



***Special  
Olympics***  
*British Columbia*

**10 Pin Bowling Skills Book**  
**Updated August 2008**

# Coaching Principles

## STEPS IN TEACHING A DRILL

1. Introduce
2. Demonstrate
3. Explain
4. Organize
5. Execute
6. Correct
7. Practice

## GENERAL PRINCIPLES

- Drills should relate specifically to what you are teaching.
- Athletes should be made aware of how drills relate to the sport.
- Drills should only be a part of your practice.
- Drills should be introduced at a slow pace and then gradually increased
- Drills should be accommodated for fitness, age and abilities.
- Drills should move from simple to complex. First perform drills that will help keep the interest of athletes.
- Drills should relate to the system of play that the athletes will use.
- Perform a variety of drills to prevent monotony.
- As fatigue sets in, technique deteriorates so provide frequent rest periods.

## EXECUTION PRINCIPLES

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- Review the drill procedure before practice so you know how it works.
- When introducing a new drill, walk a group of athletes through it so others can see how it is performed.
- Avoid talking too much, get the athletes performing, they will learn by doing.
- When errors occur, the drill should be stopped momentarily to correct errors.
- Praise those athletes doing the drill well and encourage those having difficulty.
- If equipment is necessary, ensure it is set up before so that progression from one drill to the next can progress smoothly.

# Warm Up for Bowling

## **Warm up ideas:**

- Quick walks back and forth.
- Jogging in place
- Jumping Jacks
- Calf raises
- Lunges
- Step Ups ( find a bench or on stairs)
- Sit Ups and Push Up

Once you have finished the warm up exercises, move into doing stretches from the pages provided for 5-10min. Keep stretches slow and rhythmic.

## **Basic Motor Skills:**

After performing warm up stretches, work on basic motor skills that target balance, coordination and stability. Although basic, these skills are what make up the building blocks of the sport.

### **Balance:**

- Walk along a line with arms out.
- Walk backwards along a line with arms out.
- Walk forwards with eyes closed for ten steps with guidance.
- Shuffle along the floor.
- Stand on one foot and swing the other
- Switch back and forth between feet.

### **Arm Swing:**

- Alternate arms swinging forward.
- Swing one arm up to shoulder height, then switch to the other.
- Attempt to swing arms in alternate directions.

### **Coordination:**

- Raise the right arm and left leg, swing them forward and backwards simultaneously. Switch arm and leg.

# Bowling Skills

There are a variety of skills that make up the sport of bowling. Choose one skill to practice each session. This does not mean you will only practice one thing each session, but it will give you a reason to practice. Although strikes and spares are important to the score, it is technique that will improve your overall game.

The main areas of practice are:

Stance, Timing, Shoulder position, Armswing, Ball release, Follow through, Finishing position, Aim and the Strike!

## **Stance:**

Waist Down:

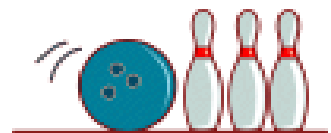
- For right handed bowlers, the right leg should be 4-5 inches behind the left leg.
- Don't stand stiff, bend at the knees creating a 15 degree angle from the knee to the anklebone.

Waist Up:

- Your right shoulder should be 4 inches behind the left shoulder.
- To measure this, stretch out your arms, if correct, the right hand's fingers should touch the palm of the left hand.
- Tilt the upper body slightly at the waist in order to emphasize the forward motion.

Ball Position:

- There are 3 positions depending on how quickly the athlete moves to the foul line.
- If you're fast, hold the ball at knee height.
- If you have medium speed, hold it waist high.
- If you're slow, hold it at shoulder height.



# Bowling Skills

## **Timing:**

For a 4 step delivery approach, there are 4 movements that the ball and footwork must make together.

- 1) Move the ball and right foot forward at same time. Arm moves out 4-6 inches in front of foot.
- 2) As left foot moves forward, right arm swings back so ball is over calf.
- 3) Arm continues up into the backswing with the ball swinging shoulder high as right foot moves forward in third step.
- 4) As left foot moves into the finishing slide step, right arm swings into the release and follow through.

## **Shoulder Position:**

- As you walk to the foul line, you should feel as if you could balance a cup of coffee on your shoulder.
- Two flaws to avoid are the rocking chair shoulders and opening and closing your shoulders like a door.
- When you wrap the ball behind your body at the back of your arm swing, shoulder is open and arm comes through for delivery.
- Remember: If arm is out, then ball will be in. If arm is in, then ball will be out.

## **Armswing:**

The two key elements are good armswing and tempo.

Armswing:

- Keeping a square forearm is vital.
- Picture an imaginary point on your forearm about halfway between your wrist and elbow. Keep this square to your target while delivery is made.
- Remember to not roll the forearm during swing, which results in the flying elbow.

# Bowling Skills

Tempo:

- Control your armswing tempo.
- If tempo is too fast, balance can be lost at the foul line.
- This will ruin the tempo if you are forced to put on the brakes.
- Practice a controlled, smooth armswing.

## Ball Release:

There are 3 basic traditional releases



Straight Ball:

As you release, the thumb is pointed straight up towards the ceiling.

If thumb is kept straight up all the way through release, the ball will be straight.

Backup Ball:

Created by pointing the thumb out to the right as you release the ball, creating a reverse spin.

This release is typically used when trying to aim for the 1-3 pocket.

10 o'clock Release:

Place thumb at 10 o'clock while in stance.

Keep thumb pointed in toward wallet through back swing and all the way through release.

Imagine a clock set at 10, and you want to shake hands with the second arrow.

Ball will book 4-5 inches as it works towards pocket.

# Bowling Skills

## Follow Through:

- A natural follow through should extend in line with the target and should finish at about eye level.
- A short follow through indicates that a bowler has flicked the ball toward the target. Such flicking diminishes accuracy and can create a skid.
- An exaggerated follow through usually pull the shoulders and body out of position, again decreasing accuracy and the ball's effectiveness.

## Aim:

- As a basic guide, bowlers should try to use specific reference points for aim.
- These may include dowels at the foul line, arrow, diamonds on the lane, reflections of the pins.
- In general, when the bowler uses a target close to the foul line, the less skid there is on the ball.
- Generally, bowlers should avoid using pins as targets.

## Shots:

There are several types of shots in bowling, all of which generally fall into one of these three categories.

1. The **“straight ball”** is used mostly by beginners and is done simply by throwing the ball in a straight line down the lane.
2. A **“curve ball”** is throwing your ball in a fashion in which your ball moves in a smooth arcing motion down the lane.

# Bowling Skills

3. This allows the ball to enter the pocket at an angle, which helps to create more “pin action”.
4. A “**hook shot**” is throwing the ball in a fashion in which your ball moves down the lane in a straight line, but breaks towards the pocket at the end. Like the curve shot, it is thrown for more “pin action”, and is usually thrown by more experienced bowlers.

## **Determining the Starting Position:**

- Have bowler stand on the approach line, their back to the foul line with the heels about 6 inches from the foul line.
- Without a ball, have bowler simulate an approach away from the line.
- Remember where the athlete’s left foot stops. This will be the approach starting point.
- With a ball in hand, have your athletes take a number of practice approaches to ensure starting position is correct.



# Practice Plan

## **Unstructured Free Play (10 min)**

Prior to the practice athletes who have arrived early should be encouraged to participate in free play activities.

## **Warm Up (10-12 min)**

Warm up should start with a light jog to get the athletes' heart pumping. Athletes should then gather to stretch, starting slowly and gradually involving all the muscles and body parts to be utilized in the exercise related instruction phase of the practice.

## **Basic Motor Skills (15-20 min)**

Basic Motor Skills are defined as the very simplest movement skills (i.e. running, kicking, jumping, throwing, catching, etc). This phase starts with known content and progresses to the application of skill(s) resembling the game/competition, allowing athletes to fine-tune these basic skills to enhance the acquisition of sport skills. It should focus on one specific skill at a time. The combination of 2 or more skills will be encompassed in the next section.

## **Sport Specific Skills (15-20 min)**

During this phase the athletes will combine several basic motor skills and practice the skills as demonstrated during the instruction. Emphasis should be placed on creating competition-like conditions (through game-like drills) during this phase.

## **Fitness (12-20 min)**

This phase involved physical conditioning activities that are specific to the fitness needs of your sport. This is done by setting continual work/pause ratios (through circuits) for your athletes that stress the correct energy system(s). Fitness encompasses cardio, muscular strength, muscular endurance and flexibility.

## **Simulated Game (10-15 min; for team sports only)**

During this phase athletes will compete in a competition-like setting to incorporate all the skills they have learned as well as the rules of the sport. Infractions should be called so that the athletes learn all aspects of the sport.

## **Cool Down (5-8 min)**

Don't forget this portion. Cool downs are a vital part of a practice as they allow the heart rate to return to normal. Stretching should also be included at this time to prevent sore muscles the next day.

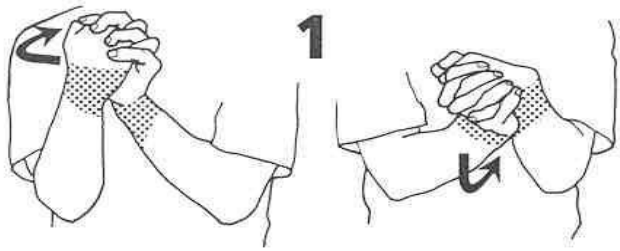
## **Evaluation/Tips (5-10 min)**

Evaluation is used to assess the effectiveness of specific activities or the total practice. It is helpful to spend a few minutes with your athletes at the end of a practice to get some feedback on the practice session. It can take the form of a 5 minute rap session about things that went well and things that the athletes and/or coaches need to work on. The topics discussed can be built into the next week's practice. All around training should also encompass nutrition and/or mental training so it is important to discuss these items with your athletes as well.

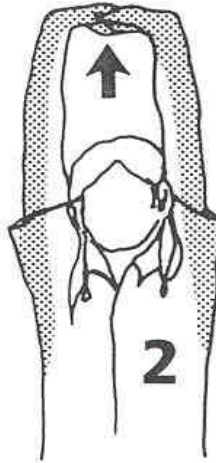
\*\*NOTE: for additional resources, go to [www.specialolympics.bc.ca](http://www.specialolympics.bc.ca) and click on Resources\*\*

# Before and After Bowling

Approximately 6 Minutes



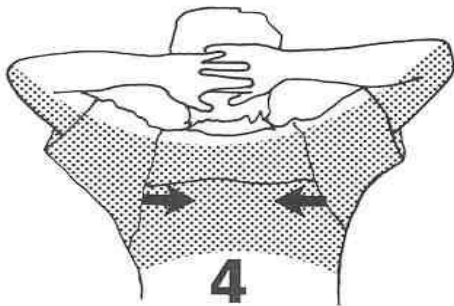
Rotate 10 times  
each direction  
(page 88)



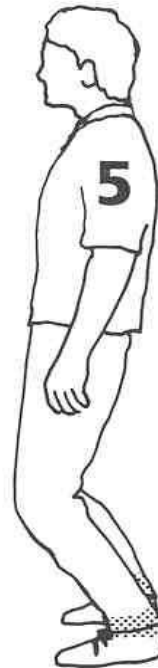
15 seconds  
(page 46)



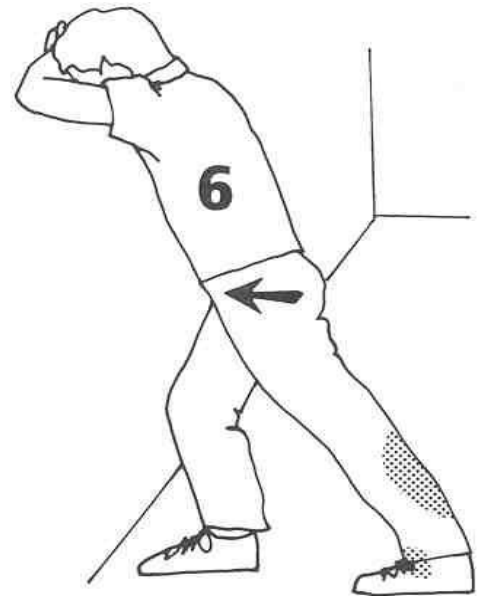
15 seconds  
each arm  
(page 43)



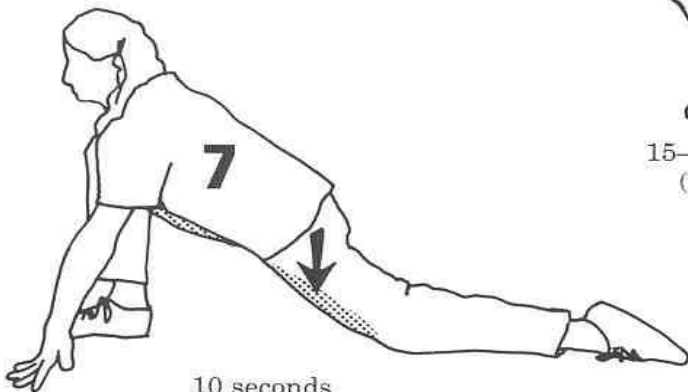
5 seconds  
2 times  
(page 91)



15-20 seconds  
(page 55)



10-15 seconds  
each leg  
(page 71)



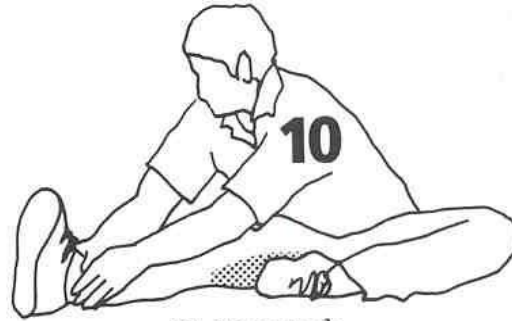
10 seconds  
each leg  
(page 51)



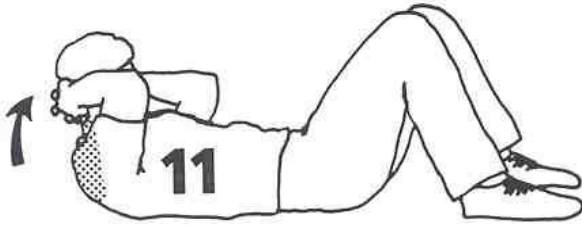
10 seconds  
(page 58)



8–10 seconds  
each side  
(page 60)



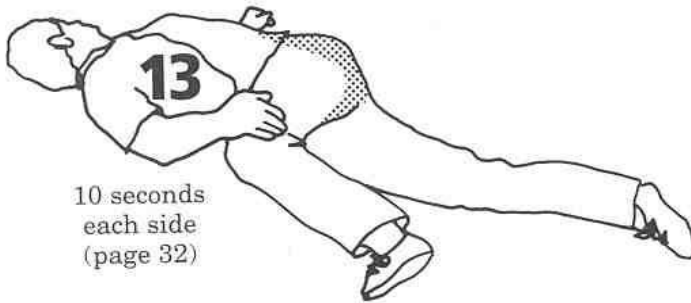
10–15 seconds  
each leg  
(page 39)



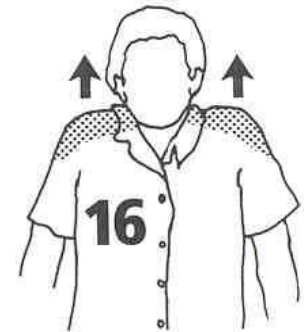
3 seconds  
2 times  
(page 27)



15–20 seconds  
each leg  
(page 31)



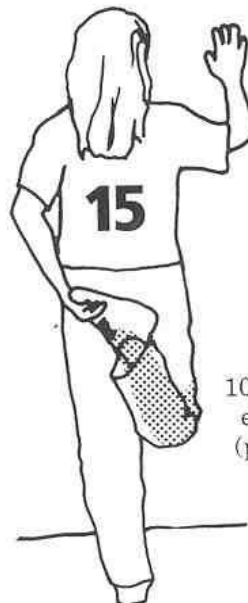
10 seconds  
each side  
(page 32)



5 seconds  
3 times  
(page 46)



10 seconds  
(page 58)



10 seconds  
each leg  
(page 75)

**Short on time?**  
**Do this mini-routine:**  
1, 2, 4, 5, 6, 7, 15  
Approx. 2½ minutes