

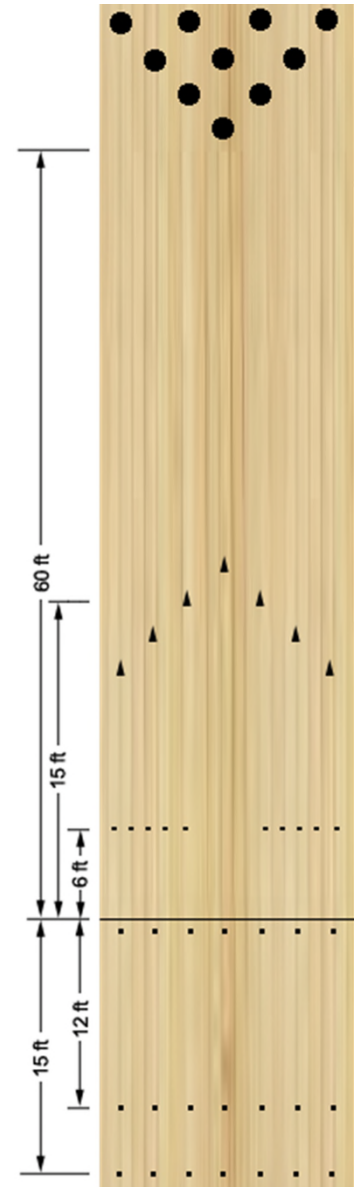
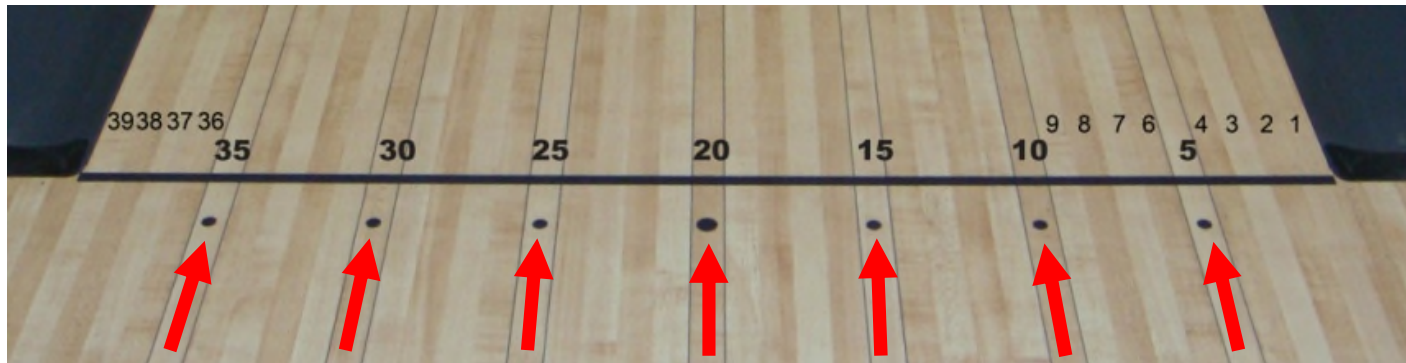
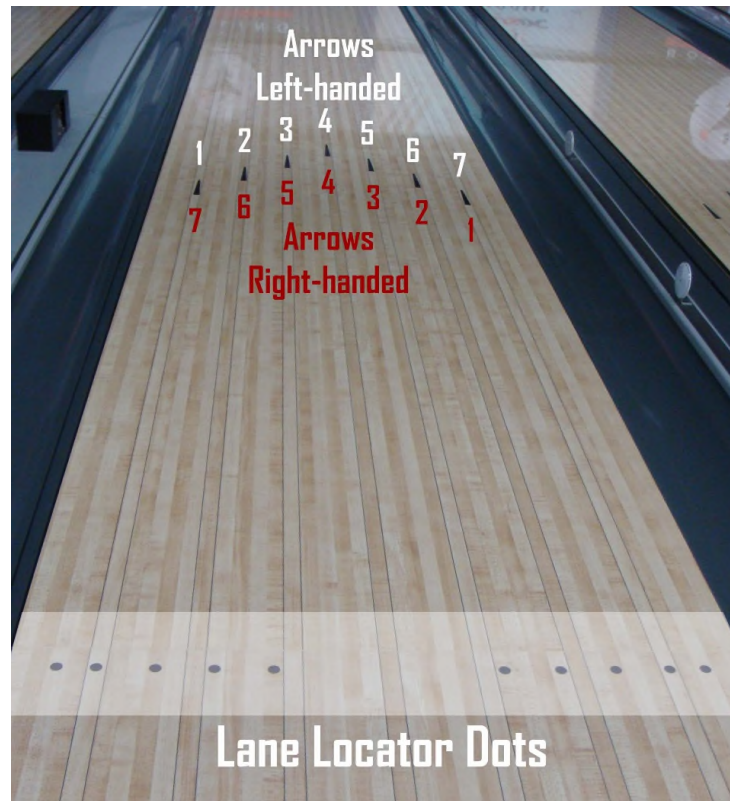
New and Beginner Bowler Coaching Clinic

First things first... Gear



Get appropriate bowling balls and shoes to fit first time bowlers.

The Lane
60 feet
39 boards
25-31 dots
7 arrows

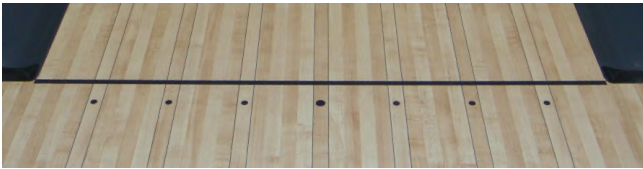


Safety

Keep Hands, Feet & Head out of here.



Don't step over the foul line.



Lane Courtesy

**Bowler
on the
right
goes
first.**



Injury Prevention

**Do not
pick up
the ball
like
this!**



Injury Prevention

**Pick it
up like
this to
avoid an
injury.**



The Approach

Starting Position

**Walk back
from the foul
line to
determine
your starting
distance.**



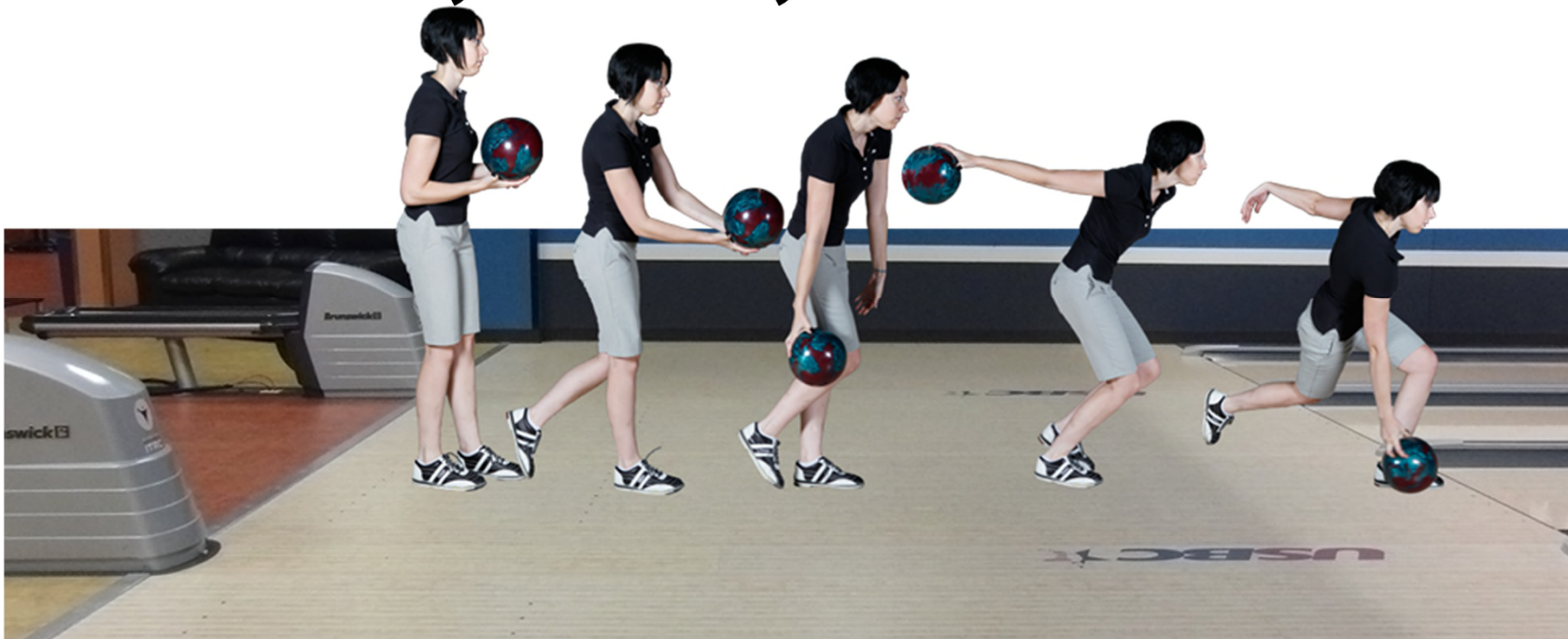
Set Up

Place the ball slightly above waist height and between the chin and shoulder.



Approach

Take four steps, swing, and release.
“Out, down, back and through!”



Finish Position

Finish with the ball close to the ankle and follow through toward a target.



Targeting

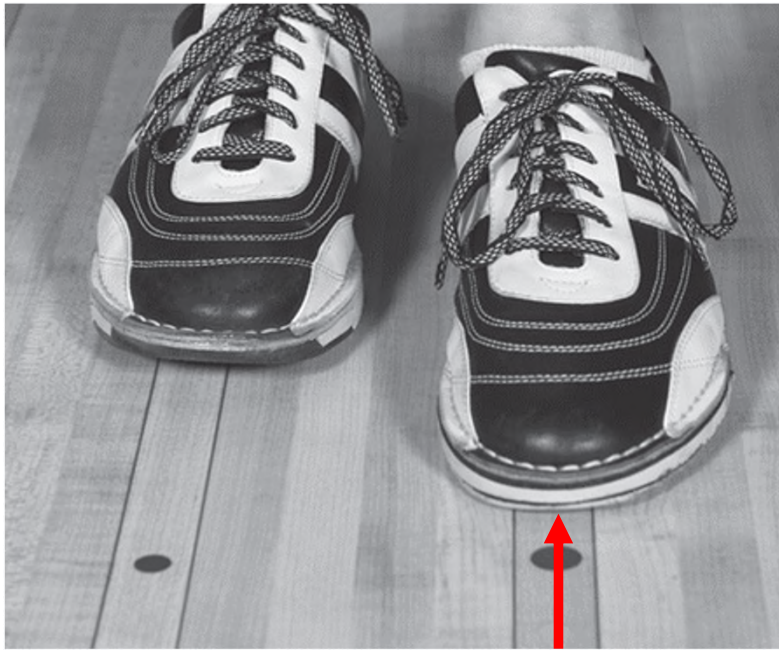
Alignment

Use boards and dots to line up.

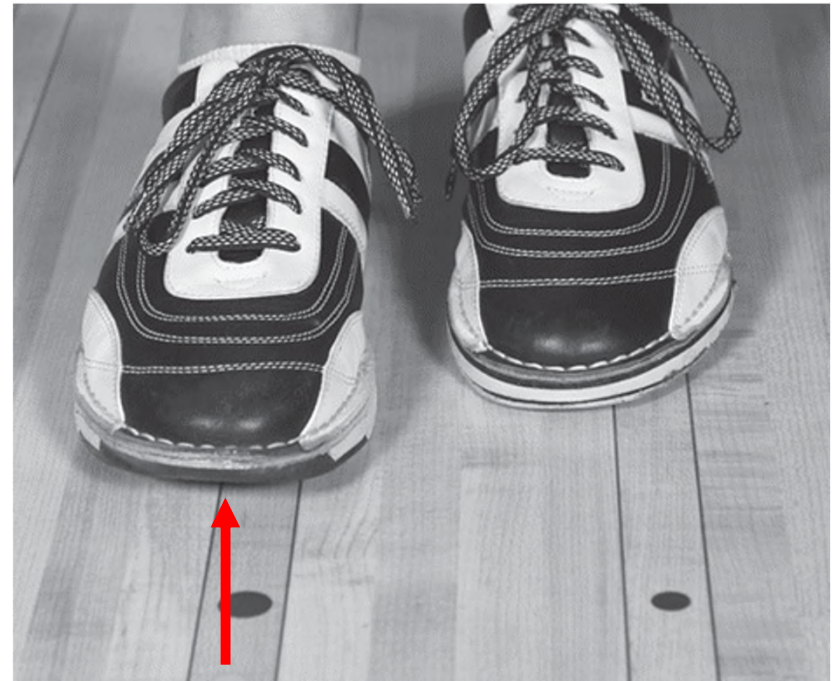
**Beginners
follow the
second arrow
to the pocket.**



Lining Up



Right-handed line up with left foot



Left-handed line up with right foot

Spares

Pins

**Pins are
numbered front
to back, left to
right.**



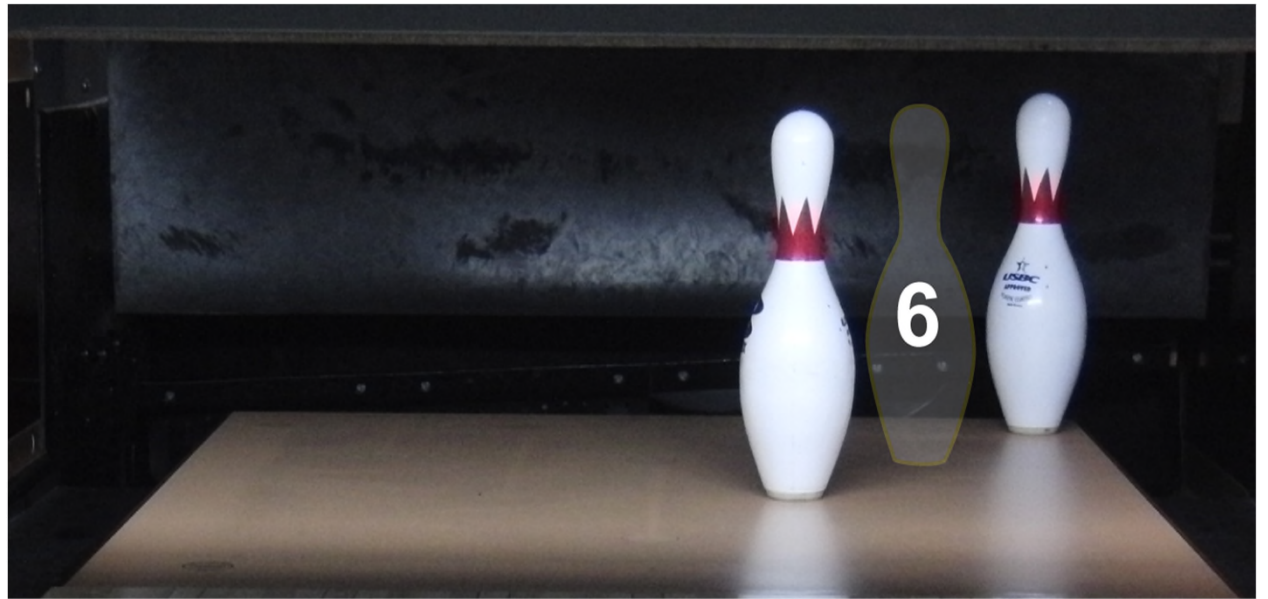
Pins

**The 2 pin
is the
“key” pin
to making
this spare.**



Pins

Sometimes missing pins are the target to making a spare.



Pins

**There are
7 zones to
line up for
spares.**



7 zones

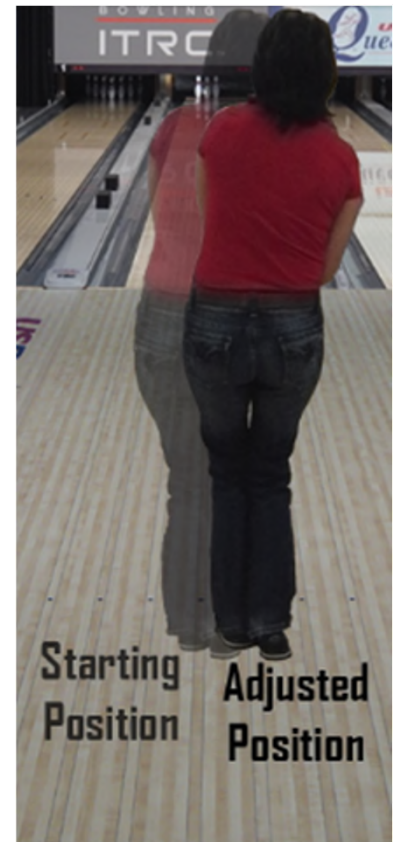
Alignment

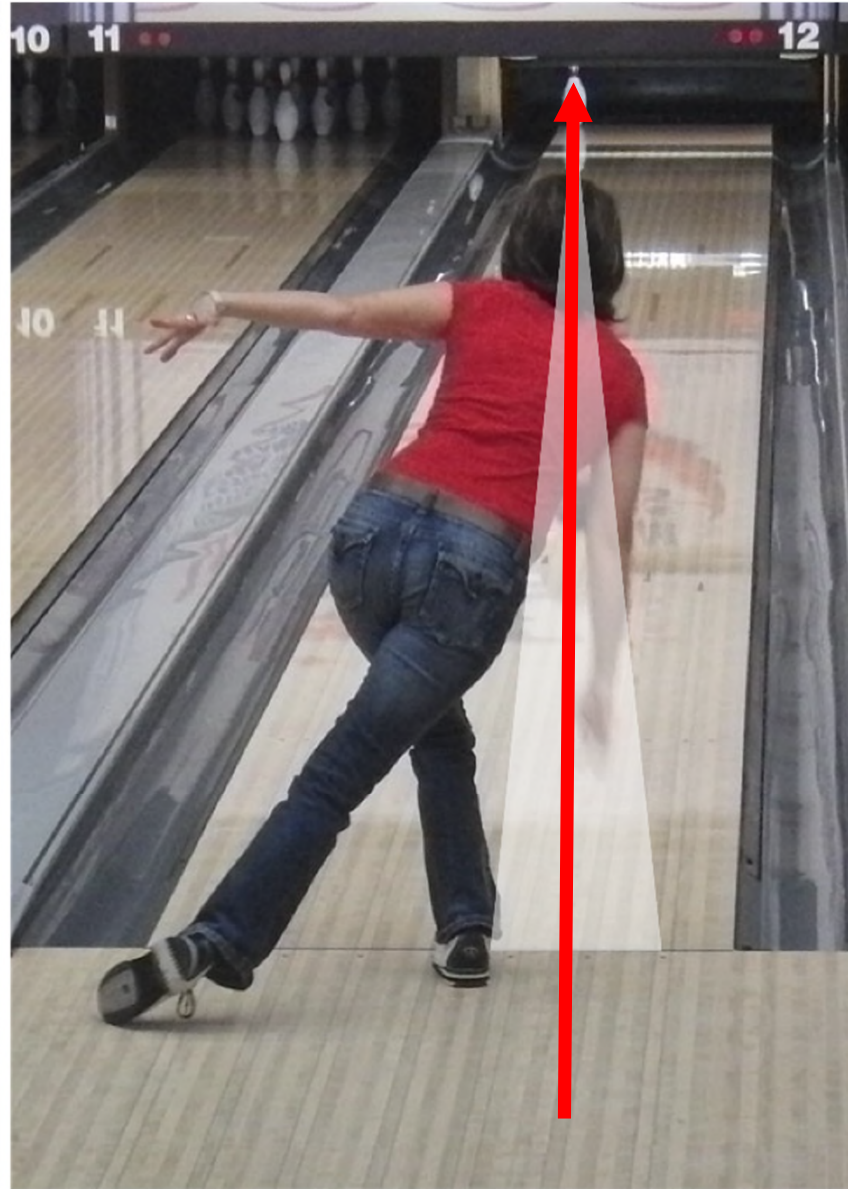
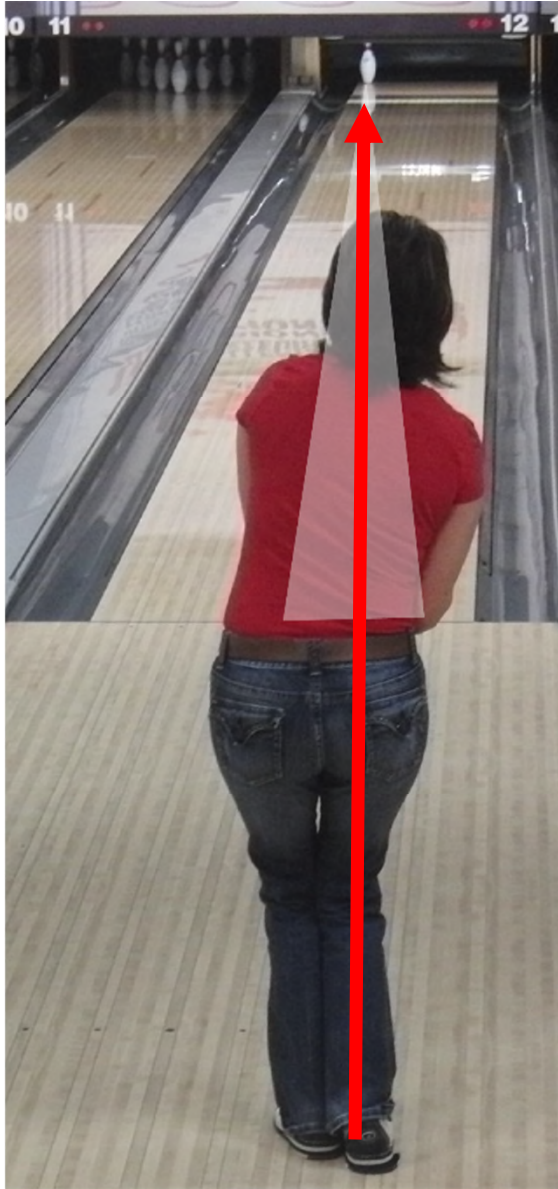
Alignment

Move from your starting position to realign your spare shots.

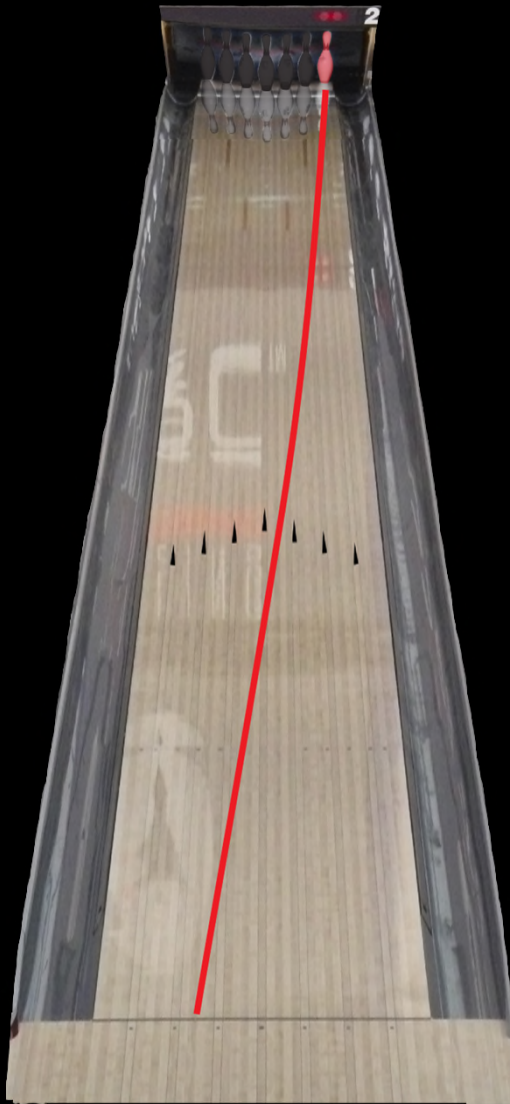
Move right for pins on the left.

Move left for pins on the right.





**Adjust your
body
alignment
and
targeting to
shoot each
zone on the
lane.**



**Practicing
these spare
lines can
cover most
spares left
during a
game.**

Questions?
Let's Bowl!