



Skill Progression – Approach - Delivery

Your Athlete Can:	Never	Sometimes	Often
Perform pendulum swing with swing and slide.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Perform, with consistent rhythm, four- or five-step approach with push away and pendulum swing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Perform smooth four- or five-step approach with push away and pendulum swing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deliver ball without going over the foul line.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			

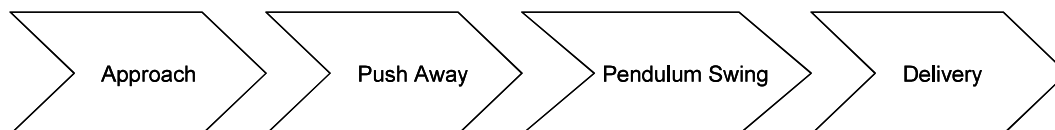


Teaching the Approach – Delivery

The proper approach involves the movement of the bowler and ball at the same time toward the goal of delivering the ball down the lane. There are three basic approaches:

1. Step and slide
2. Four-step approach
3. Five-step approach

Each of these includes the push away, the pendulum swing and delivery. Although not called an approach, the one-step delivery is included here to provide a transition from standing at the foul line to a full four-or five-step approach.



Beginning bowlers have a hard time putting all the components of the approach together at first. Start bowlers at the foul line using the pendulum swing, then move to a swing-and-slide approach, and ultimately a full approach. At first, the full approach will probably be nothing more than the athlete trying to take the proper steps up to the foul line and then performing the pendulum swing and delivery.

Have the athlete master each part before proceeding to the next part. Evaluation of the athlete during the first two training sessions will provide you an idea of a starting point for training.



Teaching the Pendulum Swing

1. Athlete assumes the proper stance at the foul line.
2. Hold ball at side with bowling arm extended, thumb faces the pins.
3. Keep arm relaxed and wrist straight.
4. Have the athlete swing the ball forward at waist level and then backward in a natural arc to a position no higher than the hips. At this point, the body is leaning forward, the knees are slightly bent.
5. Keep shoulders parallel to foul line.
6. Keep ball, arms and elbows close to the body throughout swing.
7. Keep looking at target arrows/dots or pins.
8. Follow through with the arm continuing upward on its straight course.

Key Words

- Look at your target
- One, two, roll the ball
- Let the ball swing back
- Follow through

Teaching the Swing and Slide

1. Athlete assumes the proper stance at the foul line.
2. Have the bowler push the ball out toward the target and bring the arm back.
3. As the ball moves forward from the back swing, the opposite foot starts to slide forward.
4. The bowler's front knee is slightly bent, as the ball goes past the ankle.
5. In the finishing position, the shoulders are slightly forward so they are above the front knee while the arm follows through straight toward the target and upward.

Key Words

- Ball out and down
- Look at the target
- Slide
- Knee slightly bent
- Shoulders slightly forward
- Follow through toward target and upward

Teaching Bowling Skills

Approach-Delivery



Teaching the Four-Step Approach

The four-step approach allows for the most natural rhythmic body movement during the delivery. This approach increases accuracy and reduces fatigue. The four-step approach is described below and is the recommended method to teach athletes. Instructions are for right-handed bowlers. Use opposite foot if teaching left-handed bowlers.

First Step with Coach Assistance



Push the ball forward as the right foot steps straight ahead. This may be a short slide step. The ball is over the forward foot at the end of this step.

Your coaching assistance can take many forms. Sometimes, you may have to physically place the ball in the proper position. Other times, you may have to walk through the first step with your bowler to help him/her see and get the feel of this first step.



Teaching Bowling Skills Approach-Delivery

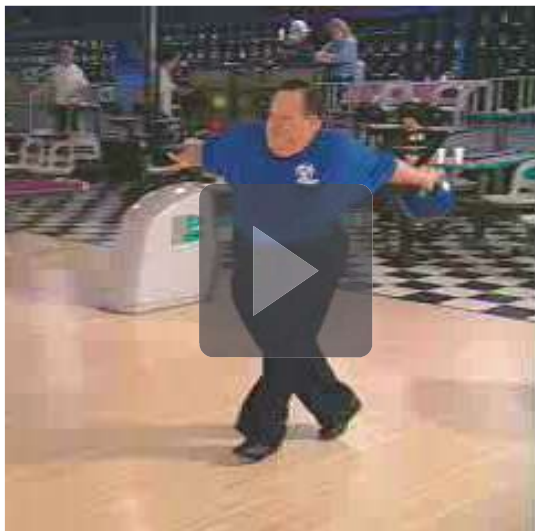
Second Step



In the second step, the ball arm begins the swing down and back while the opposite arm extends to the side for balance. At the end of this step, the ball is on its way back and even with the calf of the ball-side leg.

You may have to demonstrate the skill to give the athlete a visual on how the skill is correctly achieved.

Third Step



The ball-side foot steps forward. At the end of the third step, the ball is at the height of the back swing.

Teaching Bowling Skills Approach-Delivery



Third Step with Coach Assistance



As the athletes' skills progress, you may find it easier to demonstrate proper technique first, and then let the athletes practice by themselves.

Fourth Step



As the opposite foot slides forward, the ball descends from the back swing and is released over the foul line.



Fourth Step with Follow Through



In the finishing position, the shoulders are slightly forward. They are above the front knee while the arm follows straight toward the target and upward.



Key Words

- Push ball forward
- Arm follows through straight – Upward toward target
- Back swing
- Swing ball down and back
- Shoulders are slightly forward
- Opposite arm extends to the side for balance
- Ball over the foul line

Teaching the Five-Step Approach

The five-step approach is basically the same as the four-step approach. The difference is that the first step is with the left foot in the five-step approach. The ball is not pushed away until the start of the forward movement of the right foot, as in the four-step approach. This extra step prior to the push away can be a relaxing motion for the athlete.



Coaches' Tips for Approach/Delivery – At-A-Glance

Tips for Practice

1. When holding the ball at side, have athlete count his/her movements. This will help prepare the athlete for learning the four-step delivery.
 - ◆ If the athlete has too much back swing, a handkerchief placed under the armpit of the bowling arm may help correct the problem. On a proper back swing, the handkerchief remains in place, and does not fall out.
 - ◆ “One” - ball swing forward
 - ◆ “Two” - ball swings back,
 - ◆ “Three” or “Roll the ball” forward and release down the lane.
2. Tell the athlete not to apply any muscle to the swing; just let the weight of the ball carry it back and then straight ahead.
3. Talk the athlete through the approach. “Let’s begin: right foot, left foot, right foot, slide.”
4. Once the athlete begins to use the proper movement, have the athlete get into an approach rhythm and count their steps. Count “One” for first step, “Two” for second step, “Three” for third step, “Slide” or “Roll the ball” for fourth step. Do this without a ball a few times, increasing the speed of action each time. Repeat after a few times, using a ball.
5. Stand behind the athlete, counting the steps while the athlete performs the steps. After a few times, let the athlete practice on his/her own. Remember, have them count the steps out loud.
6. To get the athlete to release the ball over the foul line, place a bowling towel or small piece of rope on the foul line, and tell the athlete to throw the ball out over the towel/rope.
7. Position of arm and hand on the follow through can be demonstrated by taking a bowling towel and putting a knot in it. Give the towel to the athlete and then back away. Have the athlete do a one-step delivery throwing the towel to you, using your stomach as the target. Watch the follow through, the athlete should have his/her right arm extended with the right hand pointing at your stomach with the thumb pointing up. Explain that this is the same motion they use when bowling.
8. A home training method is to have the athlete and a friend practice pitching a softball underhanded back and forth to each other. The same motion is used to deliver the bowling ball. After the pitch, look at the position of the arm, hand, and thumb.
9. Correct the athlete if bowling hand finishes across and in front of the body.
10. Hand, arm and shoulder follow through in a straight line with target. After the ball has left the athlete’s hand, have them make a motion as if shaking hands with someone.