty feet away, the bowler is now concentrating on a Target (dart) which is only fifteen feet away.



The beginner should be made to understand that when lined up properly, if they deliver the ball correctly and it rolls over the Target Spot, the ball will hit the desired pin. When the pin is other than the Headpin, adjustment is made on the Rear Sight (position on the approach) only.

This is referred to as the Straight Line Approach.

B) TIMING

Now that we have the basics, start your serious instruction — and develop the students along the road to becoming competent, high-scoring bowlers. Timing is basically coordination, that is, the movement of the arm with the movement of the feet.

Introduce the “Explosion Point”

This is achieved when the ability to coordinate the pendulum swing with the feet is such that on the last step (slide) the left foot, the body, and the right arm are all advancing towards the foul line in unison.

The key to controlling the ball is timing — and when the above movement has been realized — when the students have achieved an “explosion point”, they are on their way to being good bowlers.

This can only be attained by consistent and intelligent practice.

C) AIMING

Aiming begins with proper positioning on the approach. Line up the front and rear sights, prior to delivery, to ensure the ball travels over the Target Spot, and along the desired path, to the pin(s).

For strikes, to scatter the pins best, the ball should hit in the pocket on either side of the headpin — ideally, one half of the ball with half of the headpin.

If a bowler begins picking headpins with consistency, do not change the Target Spot, but adjust the rear sight (position on the approach) by moving backwards or forwards from the normal starting point. This should change the point of impact just enough so they will hit the pocket, not the headpin. If this fails, move to the left or right to change the angle the ball hits the headpin. In either case, the maximum adjustment should be no more than two (2) inches from the original starting position.

If the student is delivering the ball consistently over the Target Spot and is missing the headpin, make the following adjustment:

If the ball missing to the Right Side have the student move slightly to the *right* (approximately one (1) inch per delivery until the desired results are produced). Reverse the procedure for Left Side misses. Always move in the *same direction* as you are missing. Maintain the same Target Spot. This adjustment affects the Rear Sight only!

OTHER AIMING METHODS

Spot Bowling has been proven to be the most effective method of bowling, and the easiest means to teach the necessary skills to new bowlers. It is the recommended method of both the Master Bowlers Association of Canada and the Canadian 5 Pin Bowlers' Association. The following alternatives are offered *for information only* and should **not** be taught.

PIN BOWLING

This is probably the most commonly used method of bowling, due to the fact that most new bowlers do not have the benefit of expert instruction.

Again, let us emphasize that since the target (pins) are sixty feet away, Pin Bowling is not as effective, and high scores are less frequent, than with Spot Bowling.

SHADOW BOWLING

Shadow Bowling brings the target a little closer to the foul line. Aim at the shadow or reflection cast by the pins on the lane. This shadow tapers to a point that is reflecting directly towards the foul line, about ten feet in front of the pins. It is this ten feet that makes Shadow Bowling slightly more accurate than Pin Bowling, but it cannot compete with Spot Bowling, which brings the Target to within fifteen feet of the foul line.

LINE BOWLING

Line Bowling uses the cracks and boards of the bowling lane like a channel, funnelling down to the headpin. Fix the eye on the line that will take the ball down to the desired pin(s) and roll the ball over that line. The difficulty with this method is making adjustments for lane conditions and/or missing your spot.

INSTRUCTION FOR THE ADVANCED BOWLER

CAUTION COACHES: DO NOT USE PIN SET-UPS DURING DEMONSTRATIONS

TYPES OF DELIVERY

There are four distinct delivery styles used in 5 Pin Bowling. They are presented here in the recommended order of preference for teaching purposes.

A) BACK-UP BALL

The Back-up Ball provides the least margin of error in delivery due to the limited rotational movement of the wrist at the release point. Because of this, the bowler is able to maintain a more consistent movement on the ball, and therefore has greater control. The movement imparted on the ball provides maximum action at impact with the pins.

How to throw a Back-up Ball

1. Grasp the ball firmly with your finger tips, putting the thumb at the top of the ball at approximately the one o'clock position.
2. Lock your wrist - allowing the weight of the ball to create the pendulum motion which will regulate the backswing and delivery.
3. At the explosion point, the ball rolls off the finger tips. Rotate the wrist slightly clockwise to impart the necessary sidespin on the ball. This will cause the ball to break as it travels down the lane.

B) HOOK BALL

The advantages of throwing the Hook Ball are basically the same as throwing the Back-up Ball. However, the Hook Ball is more difficult to control due to the greater potential margin of error in wrist rotation. While you are limited in the amount of clockwise rotation, it is very easy to rotate your wrist more than 180 degrees in a counter-clockwise direction.

To throw a Hook Ball, the thumb should be at the 12 o'clock position and the wrist is turned, counter-clockwise, approximately 90 degrees at the explosion point. Like the Back-up Ball, ideally, the Hook Ball should break approximately one to three feet in front of the headpin.

C) STRAIGHT BALL

Since it is virtually impossible for a bowler to release all four fingers from the ball at the same split second, it is difficult to throw a perfectly Straight Ball. The last finger to leave the ball will impart a little twist causing the ball to Hook or Back-up.

To throw a Straight Ball, do not rotate the wrist at the explosion point. Instead, the fingers are bent-in towards the palm to put "lift" (forward rotation) on the ball.

D) CURVE BALL

The Curve Ball is the easiest to throw, but the most difficult to control, due to the amount of motion in the hand during the delivery. For this reason, it is not recommended for teaching purposes. To throw a Curve Ball, rotate the palm of the hand inward from the bottom to the top of the ball during the forward swing.

LANE CONDITIONS

The amount of “break” on a given ball is determined to a great extent by the speed with which the ball is delivered. As the ball slows down, the rotation imparted on the ball causes it to break or move in the direction of the rotation.

Therefore, a slow ball will have a tendency to break more on the lane than a fast ball. This is simply because the rotation on the slow ball is more of a factor in determining its direction.

Conditioning of the lane surface will also have an important bearing on the lateral movement of the delivered ball. The application of conditioner will affect the amount of friction between the ball and the lane and, therefore, the amount the ball will break travelling down the lane.

A *fast* or *wet lane* is one on which a ball will not break as much. Since there is little friction, the ball will maintain its initial speed. The rotation imparted on the ball will not be as great a factor in determining its direction.

A *slow* or *dry lane* will allow the ball to break more. More friction means the ball will slow down faster. The rotation on the ball will “take over” and the ball will break sharply in the direction of the rotation (a Hook will break to the left — a Back-up to the right).

Lane conditions and adjustments are covered more extensively at advanced levels of the Coaching Program.

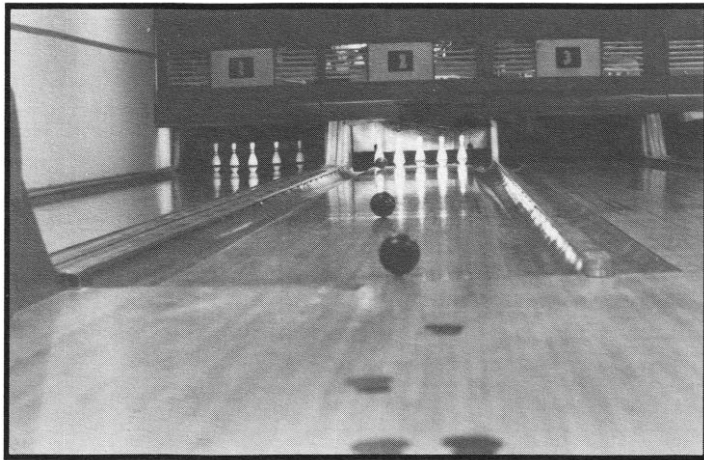
CONVERTING SPARES

Proficient bowlers may hit the pocket 8 times out of 10 in a game. However, they are still likely to have only 5 strikes. This means that for at least half of the frames, the bowler will have to use at least two balls. The above emphasizes the importance of converting your spares. "Anyone can bowl a strike but it takes a bowler to convert their spares."

Stress the importance of maintaining the same delivery and speed, whether shooting for strikes or spares, including corner pins.

A) CONVERTING CORNER PINS

If you have hit the pocket and did not get a strike, the chances are you are looking at sparing a corner pin. Beginners must be shown that their chances of hitting a corner pin are vastly increased by moving to the opposite side of the approach.



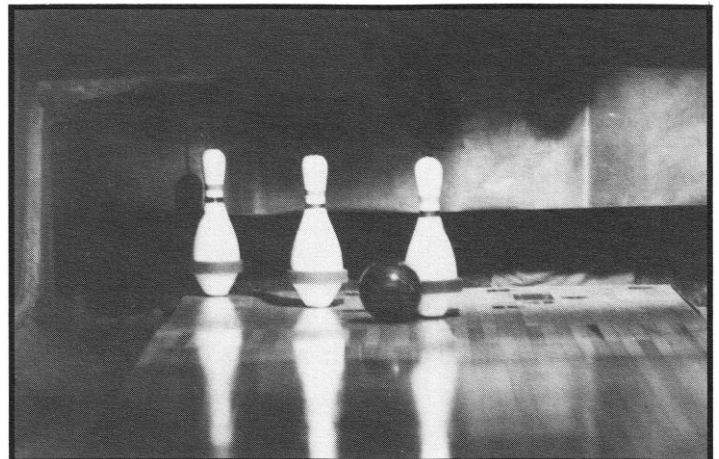
The diagonal approach, in effect, increases the area of the target pin by up to one-third. By delivering the ball straight down the edge of the channel towards the standing corner pin, the target area is approximately 10 inches. With the diagonal approach the target area increases to 15 inches.

Impress upon the students, that in using the diagonal approach, the Spot Bowling concept of using the Centre Dart still applies. The feet should always point directly at the target pin. Instruct the student to aim at the Centre Dart so as to hit the target pin dead centre. This allows for slight errors in delivery, and still obtain the desired results.

Emphasize the importance of sparing corner pins; without a single strike, a bowler can attain a score of 280.

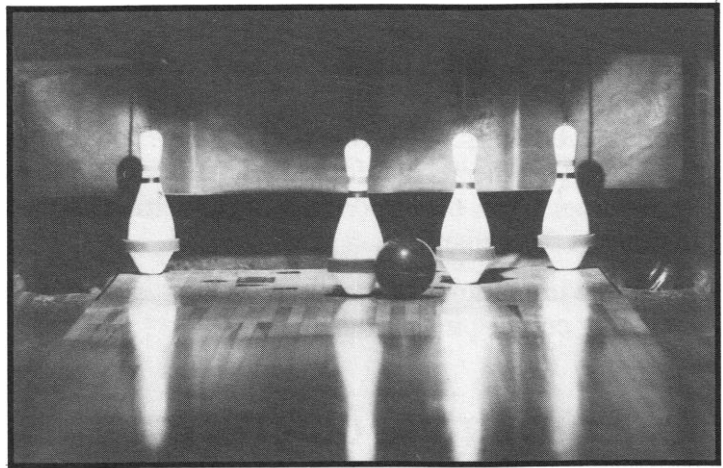
B) 5-3-2 LEAVE

When this situation arises, the student should deliver the ball in the same manner as if all pins were standing and they were bowling for a strike. The ball should be delivered to the 5 - 3 pocket on the side with the standing 2 Pin. This will maximize pin count in the event that the pocket is missed.



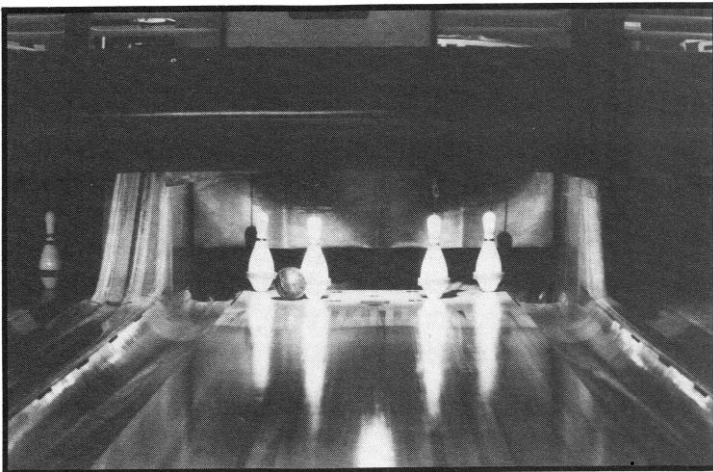
C) 2-5-3-2 LEAVE

Again, the student should be instructed to adjust the Rear Sight, directing the ball over the Centre Dart into the 5-3 pocket. This should result in the ball deflecting the headpin to knock down the corner pin. This method will prove more successful than attempting to carom the ball off the headpin to hit the corner pin.

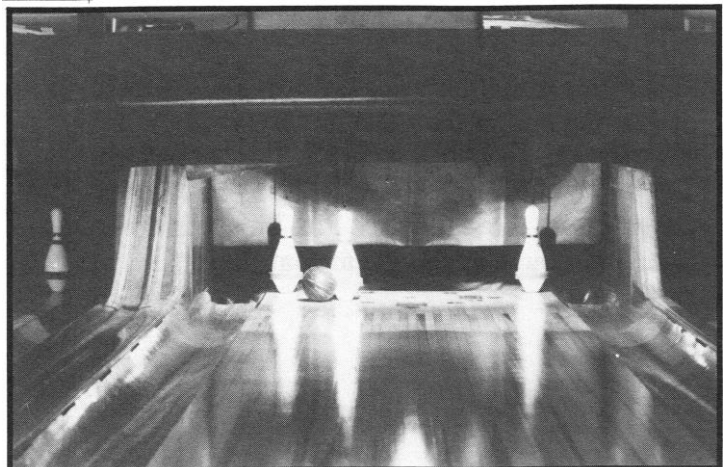


D) HEADPINS

Unless you are “feeling lucky”, it is not recommended that you attempt this spare. Simply concentrate on clearing all the pins and counting 15 for the frame. This is especially true if this frame represents the count for a previous strike.



The same principle applies for Splits.



SUMMARY

When dealing with beginning bowlers, a coach should always start with the basics. Early lessons should include how to pick up the ball, and how to determine the starting position.

Beyond this, coaches need to understand the basic parts of the delivery - stance, push away, backswing, slide, delivery, and follow-through, along with the accepted technique for each component. They must be able to dissect the delivery, whether the approach is a three step, or some variation.

Spot bowling is the method used by the vast majority of successful bowlers. It is recommended that you teach this method using the straight line approach.

As a coach, one often sees that different things work for different people. Although the back-up ball is the most common and recommended form of delivery, there are several other methods. Bowlers can also use the hook ball, straight ball, or curve ball.

Even the very accomplished bowler needs to convert spares. Novice bowlers can dramatically improve their scores when they understand the logic behind sparing. If directed at the right target, a ball that misses can still score points. Knowing where the ball should go is half of the battle.

4

- *Detect and Correct*
- *Bowler Evaluation Form*

DETECTION AND CORRECTION OF FUNDAMENTAL ERRORS

For each skill listed below, we will provide keys for detecting the most common errors, and adjacent to it, the method of correction.

STANCE

Skill	Correction
1. Picking up the Ball If the bowlers' fingers are hit or crushed by a returning ball, the bowler is picking the ball up incorrectly.	Using the one-handed method, face the direction of the returning ball, place your fingers on the far side of the ball and your thumb on the near side of the ball, and, using your finger tips, pick up the ball.
2. Holding the Ball If the bowler is cupping the ball in the hand, or laying the ball in the palm of the hand, the ball is being held improperly.	The ball should be held by the fingertips and thumb. A small pocket of air in the palm of the hand should be apparent. The ball should be chest high in the right hand, supported by the left hand.
3. Shoulders Parallel If the shoulders are not square with the foul line, the bowler will not have a straight approach.	Check to verify that the shoulders are parallel with the foul line.
4. Weight Distribution Weight on the wrong foot will create poor stability the stance and cause an off-balanced approach.	Ensure weight is properly distributed so that the in bowler is well balanced in the stance. The weight should be primarily on the non-starting foot.
5. Feet Straight Feet not directed at the target will cause wandering during the approach.	Have feet pointed at target and walk in a straight line towards the target. (foul line)
6. Distance from the Foul Line Not using the same starting position on the approach will cause inconsistency in the approach and delivery.	Once determined, the starting position remains the same whenever the headpin is standing. To pick other pins move laterally, but the distance from the starting position to the foul line remains constant.

APPROACH

1. Straight Line

Wandering from side to side creates inconsistency the approach. The bowler will not finish in the same spot, and will not hit the target consistently.

Check the approach from the starting position and in finishing position. Ensure that the bowler relates to each position, lines up accordingly, and maintains a straight line approach.

2. Eyes on Target

If the eyes wander from the target, the concentration broken and the target is missed.

Bowlers must keep their eyes on the target and is maintain their concentration until the ball rolls over the target being aimed at.

3. Arms Close to the Body

Missing the headpin can be a result of letting the pull away from the body, causing the arm to cross body during the delivery. This will result in a misdirected shot.

arm Keep the arm in close to the body utilizing the pendulum swing. This will enable the ball to swing the in a straight path and be delivered properly.

4. Uniform Speed

An approach that is too slow or too fast will cause an unbalanced delivery and improper timing at the explosion point.

Reducing the length of the first step will slow down the approach. Increasing the length of the first step will speed up the approach. However, this change will also alter the delivery point and a compensation must be made in the length of the approach.

5. Backswing

Too high a backswing can result in too fast a ball. Too low a backswing can retard the ball speed necessary to create the proper action at the pin deck.

To maintain consistency, the ball should be held chest high and the weight of the ball coupled with the pendulum swing will automatically control the proper height of the backswing.

5-2

DELIVERY

1. Timing

Dropping the ball too soon or holding the ball too are the most frequent timing problems.

To set the proper timing, the feet and arm must long move in a rhythm so that, at the explosion point, the forward motion of the body, the right arm and left foot are in unison.

2. Body Square to the Target

Turning at the foul line creates another problem. In this event the arm will cross the body, throwing the ball to one side or the other.

Slow down the bowler's approach and coordinate the timing.

3. Shoulders Level

Dropping the shoulder will result in erratic deliveries.

Have the bowler maintain the shoulders and head in a level position. This is best accomplished by having them keep their eyes focussed on the target spot.

4. Follow Through

Not following through with the arm swing will result in the bowler trying to place the ball on the target spot or pulling the ball to one side or the other.

The ball is released from the finger tips, and the arm continues in a forward and upward direction until the fingers point at the target.

5. Proper Finish Position

A bowler not finishing at a spot in a straight line with the starting position will consistently miss the target. This is caused by wandering on the approach.

Review the straight line approach, referring to the Rifle Technique for correction.

6. Concentration

A lack of concentration can result in any number of errors including, not hitting the target, not focussing the eyes on the target, not following through or straightening up too soon at the foul line.

First you must determine if the error is caused by a lack of concentration or simply by poor technique. Make sure that the bowler concentrates on the Target from the stance right through the delivery. Your observation points will be from the side and/or front of the bowler. This allows you to observe the bowler's eyes.

COACHING TIPS

It is not necessary to be a good bowler to be a good coach. The coach does not have to be an expert in all phases of the game, but should be able to effectively demonstrate skills in all areas. Demonstrations can be given through the use of skilled athletes, pictures, slides, film loops, charts and well defined verbal descriptions.

Positive reinforcement is one of the most effective tools a coach can use to instil self-confidence in the athlete. A negative approach, for example, “No, that’s wrong”, can reduce the athlete’s confidence in their ability. Positive reinforcement, such as “That’s good, now try it this way”, will help build the athlete’s confidence in their own game, as well as in the coach.

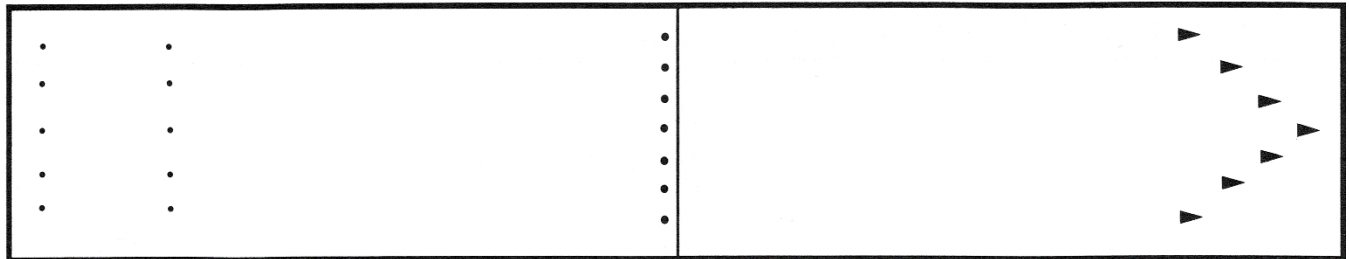
Good athletes, like good coaches, require time to develop. Nothing happens overnight. Consistency and perseverance are the mainstays of the game. The only way to become consistent is through well coordinated, intelligent practice sessions. The bowler evaluation forms on the following pages are designed to aid the coach in selecting areas of focus for future practices.

BOWLER EVALUATION FORM

NAME: _____

DATE: _____

Start Position (use right foot as guide)



	PRIORITY		
	LOW	MED	HIGH
<i>STANCE</i>			
Head Position			
Arm and Elbow Position			
Weight Shift			
Shoulder Position			
Toe Position			
Eye Position			
Grip			
<i>APPROACH</i>			
Pushaway			
Straight Line			
Backswing			
Wrist Locked			
Arm Close to Body			
Slide			

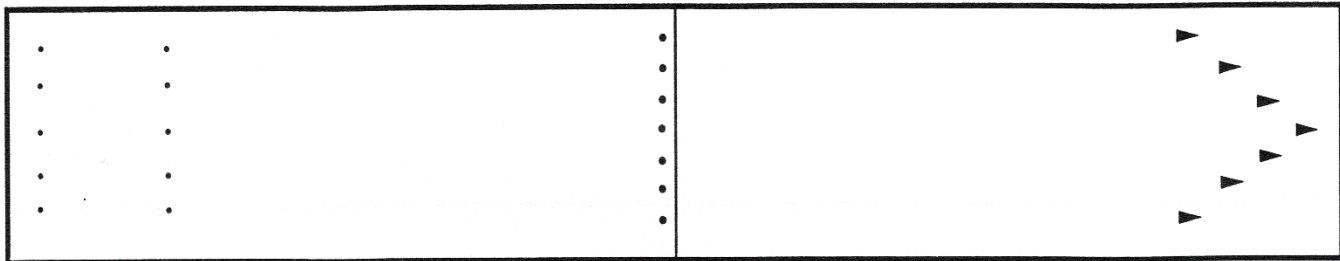
COMMENTS

BOWLER EVALUATION FORM

NAME: _____

DATE: _____

Foot Position for Pinning (use right foot as guide)



	PRIORITY		
	LOW	MED	HIGH
<i>DELIVERY</i>			
Toe Position			
Shoulder Position			
Eye Position			
Body Position			
Stop Position			
Release			
Follow-Through			
Hitting Target			

COMMENTS

TYPE OF DELIVERY

- Back-up ☐
- Hook ☐
- Curve ☐
- Other ☐ _____

SUMMARY

A big part of coaching is the detection and correction of errors. This skill, performed at all levels, improves with practice.

By looking at smaller components of the stance, approach, and delivery, one has a better chance for determining the error/correction. A useful tool for detecting problems is the Bowlers Evaluation Form.

5

- *Clinics for New Bowlers*
- *Introduction to Practice Sessions*

CLINICS FOR NEW BOWLERS

Bowling, like other sports, is attracting ever younger children . . . some as young as three years old. Coaches are now confronted with the prospect of teaching these youngsters the basics of 5 Pin Bowling.

The purpose of this section is to assist and guide coaches in the complete development of these future athletes.

These children are our citizens and leaders of tomorrow. You, as a coach, have the opportunity and responsibility to accept the challenge of preparing them for the future.

The following format and procedures are recommended when instructing youth bowlers.

LESSON 1

1. Advise them of the proper dress and equipment required.
2. Outline the basic rules of the sport prior to any league activity (e.g. foul line, deadwood, automatic pinsetter operation).
3. Discuss bowling etiquette.
4. Picking up the ball.
5. Proper stance.
6. Basic steps to a proper delivery.
7. The 3-STEP APPROACH.
8. Alternate types of approaches.

NOTE: *The coach should use good judgement in deciding which type of approach to teach. The size and age of the students must be taken into consideration.*

9. Concentration.

Practice is recommended until the student becomes proficient at these tasks. To keep the interest and enthusiasm of students at a high level, you must ensure they are enjoying what they are doing. A repetitive practice routine becomes boring and tedious to youngsters. Short breaks (with minimal supervision) will allow them to relax, have FUN and increase their enjoyment of the sport of 5 Pin Bowling. Lesson 1 could also be extended into several sessions if you deem it necessary.

LESSON 2

1. Introduction to *Spot Bowling*.
2. Rifle Technique.
3. Timing.
4. Aiming.
5. Converting Spares.

Again, practice is recommended until the students become proficient. This material can be covered in one or two sessions.

CLINIC FORMAT

Recommended Duration of each Clinic: MIN. 1 hr. — MAX. 1.5 hrs.

The Head Coach should assign one Certified Coach to each lane being used during the clinic.

Ideally there will be maximum of 20 students:

- assign no more than 5 students to each lane
- have students print full name on score sheet
- provide name tags for each student
- assign all left-handed students to the same lane (provide a left-handed coach, if possible)

The Head Coach will introduce him/herself and the Assistant Coaches, one of which will assign the students to their lanes.

PROCEDURE

Head Coach on PA system.

At the beginning of each session the Head Coach should review the material covered in previous sessions.

No pin set-up during demonstration.

Have the Assistant Coaches demonstrate as the Head Coach describes the skills (see Lesson 1 and 2).

Don't be stingy with your approval — congratulations are in order for every achievement, no matter how small.

The National Youth Bowling Council has an excellent program available for young people. This program includes supervised league play which provides an opportunity to compete in Zone, Provincial, and National Championships.

Encourage your young bowlers to participate in this program.

INTRODUCTION TO PRACTICE SESSIONS

1. PRELIMINARY PRACTICE SESSION PLANNING

As a coach, you must put in extra time prior to the practice sessions to prepare yourself and ensure that the practice is well coordinated and beneficial to the bowlers.

The length of the practice is all important. Factors affecting the duration are:

- availability of lanes
- type of practice
- time allotment for detection and correction
- time allotment for group discussion
- time allotment for individual discussion

DON'T FORGET TO HAVE YOUR NOTEBOOK WITH YOU

Part of your coaching responsibility is instruction and you should have a complete analysis of each team member which outlines their stance; approach and delivery indicating starting point, number of steps. Does the person spot bowl? If so, what target is being aimed at? If the bowler doesn't spot bowl, what other method is being used?

a) Open Practices

An "Open" practice is one in which each team member has a lane available and is able to bowl at will. This is a very important time for you as a coach to stand back and study the individual styles of each bowler.

b) Specific Training Session

As a result of a previous competition or an earlier practice session, it may be evident to you that the team needs specific work in certain drills (e.g. hitting the headpin with the first ball, converting corner pin spares, etc.). A practice session may have to be geared to work on these specific areas. As a coach you must use your imagination to introduce a fun situation into any of these drills to keep your bowler's interest.

c) Simulated Game Situation

Competition can be as different from the practice session as night is from day. Crowds, noise level, strange surroundings all play a part in making a tournament situation different. If possible, you should prepare your bowlers to handle these differences during earlier practice sessions. For example, if the competition is going to be on string machines and your bowling centre has free-fall pins, you would be wise to have a practice at a string machine centre to familiarize the bowlers with conditions there.

Try to arrange an exhibition match with another team in the event and/or another team in the tournament bowling centre, to try to simulate a competition situation. However, use the results of this match wisely.

Should you beat the other team by a significant margin avoid a wave of over-confidence engulfing the team. Should you lose the match, don't let the result work as a depressant, but as an incentive to work harder to overcome your team's shortcomings.

2. PRACTICE PROCEDURE

The following guide is presented to assist you in conducting a practice session that will be beneficial to both the bowlers and you, the Coach.

Initial Practice

- usually an open practice
- time allotment — 1 hour

5 Minutes

Review the material from the Initial Team Meeting, including the event, number of games, travel arrangements, practice sessions etc. Explain what you plan to achieve at this session.

15 Minutes

Be sure the bowlers are properly warmed up before starting. Then, have the bowlers throw some balls so you can study and record their stance, approach and delivery. Have them try for corner pins, spares and splits, but mainly strikes. Do not suggest any changes during this trial period.

5 Minutes

Stop the bowling. Begin your talk by outlining to each bowler the things you noticed and give you confidence that they will be good competitors (positive reinforcement). Explain that during the next few minutes of bowling you will be approaching each bowler individually, making suggestions that may improve their game. What you say to one does not necessarily apply to others.

25 Minutes

During this time, you approach each bowler in turn and have them try your suggested changes. Start with the most critical problem and do not recommend any more than two corrections at each session unless they are inter-related. A bowler will only be able to concentrate on one or two changes without interfering with their total ability. You must also watch that each bowler does not get impatient or disappointed with the results. Remind each bowler that there will be an initial drop in performance while acquiring a new technique. Changes can only become part of their permanent style with practice.

10 Minutes

Stop the bowling. Discuss the approach you took, what steps you feel are needed to get ready for the tournament, and how the next practice will be conducted. Answer any questions the bowlers may have regarding practices for the competition. Recommend individual practice on the changes you have suggested.

You will find the time goes by quickly, so best be prepared in advance. The bowlers will appreciate the practice being conducted in an organized manner. Remember when coaching a team, that you give all players equal time and recognition.

5 Minutes

Stop the bowling. Begin your talk by outlining to each bowler the things you noticed and give you confidence that they will be good competitors (positive reinforcement). Explain that during the next few minutes of bowling you will be approaching each bowler individually, making suggestions that may improve their game. What you say to one does not necessarily apply to others.

25 Minutes

During this time, you approach each bowler in turn and have them try your suggested changes. Start with the most critical problem and do not recommend any more than two corrections at each session unless they are inter-related. A bowler will only be able to concentrate on one or two changes without interfering with their total ability. You must also watch that each bowler does not get impatient or disappointed with the results. Remind each bowler that there will be an initial drop in performance while acquiring a new technique. Changes can only become part of their permanent style with practice.

10 Minutes

Stop the bowling. Discuss the approach you took, what steps you feel are needed to get ready for the tournament, and how the next practice will be conducted. Answer any questions the bowlers may have regarding practices for the competition. Recommend individual practice on the changes you have suggested.

You will find the time goes by quickly, so best be prepared in advance. The bowlers will appreciate the practice being conducted in an organized manner. Remember when coaching a team, that you give all players equal time and recognition.

4. FUTURE PRACTICE SESSIONS

The basic formula outlined in the preceding section should be followed in all practice sessions. The time allotment for each portion may vary. The content of material and actual practice drills will also vary according to the level the bowlers have reached and skills that need development.

Suggest Practice Topics

- review stance, approach and delivery
- converting spares
- accuracy pinning, headpin shooting
- adjusting to lane conditions
- etiquette, sportsmanship, and competition rules
- equipment needed

Make every effort to see that your bowlers understand exactly what is expected of them and be sure they are aware of what procedures will be followed in future practices and competitions. It is the coach's challenge to make practice sessions meaningful and interesting at all times.

NOTE: *Individual problems such as diet, medication, finances, getting time off to attend competitions, etc. should be discussed with the individual only.*

DETERMINING THE TEAM LINE-UP

After a few practice sessions, you should give some thought to your team line-up. You must consider personal preference, as well as studying the character of each bowler and evaluating how they will react in competition. Personal preference aside, there are guidelines you can follow in determining the line-up.

Lead-off

The first person to bowl on your team. They should be individuals who are outgoing, with an abundance of enthusiasm, which will rub off on the other team members. Ideally, this person would have the second or third highest average on the team.

Second

A place for a lower average bowler, or one that does not respond well to pressure situations. They will be motivated by their desire to do well for the team and may also ride on the enthusiasm generated by the Lead-off bowler.

Third

Another spot for the lower average bowler. This person is also needed to revive the enthusiasm created by the Lead-off and build towards a winning effort. Many games are won or lost in the tenth frame, and the third bowler should be able to react to a moment of pressure to possibly set the stage for the ultimate winning shot.

Fourth

This bowler should be the first or second highest average on the team. Consistent and confident, this bowler should have a high percentage ratio of hitting the headpin on the first ball, as well as being an accurate spare shooter. In close game situations, this bowler is responsible for keeping the game within reach for the anchor bowler.

Anchor

This position is usually reserved for the first or second highest average on the team. The deciding factor is the individual's ability to react positively under pressure. Other attributes include self-confidence and the confidence of the other team members in the anchor's ability to come through for the team.

If possible, team line-ups should be tested under simulated competitive situations. You may be able to detect the reaction of your bowlers to pressure and condition your team members to changes through alternative line-ups.

At the final competition, your line-up should be maintained as long as possible. Changes should only be introduced when the situation warrants. Unjustified changes will upset bowlers. It is your duty to impress upon the bowlers that every position on the team is important and make them proud of the part they play in the line-up.

RESPONSIBILITY OF THE BOWLERS

Perhaps the most important and satisfying aspect of coaching is to educate your athletes to take responsibility for their own actions. Failing this, even the most prestigious victory can be forgettable. On the other hand, the coach that has instilled this in his team can be justifiably proud, even in defeat.

General

- a) Try to do their best at all times for themselves and for their team.
- b) Respect the coach, listen to advice and try suggestions offered. *Constructive debate* of any item that the individual bowler may not agree with should be permitted and encouraged.
- c) Conduct themselves in a sportsman-like manner by being courteous to the opposition, and exercising control over their emotions and language.
- d) Try to motivate themselves by:
 - i) continually visualizing the goal to be attained until they are convinced it will be reached.
 - ii) working on their game so that easy spares become automatic and all pins are off the lane at the end of the frame.
 - iii) constructively helping other team members.

First Meeting

Many a team can attribute its' lack of success to getting off to a poor start at the initial meeting. The bowlers must be punctual for the meeting, attentive and cooperative, and friendly with other team members and the coach. First impressions are often lasting. At this meeting, each bowler should write down the dates, times, and locations of all practices, as well as all factual information concerning the competition. If, for some reason, an individual realizes a practice will be missed, this is the time to inform the coach.

Practices

Punctuality is a must at all practices. Each team member should be present fifteen minutes prior to the scheduled starting time. Tardiness causes the loss of valuable practice time. It can also upset the other team members and dampen their enthusiasm. In order for a practice to be effective, all bowlers must come prepared with the proper and necessary equipment.

At the Competition

It is at the competition where neglecting the aforementioned responsibilities can lead to chaos. Prior to departing for the lanes, double check to ensure all of your equipment is ready (i.e. shoes, shoe bag, towel, uniform, etc.). A forgotten item can unsettle an individual and therefore the whole team. Lack of punctuality is inexcusable at this stage, due to the upsetting effect it can have on the team. Arrival at least thirty minutes prior to the start of the competition is the suggested standard. This allows the competitors time to prepare themselves mentally and physically for the task at hand. Prior to, and throughout the competition, it is also the responsibility of the bowler to follow sensible health rules as regards the amount of sleep, amount and timing of food intake, etc.

After the Competition

Be humble in victory and noble in defeat. If your goals are achieved, a celebration is in order. Be sure all team members and the coach share equally in the glory. Similarly, in defeat, don't blame any one individual. If there were coaching decisions that you didn't agree with, talk it out with the coach. Never complain about coaching decisions to non-team members. It serves no useful purpose.

SUMMARY

Practice - this is an integral part of all sports. Coaches are generally responsible for the development of clinics and productive practice sessions.

A good organizer can plan practices that are fun and effective. Three possible formats are – open practices, specific training sessions, and simulated game situations. Each of the practices best serve different purposes. Thus, as a coach, you should first decide what you want to accomplish.

A successful practice guide has been outlined for you, however, it is a good idea to adapt this to fit your own situation. This procedure can be used for initial and subsequent practices.

6

- *Analysis*
- *Drills*

THE FOLLOW THROUGH — ANALYSIS

By Tom Paterson

There is no argument that the follow through represents the most important skill set. You can have all sorts of malformed approach and delivery nuances or have the very best of a simple flowing approach and delivery but ... the bottom line remains a productive efficient follow through will make or break anything that precedes it. It is therefore obvious, if there is any one skill set to master make it the follow through.

It seems from my observation that Instructors and coaches are now just beginning to understand the elements of an efficient follow through. As importantly instructors, coaches as well as the athletes are now beginning to get a firmer idea of how to meld the elements of the follow through into one productive and efficient package.

The elements of the follow through include; legs, torso and arm. Let's look more closely at each of these elements.

The Legs

The sliding leg must do exactly that 'slide'; secondly the knee bend is critical. The inside angle of knee bend should fall somewhere between 110 and 130 degrees. As well the foot should be pointed straight towards its target, thus ensuring that your body remains square to your target. With the knee bend the athlete benefits in three distinct ways. One, it helps get the bowler down low to the lane so that release can be just inches (centimeters) from the lane surface. Two, the knee bend helps set up a scenario where if the torso is in the correct position the follow through is sturdy. This sturdy feel can help assure the maintenance of balance. Thirdly, the knee bend provides a source of power, which when transferred properly through the slide can help the release provide tremendous mixing action to the ball. Also, of note for those who enjoy tossing the ball as hard as they can, becoming educated about the power within the slide can ... act to stabilize speed issues. (see illustration 1)

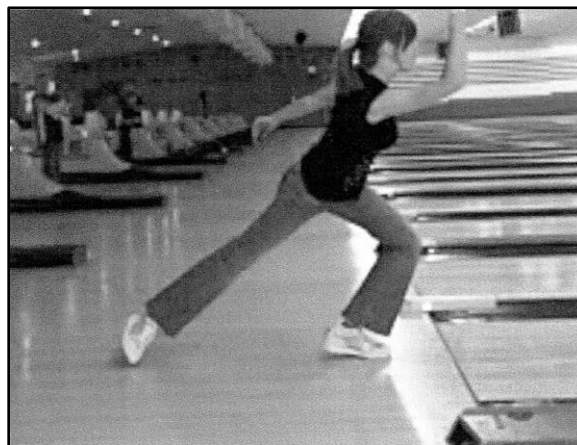


Illustration 1

The trailing leg also has a purpose, by keeping the trailing leg in contact with the lane surface during the follow through it can help anchor your delivery so that your body remains square to the lane. This position is typically referred to as the 'anchored follow through' (see illustration 2)



Illustration 2

The Torso

The torso refers to the position of the athlete's back during/in the follow through. Quite simply its position should be akin to an airplane taking off from a runway. The torso position allows for the transfer of body and arm motion to extend through the follow through. The term extend is frequently referred to by instructors as reaching. The idea to plant within the bowler's mind is that the body should extend/reach out to the pins, as if on a fisherman's line and being reeled in. The line is pulling the bowler to the fisherman, (pin target). This particular position for some is difficult to grasp, however, if the bowler is taught that the torso position is initiated as early as the second step, they can find themselves entering into their follow through with the ideal torso position intact. (see illustration 3)

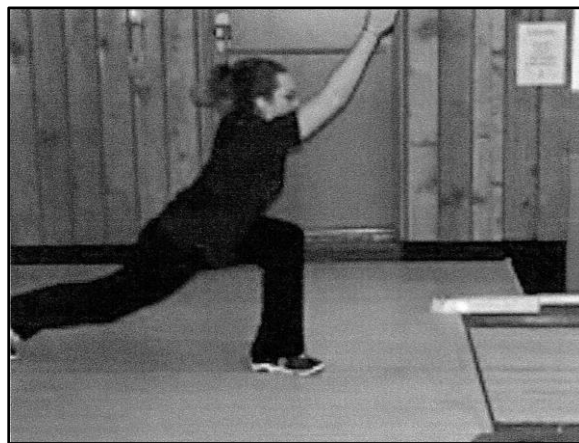


Illustration 3

The Arm Position

The arm is the easiest part of all. It simply reaches towards its target. The trick comes in avoiding over extending (ending too upright) or under extending (staying too low such as a curlers delivery position). Illustration 3 demonstrates a solid arm position albeit for some a bit high it remains very effective. The height of your arm swing is dictated by the momentum of your approach and delivery.

Now let's get on to the business at hand that drew us to this particular chapter; strategies for correction. At the end of this section on the follow through you will find eight specific follow through drills to incorporate into your teaching.

Independent Drills for the Follow Through - LEGS

The Legs

The usual problem addressed with the legs is in not getting low enough. Phrases like bend, and get down resonate with bowlers who tend not to bend sufficiently. Not bending sufficiently leads to too much vertical lift (the distance the ball is from the lane surface when released) An illustration follows (see illustration 4 & 5)

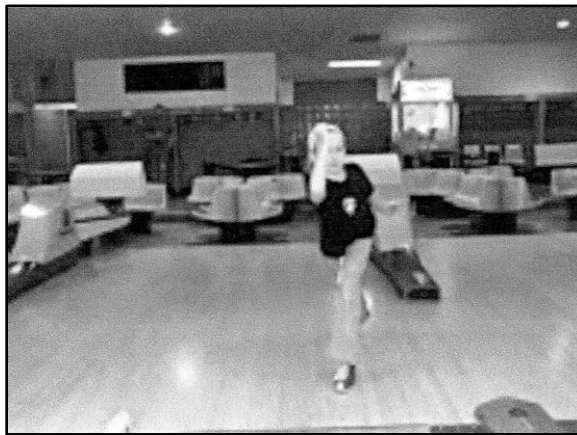


Illustration 4

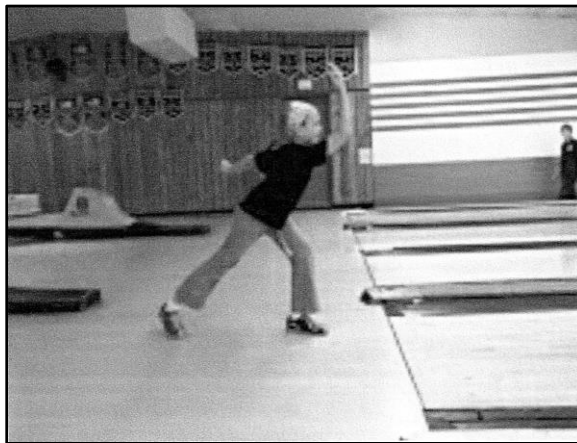


Illustration 5

There are a couple of useful independent strategies you can teach your athletes to reduce their vertical lift.

Strategy 1 — lowering the release point

The Garbage Drill

1. Place a piece of crumpled paper on the approach floor.
2. The athlete stands a bit more than one full step away from the paper.
3. The athlete executes a one-step drill with the goal being to pick up the crumpled paper and toss it into the symbolic garbage can under handed in one smooth motion.

Strategy 2 - lowering the release point

1. The athlete stands at the end of the approach with ball in hand.
2. The athlete bends the sliding leg as if they were about to release the ball. The foot is now snug against the end of the approach.
3. The athlete must roll the ball down the lane, making the release as quiet as possible.

*to draw attention to the different sound of a ball released low and one with too much vertical lift
toss a ball purposefully out onto the lane with very little knee bend.

Strategy 3 —athlete is standing more or less upright at the end of their follow through

1. The athlete executes their approach and delivery with the intent of keeping their trailing leg on the ground but also back of their body. (refer to see illustration 3)

Strategy 4 — extending body through the use of the sliding leg.

1. Use the one step follow through drill.
2. During slide use your knee much like a hinge, bending to release and as you release allow your knee to straighten slightly.

Instructor Assisted Drills for the Follow Through — LEGS

Always explain in advance to the athlete what you the instructor/coach will be doing in assisting the execution of the drill. There should be no surprises in terms of an instructor/coach having 'instructive hands on their players. Also ... importantly check into whether the athlete has any particular physical injury or disability that prevents them from executing the drill requested.

Strategy 1 - lowering the release point

1. The athlete delivers a ball as they normally would. Ask the bowler to freeze (hold) their follow through position.
2. Once frozen — the instructor moves in and pushes on their back to lower it and ... grabs their throwing arm moving it back and forth to simulate the release point.

* often times drawing attention to the fact that the instructor will come up and reposition the athlete is enough to lead them to execute properly.

Strategy 2 - lowering the release point

1. The athlete delivers a ball as they normally would. Ask the bowler to freeze (hold) their follow through position.

2. Once frozen the instructor reaches over to their sliding leg (with their leg) and gently kicks the knee forward causing the athlete to bend their knee more.

Strategy 3 — trailing leg is close to body, body is too upright.

1. Athlete is instructed to keep trailing leg well back of body, so that it anchors their follow through. And ... hold their position until the instructor re-positions the athlete as needed.
2. The instructor re-positions the bowler's leg position, and pushes down on the back to keep the bowler low. The instructor may also find that they need to kick the inside of their sliding leg so that their knee is bent sufficiently. **always be prepared to physically support the bowler if required.

Independent Drills for the Follow Through – TORSO

The bending of the torso is for some a difficult task because it is simply not something they are prone to doing. In some cases, this 'stiff back' is compensated for by way of a strong arm and upper body, acting as stabilizers.

Strategy 1 — aligning back position

1. Using the one step drill place the athlete into a bent back position (simulating the proper back position for release) prior to initiating the one step drill.
2. Execute the one step drill (keeping back position bent until after the delivery)

Strategy 2 - aligning back position

1. The instructor simply yells out bend throughout the early part of their approach. The goal being to trigger the athlete's awareness of when to bend in their approach and delivery. The instruction given by the coach needs to come just prior to entering the second step of the athlete's approach and delivery.

Strategy 3 - aligning back position

1. The athlete uses a mirror to give immediate feedback to them regarding their back position (place the mirror in front of the bowler, and also to the side). A video works well as well however the mirror can provide instant feedback whilst in the motion of their approach and delivery.
2. Initially do this exercise without a ball. In fact, this can be a drill done effectively at home using the hallway within the home.

Instructor Assisted Drills for the Follow Through — TORSO

Strategy 1 — extension

1. The athlete delivers a ball as they normally would. Ask the bowler to freeze (hold) their follow through position.
2. The instructor is standing approximately 1 foot past the foul line (on the bowler's delivery side). As the bowler freezes in their follow through grab their wrist of the throwing arm and pull it gently forward. This action will force the athlete to bend and extend with their back.

Independent Drills for the Follow Through - ARM

Strategy 1 — at completion of follow through — throwing arm too low

1. Using the one-step follow through drill the athlete reinforces sliding and reaching forward with their body and extending with their arm with their throwing arm, careful not to over extend.

Strategy 2 — at completion of follow through — throwing arm too low

1. Dry land — (off the lane) Mark a spot on a wall as the end point for their follow through arm.
2. Using the one step follow through drill extend the throwing arm to touch the spot marked on the wall.

Over Extending

Over extending is often a speed related problem. If so, also watch for shoulders turning and pointing away from the target. Foot of sliding leg should be pointed to target and trailing leg should be straight behind.

Strategy 1 — at completion of the follow through — throwing arm is over extended

1. Place a towel length wise close to where the trailing leg should end. A bowler who turns their shoulder may also be turning their trailing leg. The towel location builds an awareness to the degree to which they are turning away from their target.
2. Goal of the bowler is to maintain a sliding toe pointing straight ahead and ... not hit the towel away from where their trailing leg should end.

Instructor Assisted Drills for the Follow Through - ARM

Generally speaking if the follow through arm position is too low, then the lift is minimal.

Strategy 1 — at completion of follow through — throwing arm too low

1. Coach stands past the foul line and holds their arm out over the lane at the preferred height for the follow through.
2. The athlete executes their approach and delivery and must extend with their throwing arm through after release, hitting the hand of the instructor.

Strategy 2 — at completion of follow through — throwing arm too low

1. The athlete delivers a ball as they normally would. Ask the bowler to freeze (hold) their follow through position.
2. The instructor is standing approximately 1 foot past the foul line (on the bowler's delivery side). As the bowler freezes in their follow through grab their wrist of the throwing arm and pull it gently forward and UP.

Strategy 3 — at completion of follow through - throwing arm continually falls back to side of body.

This drill is as much a torso drill as it is an arm drill. The root of the problem may lie in the position of the athlete's torso during entry into the follow through position, as well as in the follow through. If the bowler's torso is bent forward too much it shifts the center of gravity such that it becomes very difficult for the athlete to maintain the arm position in the completed follow through. The key to correction is giving the athlete an imagery cue so that they can differentiate between too much bend and the right amount of torso bend at the waist and extension.

1. The athlete initiates a one-step drill, without a ball.
2. The instructor moves in and repositions the body as needed (often times the one-step drill corrects the problem).
3. The athlete attempts their regular approach and delivery incorporating the feel of the one step drill as it relates to body position.

Strategy 4 - at completion of follow through - throwing arm continually falls back to side of body.

1. The instructor isolates each step of the approach in slow motion even static (stopping at each phase) — no ball.
2. The athlete mirrors the instructor.
3. Repeat this process several times, to assure the athlete has awareness to the feel for each position.
4. The athlete repeats the process but at a bit quicker pace, (still not at the regular speed). The instructor may count out the steps (pace) so that the athlete moves in time to the count. Once this is achieved move to 'real time' speed — without ball
5. The athlete attempts to implement the new position(s) into their approach and delivery (with ball in hand).
6. The instructor watches closely (quality control) if regression occurs bring the athlete back to an earlier phase of this drill.

*As this skill develops the instructor may find it necessary to move out onto the lane and repeat strategy two.

7

- *Practice*
- *Mental Perspective*
- *Bowler Beware*

TOURNAMENT PREPARATION

MARCH MADNESS

By Tom Paterson

Your Practice

Make your preparation more about process than score, and continue this frame of mind throughout practice, league, and tournament play. Typically, a split of 60% process and 40% result makes sense. This means that some practices may never even involve score. It may mean that you dedicate more time working on spare conversions, taking your time, your pre-shot routine, or... simply working on 'holding your follow through'. By the way ... if there is one physical skill that will make the biggest difference it is 'HOLD YOUR FOLLOW THROUGH' ☺

When you do decide to enter into a scoring/results type of practice do so fully committed. See it as a test, or an experiment, or like doing a systems check. AND ... when you do begin the scoring or matches against an opposing player don't try out something NEW ... keep to what you have been working on in practice. This is what you are testing out. It makes absolutely no sense to throw in a new line, or new grip, etc. into a competitive scenario unless you have practiced this in the practice setting first. WHY? Because if it is successful, we tend to hang our hat on it and think hey ... this is the magic elixir I have been looking for, when in fact it really was just a temporary relief that has no significant data to lead you to trust it in the 'real thing'.

This might be a good time to mention that in your practice pride yourself in being willing to experiment. Test out new ideas, see how it works, how comfortable you are with "X" change. If it is not working you can always go back to what was there before.

And ... finally ... consult. Find someone you can work with — a coach. Two heads are better than one. Be open to their ideas but know that you always have the power and right to make the choice of what you test, adopt, trash, or believe.

Ever had one of those times where you are just **‘that close’** to getting on a roll, or scoring well. You are coming up with kind of a **Heinz 57** series of games, a bit of this and a bit of that, sprinkled by a few more missed spares than usual. Well ... you are most certainly not alone, and yes like everything else there is a reason for it. We could blame tiredness, fatigue, a long day at work. But...lets go with the scenario that you had prepped well for the event, were well rested and essentially ready to do your best. So what happened?

CONSIDER THE MENTAL PERSPECTIVE

You get on a small roll (a couple of strikes) or possibly enter the 10th with strikes in frames 8 and 9. And ... then ... as easily as you got on this mini roll, you fall off. Consider this ... many times we let being determined, grinding it out, being driven, intense, etc. pry us away from simply trusting our shot. We want to put just that extra little something on the shot because we want this strike so bad, we can taste it; when really all we need to do is simply **let go** and **trust it**. As Nike says: **‘Just Do It’**.

How do you get to trust when you are all wrapped up in determination, grinding it out etc.? You decelerate your mind. To decelerate your mind essentially you want to slow down the pace of which you are seeing the event unfold. For example; when we are struggling and begin to project that the end is near, we sometimes begin to do the math in terms of what is needed to get where we want to be. IF this is in a qualifying round it may be that with 5 games to go you figure you are 200 out and must have a big game, or maybe several above average games. Along with this we press and create an unrealistic, not necessarily accurate timeline. (i.e.) I **must** get this start **now** because time is running out. On a game by game basis this can be likened to being 50 down with 5 frames to go, or feeling because you are 30 down after 3 frames you **must push harder**, essentially you are feeling the clock run out - when in fact you still have 'X' games or frames.

To begin the deceleration:

1. Gain a new perspective — time is on my side — one ball at a time
2. Ignore the score, ignore the opposition — keep your head down. This will allow you to circumvent some of the typical distractions that enter the mind when you are watching other stuff (opposition, score).
3. Do an inventory check — what is the one thing I can do well — and focus on doing that one thing. This is meant to unclutter your mind.
4. Find a quiet place and Breathe — yes breathe deeply, slowly, evenly. Deep breaths put more oxygen into your blood stream and thus give yourself more energy to play, and ... at the same time relax yourself. That quiet place may be a small cove between the concourse area, a corner of the bowling center. — OR ... simply go for a walk — slowly purposefully with your head down — breathing.

Monitor Self Talk

Self talk refers to all those moments when you literally talk to yourself. Oft times it goes unnoticed. And ... sometimes athletes get the mistaken notion that challenging themselves to do better is always good. While it is good to challenge oneself, how and what we say to ourselves is vital. In the scenario listed above the word ‘now’ and the phrase ‘push harder’ can be part of the core problem. These words evoke ultimatums and as frequently are inaccurate. Consistently playing better when faced with ultimatums is much more difficult because it gets our emotions tilted towards that pressing ‘have to’ mentality. It would be better to phrase what you want in an objective manner, without the same

potency. For example, one self talk option may be *"I am 200 down, I am pressing, I feel tight, let's just cool the jets, relax, refocus on the process. **What can I do to help give myself the best opportunity to be successful**"? I'll refocus my energies on the things I can control. Patience, take my time, lift, rotate, hold my follow through."*

The conversation I have just had with myself gives me the opportunity to bring my mind back to focusing on what I can control. AND I also do so without judgment. We could spend more time on Self talk but ... I want to leave it for another time. Now let's look at what we can do prior to the event to help set up productive responses to the competitive environment. IF ... you are interested in pursuing this and would like to adopt me as your mental training coach drop me a note and we can keep in touch.

The Pre-Tournament Preparation - To Prepare or Not to Prepare

It is important to remember that the more you invest in the work to win something, the more it hurts when failure comes your way. Conversely IF one does not put in the preparation failure becomes a distinct probability.

IF ... the challenge or expectation you have placed on yourself is incongruent with the work ethic you provided in preparing for the event - you set yourself up for failure more than success. I can retell many a story of this. Most characteristically the bowlers that decide to enter something and then proceed to come in and practice one or two weeks before the event, but nothing before. Often times these same bowlers may possibly start out well, due to a false sense of confidence - BUT - ONCE REALITY SETS IN either by way of inconsistency or increasing pressure on themselves to perform they regress to old unproductive habits and lose their initial confidence.

I am sure you agree it is important to prepare your mind for the various hurdles that you may encounter, and as importantly identify the game plan you will employ to conquer 'said' hurdle. One of the things all players need to do is recognize and accept the difference between having the will to win, and believing "I will win". The two are much different. The first recognizes supports and reinforces your desire, drive and determination to do the stuff in preparation and in tournament that will give you the best opportunity — to win. The other "I will win", is full of ultimatums and nudges you in the direction of paying more attention to all those factors outside of your control.

What may seem on the surface an ironic perspective, I have found it to be invaluable in all my wins to have accepted that I may not win what I am setting out to do AND ... with it the deepest feelings loss evokes. The acceptance of the possibility of loss has given me two edges in my preparation. One, the skill set to recognize when I begin to develop the tightness and overzealous interest to control everything — therefore have the presence of mind to act on it in a productive fashion. Two, the commitment and self discipline to do everything I can to be ready.

When people make a list of all the mental skills, they could be developing they tend to leave one off their list. The skill left off the list is really the one staring us straight in the face — yet we don't see it. OR ... maybe we simply see all this other stuff and get lost in the jumble of thoughts. So what is that one skill. Let's make a list of what is not top dog on the list.

- Relaxation skills — because without it we could not focus clearly on our task.
- Focus — yup we need it, and yup you need to be able to control your impulses and relax before you can truly focus in a most productive manner.
- imagery — so that we can direct our mental blueprint to where it is most beneficial.
- Stress Management — simply learning to handle distractions
- Self Discipline — making that commitment and sticking to it
- Recovery — learning to recover from a poor game, a series of head pins, etc.

All of the above we could work on and yes it would make you a better player. But ... unless there is a grander picture the above won't net much gain. What is the one skill everything you do should be moving towards developing? It's the C word — CONFIDENCE.

To get to a stronger consistent mind set of confidence one must begin with AWARENESS. If confidence is the most important mental skill to develop than one very key element is Awareness. Awareness is about simply being aware in three main areas:

Physical

The physical part of awareness is really how it feels to execute correctly and when your game is a bit off being able to detect and correct by feel. Feel can be a subtle thing such as the extension you give each follow thru. Or it can be something basic such as knowing the feel associated with holding your follow thru. There is also the physical or feel component that results from when you are emotionally charged. — because this emotion has a ripple effect upon the quality and feel of execution.

Emotional

When playing well your emotional level sits at a certain point, it is essentially the degree of excitedness you feel when playing at your best. AND as importantly recognizing how to get yourself there when you are blasé, and when you are simply overly excited, possibly (overly excited, frustrated, or angry). Maintaining a perspective based on logic and focused on what you can control is important in getting your emotions back under control.

Intellectual

This is the problem solving side of you. Being ready and able to problem solve through the various challenges that come to you. And ... doing so in a calm, rational, productive way. Once you solve the problem or at the very least have something you are going to try and do, the next job is to simply do it. In other words, throw as if you cannot fail Here is where a sage piece of advice is '*don't get in the way of yourself*' is important.

A second part of the intellectual side is our ability to create our own perceptions. The vast majority of mental hurdles stem from a perceptual frame. How we choose to look at something plays greatly into our favour or disfavour. The key here is to bring everything to what you control. For example: I you may not presently feel that you can average 200, in fact thinking of this may create anxiety, and doubt in your mind. Maybe you are simply just not good enough (despise the term 'good enough'). Instead of thinking

of all the things out of your control, begin to plot a map for how you are going to get your goal. Maybe it includes improving your follow through, being more patient, taking your time on the lane so that you do not rush. A great resource to help you with framing includes a book written by Dr. Gio Valiante titled *"Fearless Golf"*. Read it and I am betting you become a more consistent athlete in whatever you choose.

BOWLER BEWARE

Lurking behind each lane staring forward, nodding once in awhile, more stationary than mobile, standing seemingly impervious to what is truly going rests a well-intentioned individual who really needs to get out more. Yes, get out more... That is. Get out on the lane coach don't just stand there and nod with the occasional putting in of 2 cents worth of knowledge.

Good Coaches — Don't Just Stand There!

It seems the end of the approach is like a giant magnet to instructors and coaches. Yet it is likely in and of itself the most unproductive option for coaches. Coaches can vastly improve the quality of their communication and effectiveness as instructors/coaches by simply moving around. Get on the lane, view, share insights, probe from all sorts of angles on the lane, off the lane, don't just stand there! Too many coaches (both in practice and tournament play) just stand there. This is the least effective method to use in communicating. IF this is you, may I suggest attaching a pair of inline skates to your feet.

Good Coaches — Mirror — Model

Model what you want an athlete to copy — Simply showing the athlete what it looks like both in static form and in movement will add greatly to the clarity and efficiency of instruction.

Mirror — by literally going through the motions of the skill set with the athlete provides feedback instantly to progress.

Good Coaches — Probe

Every question is a good question but...some are simply better. Aim to inquire with open ended statements or questions. This involves the brain in thinking rather than simply barking out a quick yes/no response. Probing also encourages ownership and helps develop independent problem solving.

Good Coaches — Develop Independent Problem Solvers

The great coaches find that their athletes can solve many of their own problems simply from the development of reflective skills. Questioning is the key ingredient to developing independent problem solvers. BUT...developing independent problem solvers are not just about asking questions it is also about the coach affirming with genuine enthusiasm when the athlete is making progress.

Good Coaches — Don't Use Cookie Cutters

There is no one best way of instructing. There can be lots of common denominators but...the path to success as a coach is not by following one constant set of criteria. You need to take the player from where they are at intellectually, emotionally, and physically, all the while paying attention to their current skill set and interests. The great coaches give the athletes what they need, avoiding the temptation to mold them into how they do things.

Good Coaches — Develop Their Expertise

The great ones never stop learning. AND ... they do not limit themselves to learning in conventional methods. Reading is one excellent form of developing knowledge but...read from a broad spectrum of interests. For example, books on leadership can be immensely important in developing a new insight. Great coaches are also good at transferring relevant knowledge from other sports into their sport. For example, a baseball pitcher's variety of grips can help bowlers with experimentation of different grips.

8

- *Follow Through Drills*
- *Spare Task Cards*
- *Statistics Sheet*

FOLLOW THROUGH DRILLS

While the Follow Through Drills are sequenced it is not necessarily important to follow the sequence. However...Drill #1 is a preferred starting place IF the bowler is new to the sport, and/or has significant improvements to make to their follow through.

Follow Through Drill #1 – One Step Delivery Drill

1. Emphasizes criteria of follow through position.
2. Intro - role of leg, torso, and arm.
3. This drill facilitates awareness to the components of the follow through.

Follow Through Drill #2 – Lift Drill (towel at foul line approx. 12" past foul line)

1. This facilitates the skill set required for lifting ball out onto the lane. It also helps establish a firmer follow through.

Follow Through Drill #3 – Body Extension Drill – Reaching with Body

1. This drill facilitates the bowler to feel what extending to the target feels like. It is an excellent drill for those bowlers that tend to maintain a more upright back position.
2. The instructor stands to the side of the lone, just past the foul line. The instructor's job is to grab the bowler's wrist of their throwing arm after release and pull forward. this action necessitates the bowler to bend their back to extend forward into a more efficient follow through position.

Follow Through Drill #4 – Preventing Over Extension

1. Instructor stands approximately three to four feet past the foul line, standing on the ball return area.
2. Instructor extends arms out from their side approximately chest height.
3. Bowler must follow through just touching the instructor hand, all the while maintaining a trailing leg that is back rather than forward. (i.e.) for example, over extension often happens when the bowler allows their trailing leg to come forward up and beside their sliding leg.

Follow Through Drill #5 – Vertical Lift Drill

1. Skill set: getting ball out over towel on lane and under Towel held approx. 8" above lane surface. This drill necessitates getting down, and extending with body, and arm.

Follow Through Drill #6 – Trailing Leg Drill

1. A Towel placed just to the side where trailing leg is supposed to end.
2. This drill facilitates awareness of body square to pins.

Follow Through Drill #7 – Center Arrow Drill

1. Towels on each side of center arrow. This facilitates concentration, awareness, and a straight reach to target.

SPARE TASK CARDS

DESIGNED ON AN AVERY TEMPLATE #8162

CARD 1

Ball 1 – Hit at Least 4 Pins
Ball 2 – Spare Remaining Pins

CARD 2

Ball 1 – Hit at Least 3 Pins
Ball 2 – Spare Remaining Pin(s)

CARD 3

Ball 1 – Left 2-3
Ball 2 – Right 2
Ball 3 – Remaining Pins (5,3)

CARD 4

Ball 1 – Right 2-3
Ball 2 – Left 2
Ball 3 – Remaining Pins (5,3)

CARD 5

Ball 1 – Right 2
Ball 2 – Left 2
Ball 3 – Remaining Pins (5,3,3)

CARD 6

Ball 1 – Left 2-3
Ball 2 – Right 2-3
Ball 3 – Remaining Pins (5)

CARD 7

Ball 1 – Right 2-3
Ball 2 – Left 2

CARD 8

Ball 1 – Left 2-3
Ball 2 – Right 2

CARD 9

Ball 1 – Left 2-3
Ball 2 – Remaining Pins (5,3,2)

CARD 10

Ball 1 – Right 2-3
Ball 2 – Remaining Pins (5,3,2)

Player Card								
Task Card	Round 1	Round 2	Round 3	Round 4	Round 5	Total	Average	Rank
Card 1								
Card 2								
Card 3								
Card 4								
Card 5								
Card 6								
Card 7								
Card 8								
Card 9								
Card 10								
Total								
Average/ Round								

STATISTICS SHEET

(Data Collection)

Classic Inferences

Missing your Point of Aim may indicate:

- Not following through straight
- Rushing your release (forcing your arm) which causes your timing to be out of sync and in turn misdirect the ball
- Exaggerated turning of body at release, (often caused by having a very fast approach, but sometimes simply a bad habit)

An increase in the number of non-spareable leaves (headpins: headpins, headpin splits) may indicate:

- Throwing too fast
- Reduction in lift
- Reduction in mixing action (back up or curve, hook imparted on the ball at release)

The presence of inconsistent pattern may indicate:

- Executing with a less effective line
- Nervousness
- Lack of concentration

A shift away from productive and consistent results to inconsistency followed by a diminished return of your original results may indicate:

- Desensitization to your execution (not being able to recognize subtle changes in execution via the feel of the execution)
- Hyper velocitization (unaware of increased ball speed) as a result of gradually going faster and faster over a period of time
- Physical or mental fatigue

Maxing out on a particular statistic: i.e.: not getting past more than three strikes in a row-may indicate:

- Nervousness
- A focus on results rather than execution at the critical moments
- A focus on desire or want rather than the process of how to achieve the result at critical times.
- Tightening up of muscles as time moves on
- Not maintaining the relaxed state you normally operate from when doing well.
- Forcing your arm at the last moment in an effort to give the ball just that little extra bit of stuff.

Building Reliable Statistics

Increasing the fact base by way of completing more stats collection sheets will lead to even more reliable standards to measure your progress and proficiencies. A sound statistical base can aid in setting interesting and challenging goals for you.

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.