



**Bowling**



# Objective of Bowling

- The objective in bowling is to keep the bowling ball on the lane for the entire length and hit as many pins as possible.
  - 60 foot lane
  - 10 pins
  - 2 tries





# How to Hold the Ball

- A good grip enables you to properly release the ball and thereby make a good delivery.
- Correctly support the weight of the ball in your non-bowling hand.
- Softly place your bowling fingers, normally the middle two fingers of your bowling hand, and your thumb into the holes drilled into the bowling ball.
- Make sure your fingers are inserted as far as the holes permit and the same for your thumb.





# Bowling Stance

## Alignment

- The bowler needs to make sure that they are lined up with the pins appropriately. Most bowlers do so by looking at the small dots on the lane which indicate pin locations.



# Bowling Stance Continued

- Keep the knees slightly bent. The body should be slightly inclined in a forward position, with the feet nearly together.
- The ball needs be held aloft, parallel to the right shoulder for right-handed bowlers and to the left shoulder of left-handed bowlers.
- The ball needs to be supported by both hands to reduce its weight while the bowler holds their stance and prepares to throw.





# 4 Step Approach

The four step approach is as follows:

- First step: move the right foot forward.
- Second step: move your left foot forward about 12 inches as the ball begins to fall into natural swing.
- Third step: the right foot steps forward while the ball is at the peak height of the backswing.
- Fourth step: the left foot slides forward while the ball swings forward and is released when it reaches left ankle. On the fourth step the right foot is pushing for momentum.





# 5 Step Approach

- The 5 step approach is the same only start with left foot first and then go into 4 step approach if right handed.



# Scoring

- 10 frames
- Minimum of zero
- Maximum of 300
- Two chances
- Instead of “points” in football, bowling uses “pins.”





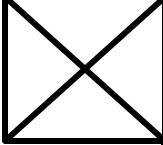


# Strikes

- Knocking down all ten pins on your first ball is called a strike, denoted by an X on the score sheet.
- A strike is worth 10, plus the value of your next two rolls.





Name	1	2	3
	<div data-bbox="768 511 931 654" style="border: 1px solid black; width: 84px; height: 100px; display: flex; align-items: center; justify-content: center;"></div>	<div data-bbox="1251 511 1412 654" style="border: 1px solid black; width: 83px; height: 100px; display: flex; align-items: center; justify-content: center;"><div data-bbox="1066 525 1201 616" style="text-align: center;">4</div><div data-bbox="1298 525 1375 616" style="text-align: center;">5</div></div> <div data-bbox="1066 645 1251 773" style="text-align: center; font-size: 2em;">28</div>	<div data-bbox="1704 511 1864 654" style="border: 1px solid black; width: 83px; height: 100px; display: flex; align-items: center; justify-content: center;"><div data-bbox="1588 525 1665 616" style="text-align: center;">8</div></div>

•  $10 + \underline{\quad} + \underline{\quad} = \underline{\quad}$



# Spare

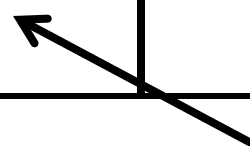
- If it takes two shots to knock down all ten pins, it's called a spare, denoted by a /.
- A spare is worth 10, plus the value of your next roll.





Name	1	2	3
	3	5 23	3

•  $10 + \underline{\quad} = \underline{\quad}$





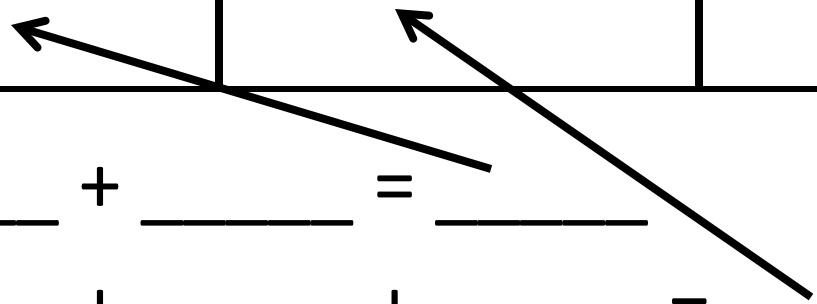
## Scoring Continued

- If you don't get a strike or a spare in a frame, your score is the total number of pins you knock down.





Name	1		2		3	
	3	3	5	0		



- \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_
- \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_





# Adding up your Score

- Your total score is nothing more than the sum of each individual frame. If you treat each frame individually, it's much easier to comprehend the scoring system.





Name	1		2		3	
	3	3	5	0	4	2
	6		11		17	

• \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ +  
\_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_ ← Your total score







1	2	3	4	5	6	7	8	9	10
X	9 /	5 /	7 2	X	X	X	9 -	8 /	9 / X
20	35	52	61	91	120	139	148	167	187

