



Skill Progression – Proper Stance

Your Athlete Can:	Never	Sometimes	Often
Locate starting position on approach for first ball.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stand appropriately for making spares.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate proper foot placement - Left foot forward, if right-handed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assume correct stance with eyes focused on bowling pins or target arrows/dots.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hold ball under control with two hands.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hold ball at proper height relative to body position.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			



Athletic Pose

The athletic pose is also referred to as the “coach’s eye”. This concept is used to analyze a bowler’s delivery into four points.

1. Waist Down - Foot placement, knees and hips
2. Waist Up - Spine, shoulders, head and eyes
3. Ball Position - Height and position side to side
4. Hand Position - Grip, position of the fingers and thumb

Waist Up



Waist Down



Ball/Hand Position – Bowling Hand



Ball/Hand Position – Non-Bowling Hand





Teaching the Proper Stance

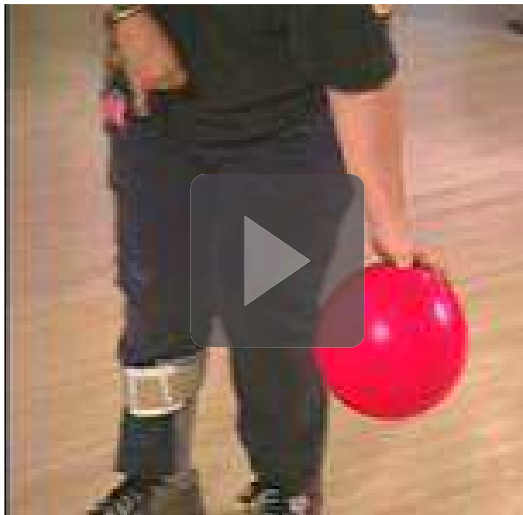
It is important for the athlete to establish a stance that is comfortable and natural. Use the following suggestions as guidelines only. Remember, what may work for one athlete, may not work for another. There are five basic stances and deliveries.

Staggered Stance without a Push away

The staggered stance is the first phase of one-handed bowling for beginners. The bowler takes the starting position at the foul line and takes no steps.

Waist Down:	The toe of the foot opposite the ball arm is about three inches behind the center dot. The ball side foot is 4-18 inches back to create balance. The knees are slightly bent.
Waist Up:	The back is slightly bent forward. The bowler's eyes focus straight ahead at the target.
Ball Position:	The arm hangs straight down by the side.
Hand Position:	The thumb is on top of the ball with the thumb at a 10 o'clock position for right-handers and a 2 o'clock position for left-handers.

Ball Position



Coaching Tips

- Remember, this is the first phase of learning to bowl for some athletes. This is also the preferred method of bowling for athletes who do not take a four-step delivery.
- The bowler starts with the ball low, begins a ball swing and releases the ball when ready.

Teaching Bowling Skills

Proper Stance



Foot Placement



Coaching Tips

- This is the perfect time to begin teaching foot placement. Correct positioning of the feet will help develop a smooth swing.
- Sometimes you will have to demonstrate to the athlete how and where the feet need to be positioned.

Staggered Stance with a Push away

The bowler takes the starting position at the foul line and takes no steps. However, the bowler holds the ball at a higher position to create an arm swing and a push away.

Waist Down:	The position is the same as without a push away.
Waist Up:	The position is the same as without a push away.
Ball Position:	The ball is held at the side of the body at a comfortable place between waist and chest high. The opposite hand is placed under the ball to support the weight of the ball.
Hand Position:	The hand is now behind the ball with the thumb at a 10 o'clock position for right-handers and a 2 o'clock position for left-handers, and the fingers at a 4 o'clock position for right-handers and an 8 o'clock position for left-handers. The wrist is firm and straight.



Ball Swing



Coaching Tips

- Here the emphasis is to push the ball. For the bowler to establish a good push, he/she needs to start with the ball high to gain force behind the ball.
- You may have to help the athlete not only with the swing but with actual ball handling; placing the ball in the bowler's hand.

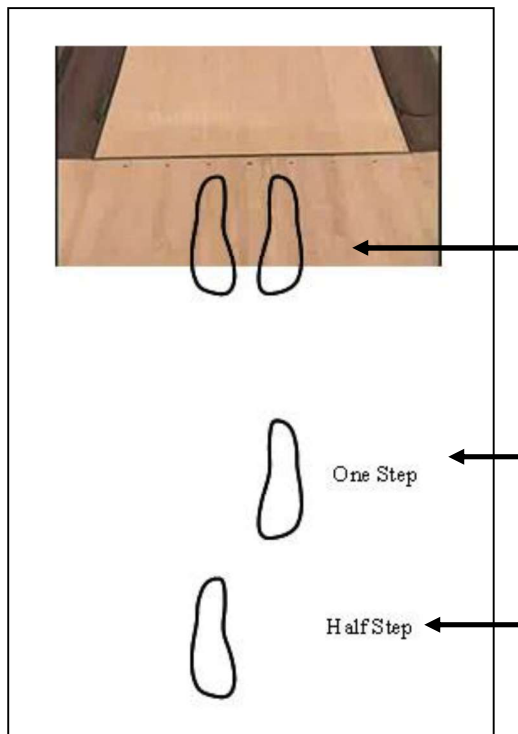
Teaching Bowling Skills

Proper Stance

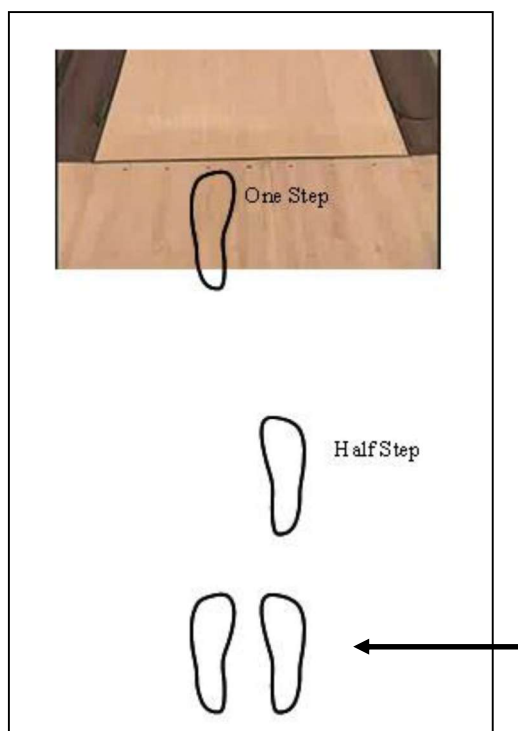


Swing and Slide

This delivery is the same as a bowler would use in a four-step approach. Use the following to find the starting position (Foot placement locations assume a right-handed bowler, for left handed bowler step with opposite foot to mark out your starting point).



1. Bowler stands on the center dot facing the settee area.
2. Bowler's heels are on the dots by the foul line.
3. Bowler takes 1 1/2 steps toward the settee.
4. Bowler turns to face the bowling lane and this is where the bowler begins their delivery. (See Diagram 5)



4. This is where the bowler begins their delivery.



Teaching Bowling Skills Proper Stance

Waist Down:	The ball foot is only 2-5 inches behind the toe of the other foot, with the weight mostly on the ball -side foot. The knees are slightly bent.
Waist Up:	The back is bent slightly forward. The eyes are focused on the target straight ahead.
Ball Position:	The same as in the staggered stance with a push away.
Hand Position:	The same as in the staggered stance with a push away.

Incorrect Pose



Correct Pose



The Four-Step Delivery

This stance is the same as the swing and slide. To find the starting position, the bowler stands at the center dot facing the settee area with his/her heels on the dots by the foul line and takes 4½ steps toward the settee. The half step is to accommodate the slide.

Waist Down:	The ball foot is only 2-5 inches behind the toe of the other foot, with the weight mostly on the ball-side foot. The knees are slightly bent.
Waist Up:	The back is bent slightly forward. The eyes are focused on the target straight ahead.
Ball Position:	The same as in the staggered stance with a push away.
Hand Position:	The same as in the staggered stance with a push away.

The Five-Step Delivery

This stance is the same as the four-step delivery. To find the starting position, the bowler stands at the center dot facing the settee area with his/her heels on the dots by the foul line. The athlete takes five steps toward the settee.

Key Words

- Feet position
- Relax, bend your knees a little
- Eyes on your target
- Ball position



Coaches' Tips for the Proper Stance – At-A-Glance

Tips for Practice

1. To encourage proper foot placement for athletes standing at the foul line, use a mat with footprints for the beginning bowler. Remove the mat when the athletes get used to the proper position.
2. A helpful hint in determining the athlete's starting point for the four- or five-step approach is to have him/her stand at the foul line, facing the seating area. Have the athlete take 4½ or five steps toward the seating area. This is close to where the athlete's starting point is located.
3. Insure that the ball is between waist and chest high and to the side of the body so as to not block his/her view of the pins or target arrows. Have the athlete pick a target—either the pins or targeting arrows/dots. Tell the athlete to keep his/her eyes on the mark as they bowl.
4. The athlete's shoulders are at a slight angle because of the weight of the ball. The body is square to target.
5. Not all of these suggestions will work for everyone. Try them, modify them and use what works best for the athlete. Variations are acceptable provided they are comfortable and help the athlete bowl well.