

Teaching Bowling Skills

Retrieving the Bowling Ball



Skill Progression – Retrieving the Bowling Ball

Your Athlete Can:	Never	Sometimes	Often
Observe lane courtesy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Approach ball return from correct side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify his/her ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pick up ball correctly from ball return	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cradle the ball in one arm and move to his/her starting position on the approach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			



Retrieving the Bowling Ball

When retrieving the ball from the ball return, it is very important that it is picked up properly with both hands.

Teaching the Bowling Ball Retrieval

1. Make sure the athlete knows the correct lane that he/she is to bowl on before stepping on the approach.
2. Ensure that there are no bowlers on the adjacent lanes, one lane right or left of the athlete, before stepping onto the approach.
3. Athlete reaches for his/her own ball. Bowlers always use the same ball.
4. Athlete grasps the ball with both hands, placing the hands on opposite sides of the ball, away from incoming balls. This prevents the fingers from getting crushed.
5. Athlete cradles the ball in one arm and moves to his/her starting position on the approach. For a right-handed athlete the ball rests in his/her left arm and is supported on the side by the right hand and body.



Key Words

- Use your own ball
- Remember lane courtesy—look left - look right
- Watch your fingers



Coaches' Tips for Retrieving the Ball – At-A-Glance

Tips for Practice

1. To aid the bowler in identifying the correct lane, have the bowler look at the overhead automated scoring display which identifies the bowler to bowl next and identifies the lane to bowl on. If there is no such equipment, you may want to identify the person the bowler is to follow.
2. Explain to the athlete what could happen if his/her fingers are between the ball when another ball rolls onto the ball return rack. Although it does not enter the rack with much speed, a ball does not stop until it bangs against another ball or against someone's fingers.
3. Explain to the athlete why the use of two hands is better than one hand when picking up the ball from the return rack. It puts less stress on the fingers and wrist, saves energy needed to bowl for a long time and helps prevent the ball from falling to the floor or, worse yet, on his/her toes.
4. Do not pick up the ball with the fingers in the holes. Fingers are not inserted until the stance has been taken and the approach is ready to be made. Athlete cradles the ball in one arm and moves to his/her starting position.