



# 5 Minutes to a Better Bowler

By Giacomino Veltri

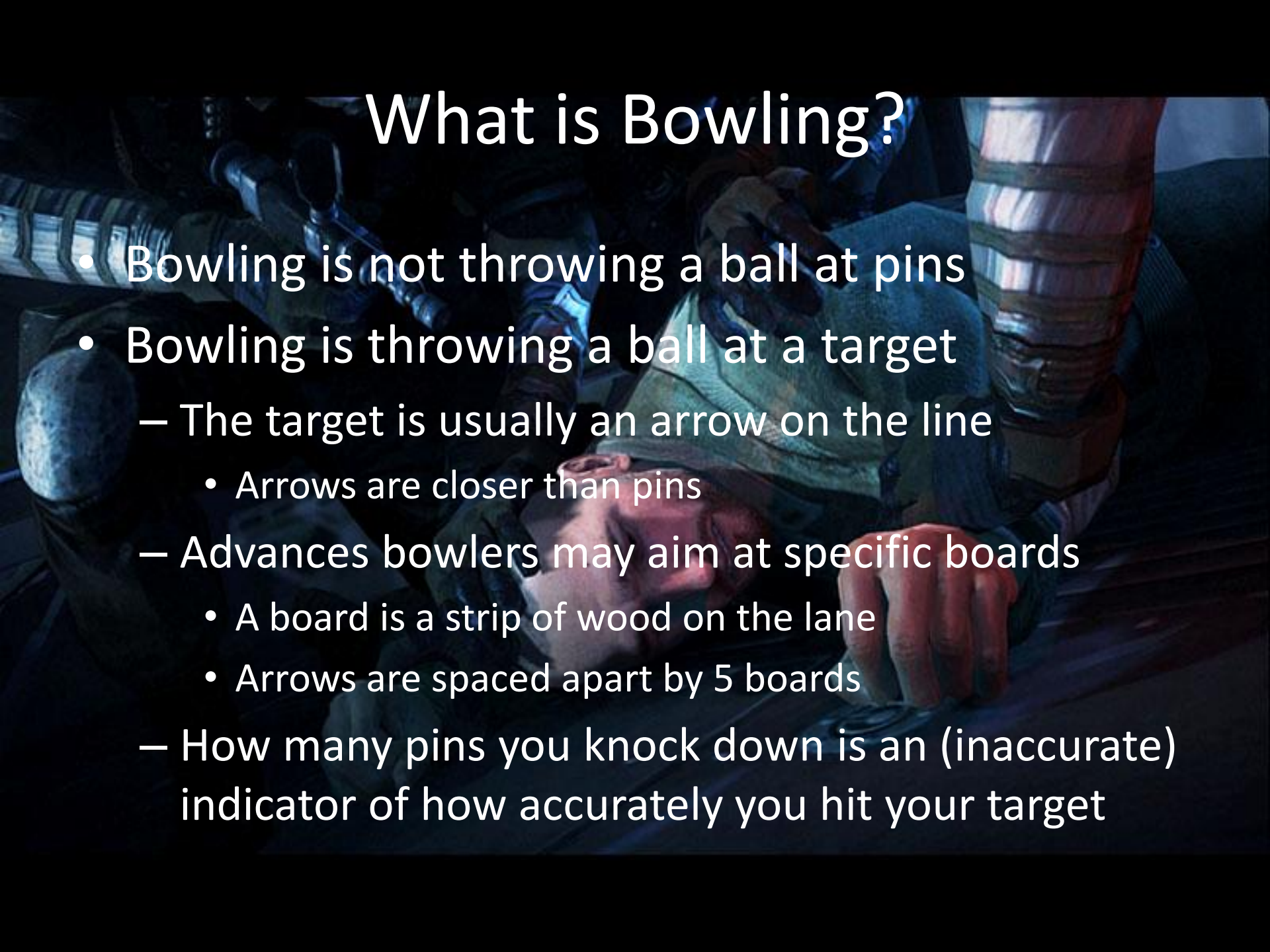
11/3/2010

# Introduction

A man in a green shirt is lying on a table, possibly a medical or forensic setting. A person in a white lab coat is standing over him, looking down. The scene is dimly lit, with a blueish tint.

- What is Bowling?
- What Makes a Good Bowler?
- Form & Release
- Shot Alignment
- Advanced Topics (For Later)

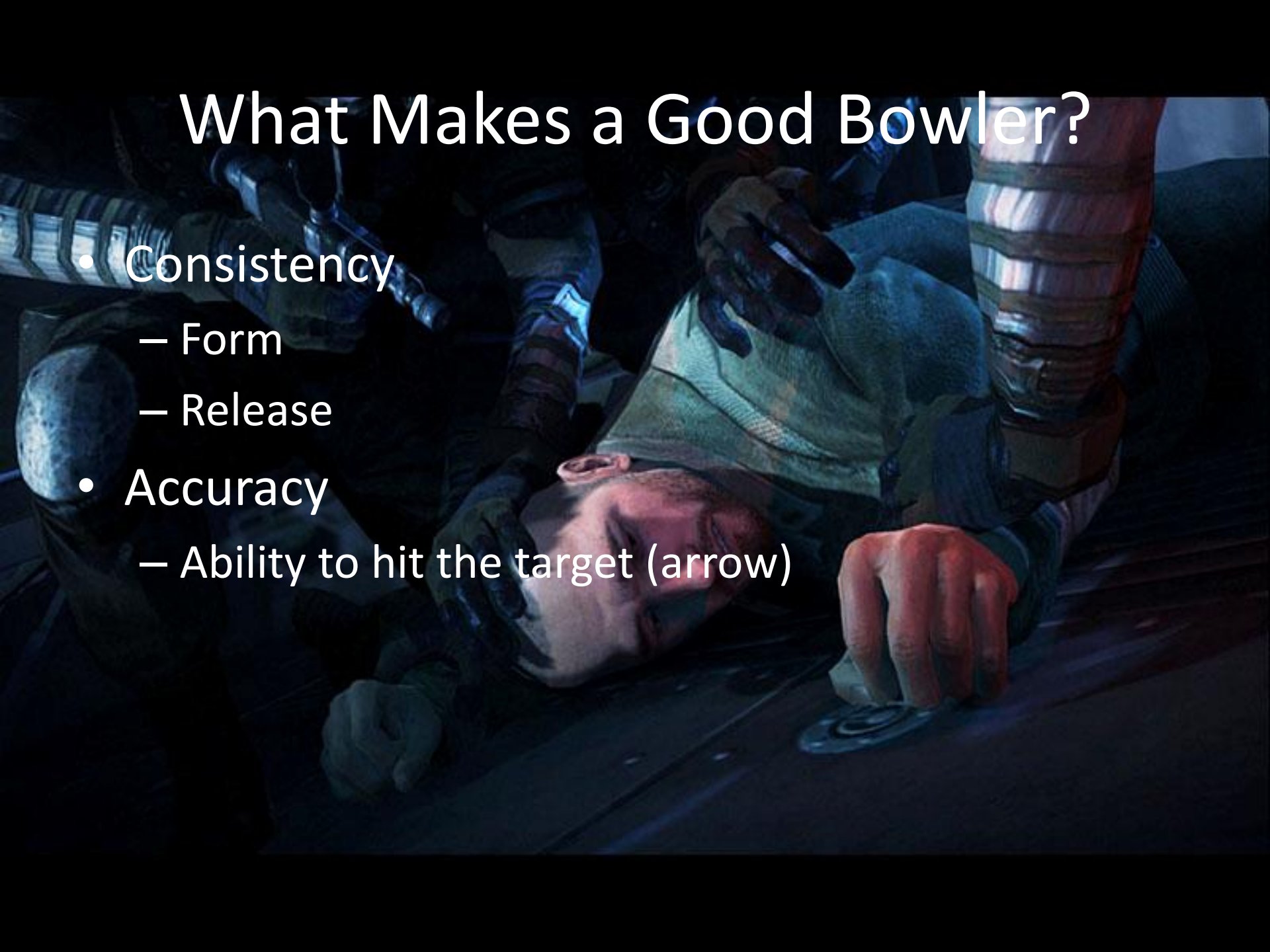
# What is Bowling?

A person wearing a green shirt and a blue jacket is captured in the middle of a bowling motion. They are holding a bowling ball with both hands, positioned to throw it down the lane. The background is dark, with some blurred lights, suggesting an indoor bowling alley setting.

- Bowling is not throwing a ball at pins
- Bowling is throwing a ball at a target
  - The target is usually an arrow on the line
    - Arrows are closer than pins
  - Advances bowlers may aim at specific boards
    - A board is a strip of wood on the lane
    - Arrows are spaced apart by 5 boards
  - How many pins you knock down is an (inaccurate) indicator of how accurately you hit your target

# What Makes a Good Bowler?

- Consistency
  - Form
  - Release
- Accuracy
  - Ability to hit the target (arrow)

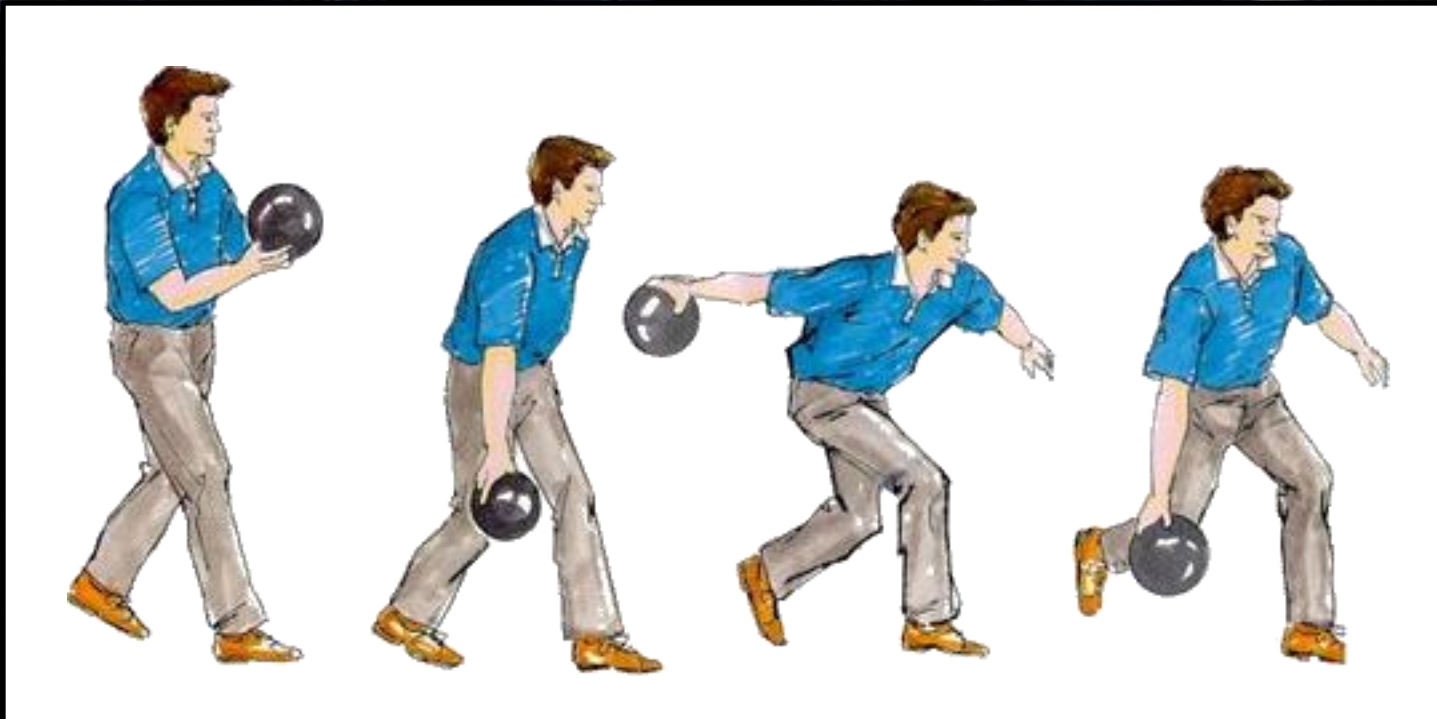


# Form & Release

A person wearing a green t-shirt is lying on their back on a dark surface, possibly a table or stretcher. Their hands are being held by several other people whose arms and hands are visible around them. The scene is dimly lit, with a blueish tint, suggesting an indoor setting like a gym or training facility. The person's eyes are closed, and they appear to be in a relaxed or possibly unconscious state.

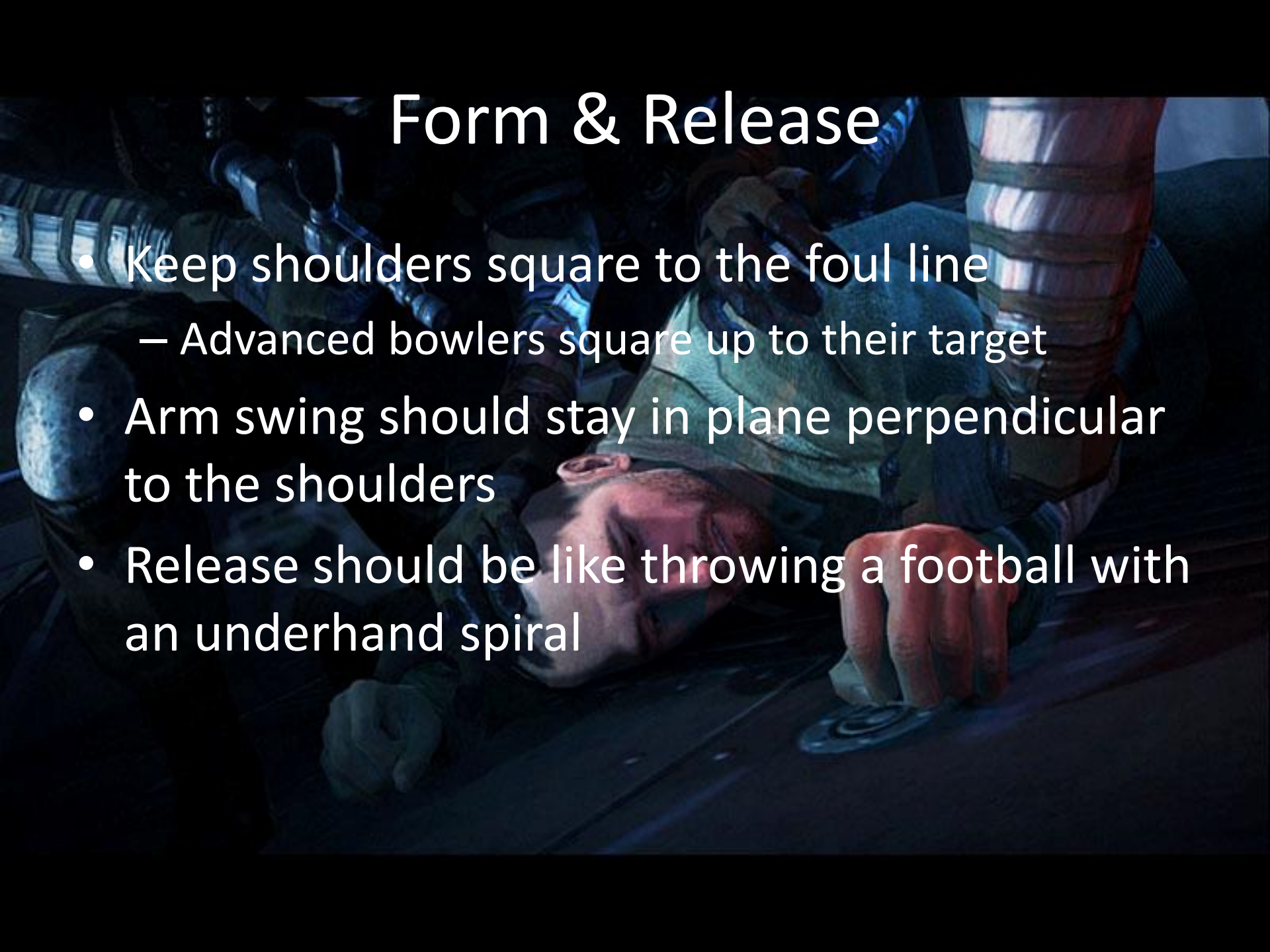
- Four or Five Steps
  - Walking and moving the ball
  - Keep ball position in sync with feet
- Five step approach is similar to four step approach
  - Start on opposite foot as four step approach
  - Push out on the second step instead of the first

# Form & Release



# Form & Release

- Keep shoulders square to the foul line
  - Advanced bowlers square up to their target
- Arm swing should stay in plane perpendicular to the shoulders
- Release should be like throwing a football with an underhand spiral

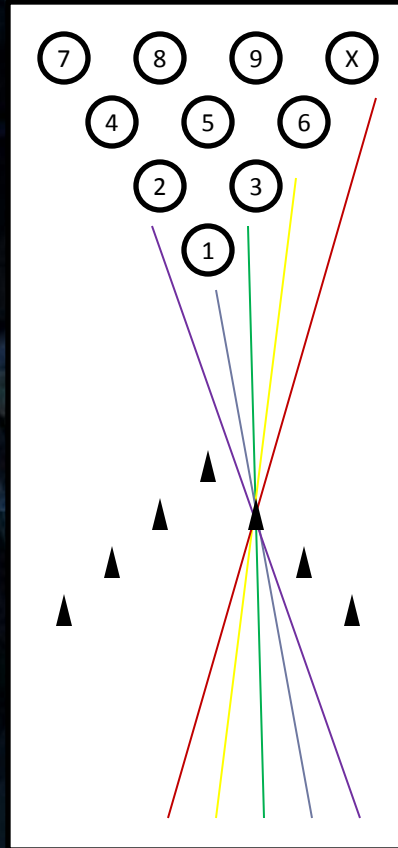


# Shot Alignment



- Know what arrow (or board) you put your sliding foot on
- Aim at an arrow; the arrow is a pivot point – adjust with your feet
  - If you hit your target but miss the head pin to the left, move to the left
  - If you hit your target but miss the head pin to the right, move to the right

# Shot Alignment

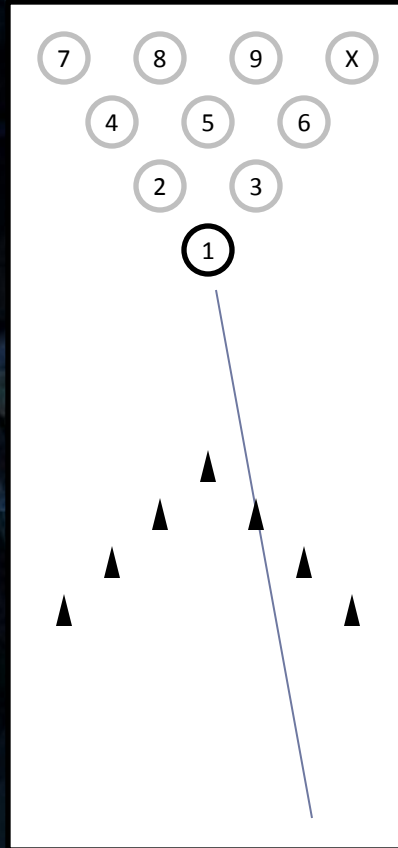


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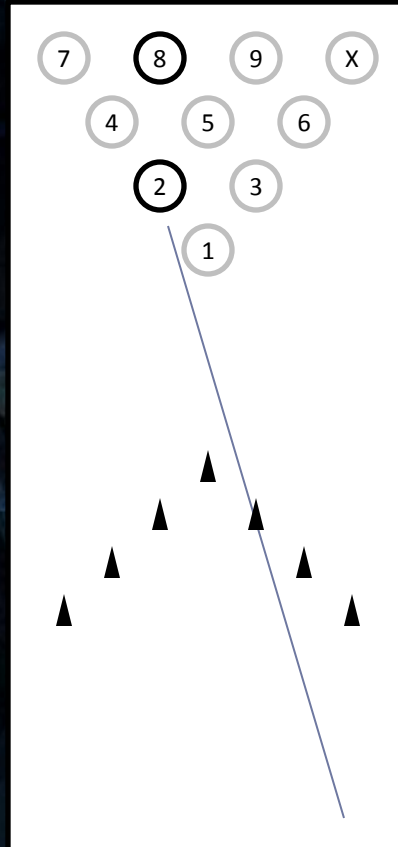
A photograph of a person lying on a table, possibly a medical professional, with their hands being held by another person. The scene is dimly lit, suggesting a clinical or hospital environment. The person on the table is wearing a light-colored shirt and dark pants. The person holding their hands is wearing a dark uniform. The background is dark and out of focus.

- Picking up Spares
  - Each “pin” is an X board adjustment (usually  $X = 3$ )
  - Basic math – can you multiply?
- Multi-pin Spares
  - Aim at the closest pin
- Splits
  - Pray to God
  - Don't leave them in the first place

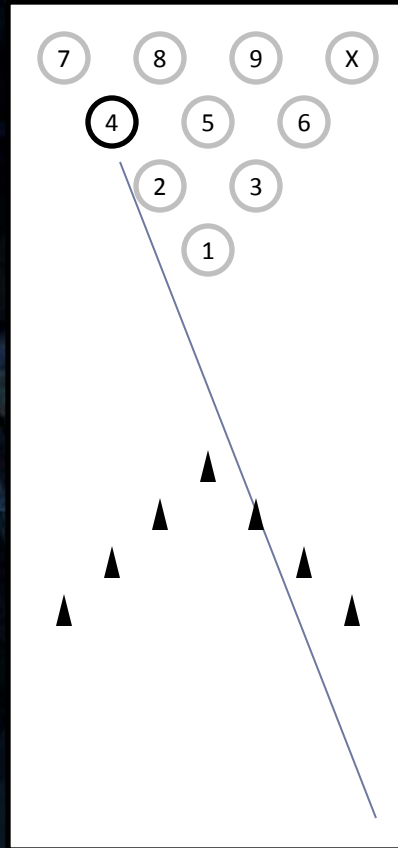
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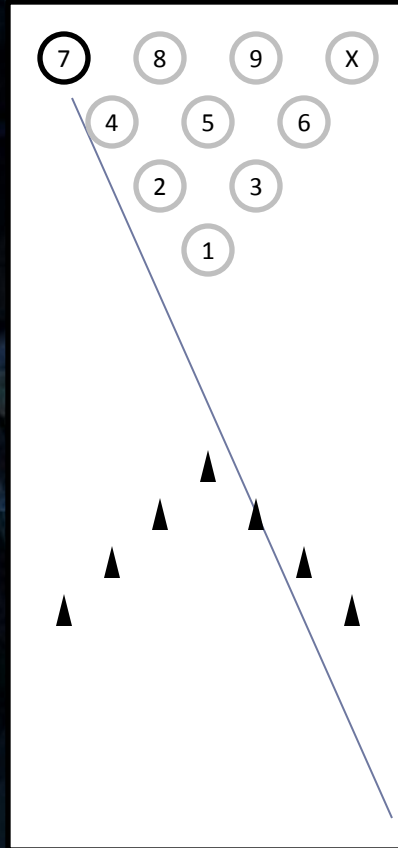
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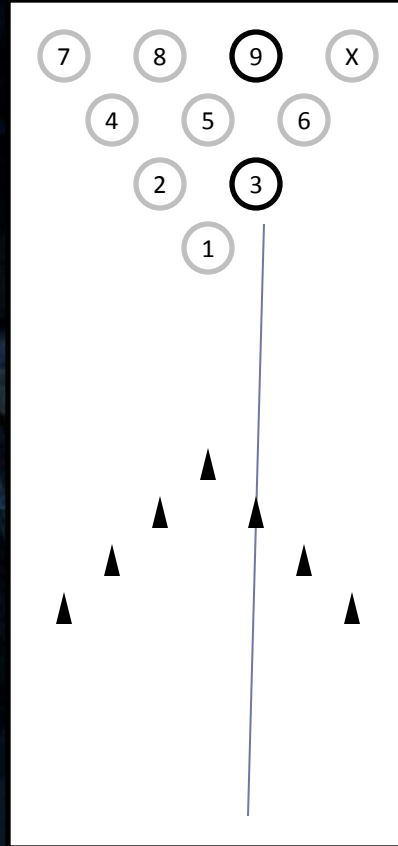
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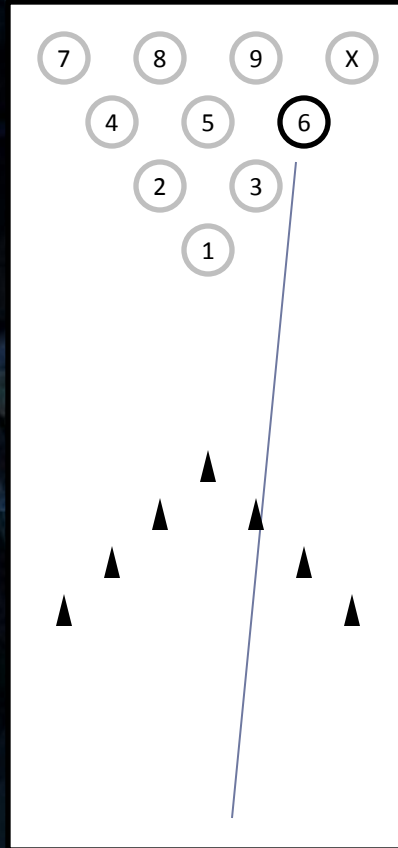
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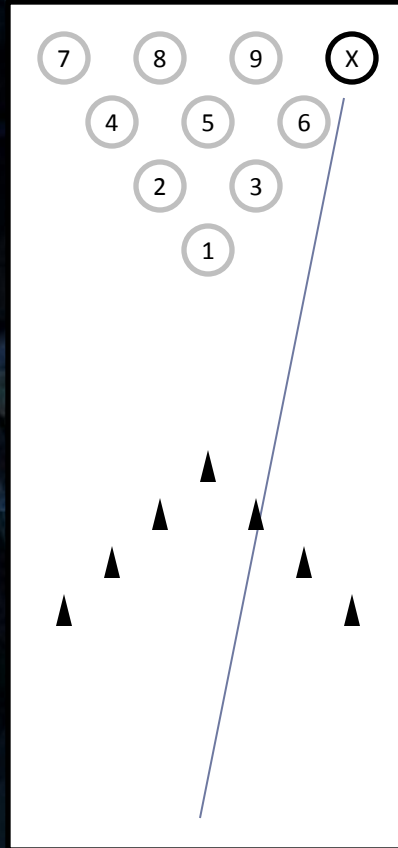
# Shot Alignment



# Shot Alignment



# Shot Alignment



# Advanced Topics (For Later)

A person wearing a green shirt is lying on a table, possibly in a medical or laboratory setting. They are surrounded by various pieces of equipment, including what looks like a large metal cylinder or container on the right side. The scene is dimly lit, with some blue and red lighting.

- Keeping Score
- Curving the Ball (Hook)
- Entry Angle
- Tips for Maintaining Form
- Lane Conditions
  - More oil means less curve and larger adjustments on spares
- Ball Technology