



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

**5 Pin Bowling Drill Book  
Updated August 2008**



## STEPS IN TEACHING A DRILL

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

## GENERAL PRINCIPLES

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- 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.



**Making warm ups a regular part of practice is important to warm up their bodies and muscles before beginning to play. Follow up these exercises with 5-10 minutes of stretching before moving into the basic motor skills.**

## 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

## **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.



The three most important skills of 5 Pin Bowling are **the stance, the approach and the delivery**. Breaking these skills down into the smaller components allows you to work on separate parts of the skills each practice to effectively put it all together. Practice each component focusing on the skill rather than the score alone.

## **Stance:**

- Head position
  - Up, looking straight ahead, shoulder square to the target
- Arm and elbow position
  - right arm is bent holding the ball at chest height. Elbow is in close to the body.
- Weight shift
  - Ensure weight is properly distributed so that the bowler is well balanced in the stance. Weight should be primarily on the non-starting foot.
- Shoulder position
  - Shoulders are parallel with the foul line.
  - Feel as if you could balance a cup of coffee on shoulders.
- Toe position
  - Have feet pointed at target and walk in a straight line towards the target.
- Eye position on the target.
- Grip
  - Hold the ball by the tips of the fingers and thumb. A small pocket of air in the palm of the hand should be apparent. Ball should be chest high in the right hand, supported by the left hand.

## **Ball Position:**

There are 3 positions depending on the speed to the foul line.

- If you're fast, hold the ball at knee height.
- If you have medium speed, hold it at waist height.
- If you're slow, hold it at shoulder height.

## Approach:

The approach can be divided into different phases

- Push-away
  - Hands and left foot begin to move simultaneously.
  - Ball is pushed slightly upward and away from the body, upper body is titled forward.
  - As first step is nearing completion, left hand leaves ball and extends for balance.
  - Right arm pushes forward to full extension of the push-away.
  - Right arm and ball begin the downward motion which is the beginning of the backswing.
- Straight line
  - Check the approach from the starting position to the finishing position. Ensure that the bowler relates to each position, lines up accordingly and maintains a straight line through.
- Backswing
  - Ball should be start chest high and the weight of the ball coupled with the pendulum swing will automatically control the proper height.
  - Wrists locked.
  - Keep the arm in close to the body utilizing the pendulum swing. This will enable the ball to swing in a straight path.
- Slide
  - This is the completion of the final step in the approach.
  - The length of the slide is determined by the speed of the bowler's approach.





## Delivery:

- Toe position- towards target.
- Shoulder position
  - Bowler maintains shoulder and head in a level position.
- Eye position
  - Keep eyes focused on the target spot.
- Body position
  - Left leg and right arm are in unison.
- Release
  - Ball is released from the finger tips.
  - Picture an imaginary point on your forearm between wrist and elbow. Keep this square to the target during the delivery.
  - Do not roll the forearm during the swing.
- Follow through
  - Arm continues in a forward and upward direction until fingers point at the target. (approx. eye level )

## 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



## 5 Pin Bowling Drills

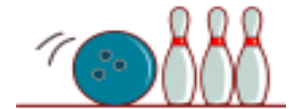


8 steps to proper timing:

1. As the first step starts, so does the push-away
2. At the end of the first step, the push-away is completed ( that is the arm should be straight at the elbow and ready to start the backswing)
3. As the bowler moves from the first step to the second step, the arm starts its pendulum path into the backswing.
4. At the end of the second step, the backswing is completed ( that is, the arm is at the top of the pendulum motion)
5. As the bowler moves from the second to the third step, the arm starts its **downward motion**.
6. Just before the end of the bowler's **slide** (that is, when the bowler has stopped their forward movement), the arm brings the ball from the top of the backswing to the instep of the sliding foot. At this point, the ball is released (that is, begins to roll of the fingers). This is the **EXPLOSION POINT!**
7. By the end of the slide, the ball has completely left the bowler's hand.
8. The arms continue forward, reaching for the bowler's target during the follow through.

### 3 step delivery:

- Grip ball correctly.
  - Assume bowling stance with the weight on rear foot.
1. Push ball up and forward as right foot is moved straight ahead.
    - Move ball and foot the same time and distance.
    - Drop non bowling hand away from the ball and extend it outward for balance.
  2. Swing ball freely in downward arc as left foot moves straight forward.
    - Swing ball to height of backswing. (between waist and shoulder)
  3. Slide left foot forward as ball is brought downward and extend left arm.
    - Release ball in handshake position on the floor just over the foul line.
    - Continue moving bowling arm forward and upward in a neutral follow through after the ball has been released.
    - Execute smooth integration of skills sequenced.



## 5 Pin Bowling Drills



### **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. This allows the ball to enter the pocket at an angle, which helps to create more “pin action”.
3. 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.

### **Spot Bowling: (targeting pins)**

One of the most effective ways of practicing “spot bowling” is by having the athletes aim for a hitting the target arrows/darts on the lane as opposed to hitting a certain pin. Have athletes aim to get the ball between two certain arrows. Aim to get 10 in a row on that same arrow then switch arrows.

Adjust where the bowler starts the approach from according to which arrow/dart they are aiming from.

Connect the spot where the bowler stands, to the spot on the foul line where the ball is released, to the arrow/dart on the lane which is the target.



# 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)**

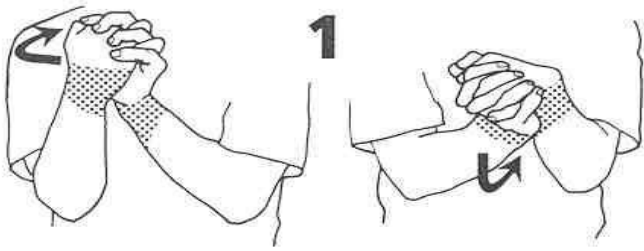
Don't forget this portion. Cool downs are a vital part of a practice as they allow the heart rate to return to normal. Stretching should also be included at this time to prevent sore muscles the next day.

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

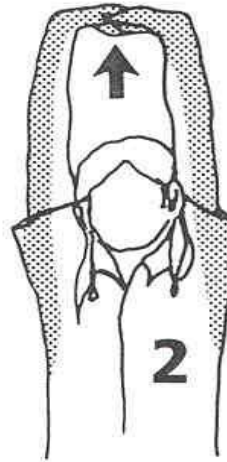
Evaluation is used to assess the effectiveness of specific activities or the total practice. It is helpful to spend a few minutes with your athletes at the end of a practice to get some feedback on the practice session. It can take the form of a 5 minute rap session about things that went well and things 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\*\*

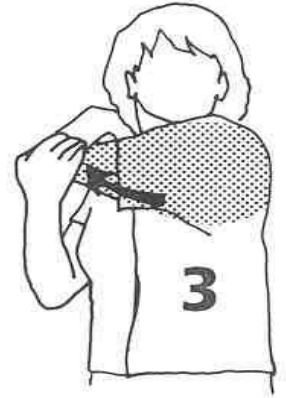
Before and After  
**Bowling**  
Approximately 6 Minutes



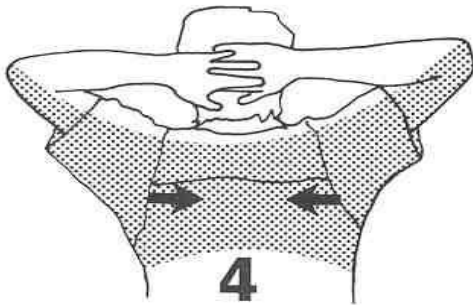
1  
Rotate 10 times  
each direction  
(page 88)



2  
15 seconds  
(page 46)



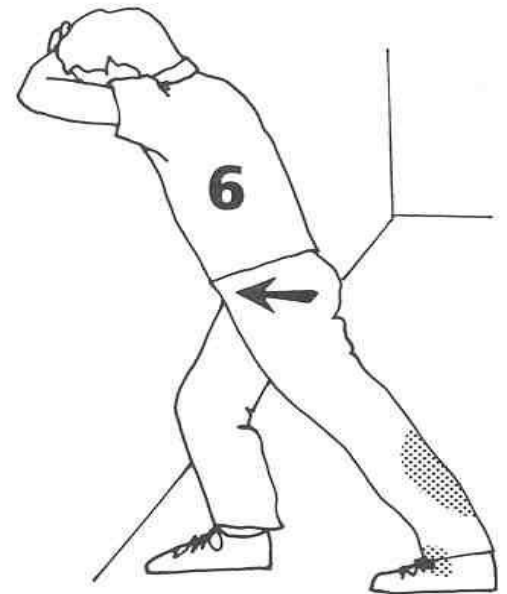
3  
15 seconds  
each arm  
(page 43)



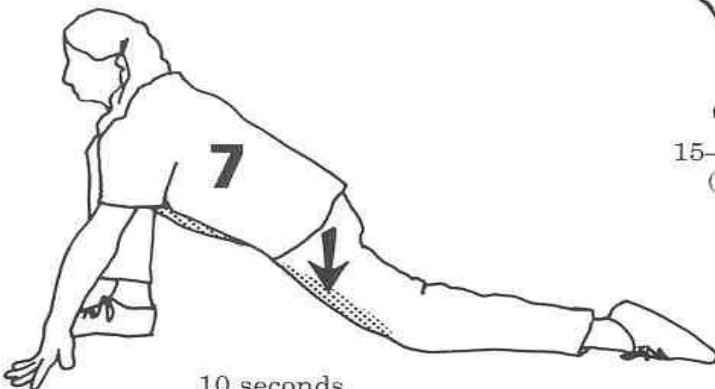
4  
5 seconds  
2 times  
(page 91)



5  
15-20 seconds  
(page 55)



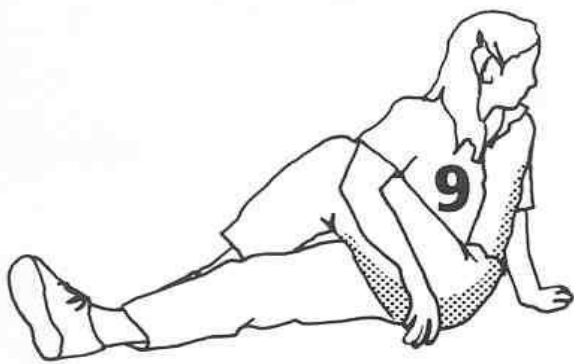
6  
10-15 seconds  
each leg  
(page 71)



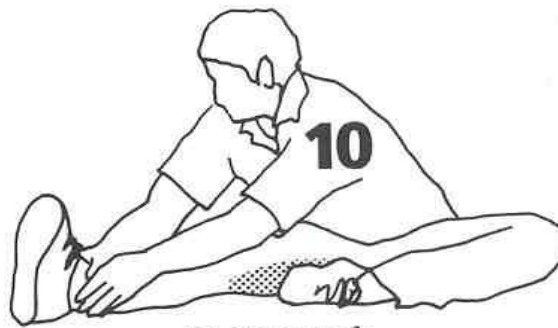
7  
10 seconds  
each leg  
(page 51)



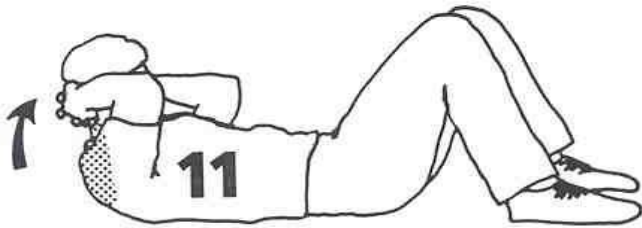
8  
10 seconds  
(page 58)



8–10 seconds  
each side  
(page 60)



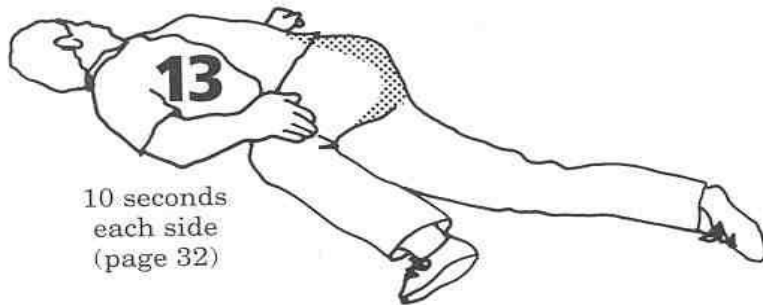
10–15 seconds  
each leg  
(page 39)



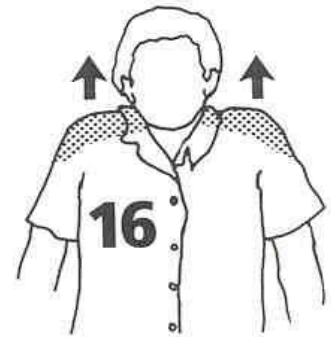
3 seconds  
2 times  
(page 27)



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