

## Bowling Study

All athletes come in with different abilities and levels. Those who have never bowled before will need to have the one-on-one to learn the basic skills. For new bowlers, you need to focus on standing behind the foul line, how to stand properly and how to throw a ball. You also need to determine if they are a two-handed bowler or a one-handed bowler. See lesson plan below for a beginner bowler:

Activity	Time	Tips
Standing behind foul line	Do this for about 5 minutes and remind them every time they go up	If a bowler goes over the foul line, take a stuff animal that makes noises when you press it. When they go over the foul line, squeeze the animal.
Standing properly	You can do this during warm up, spend about 3 minutes showing	Positioning them and also showing them how to stand properly will allow them to see the proper way
Throw a ball	This varies. On the lane you can show them in warm up between 3-5 minutes. Off the lane, you can have them practicing with a soup can.	Have them practice with a soup can off the lanes to get used to the motion. Guiding them through the motions is also a good idea (depends on the athlete though).

A great site to visit for more tips is: <http://members.shaw.ca/unbowlievable/index.htm>. They show how to grip the ball, follow through and other bowling tips.

Those who have been bowling for a while, it is good to watch them in warm-up, as well during the game. This is a good idea as you will be able to provide feedback. It is important to give them positive and negative feedback.

At the beginning of every week, it is a good idea to give a 5 minute group warm up. Below is a warm up from a YBC (Youth Bowling Council) league.

Warm up: Stretching the arms, legs, and back.

Hold one arm over the other; stretch out one leg at a time, go up on your toes and put hands on back of your neck to stretch out your back; balance on one foot.

You should never correct an athlete if they have a curve; you should work with the curve. Also, for one-handed bowlers, you should also help them keep their arm straight, wrist straight, and body straight. These 3 components are important in bowling. If you twist any of those, the ball will go in the direction of the twist. The athletes who already twist one of these components, and it actually works for them, do not correct it.

When trying to get an athlete to get their wrist, arm, or body straight, constant reminders is good and beneficial when they forget. Only remind them when they do the twist and it would be a simple reminder.

When an athlete bowls two-handed, you need to make sure their legs are shoulder length apart. This helps them to follow through. You will have athletes who spread their legs very wide, but this helps them stay balance.

When they are throwing, you want to make sure they are not lifting the ball from the ground or throwing it halfway down the lane. We want to make sure the ball is rolling off their fingers. To help the athletes understand and to practice, show them and then have them practice with a soup can off the lane.

When athletes are bowling two-handed, you want to make sure they are bending their legs and their arms in follow through. This is for balance and control. As well, you want them to keep their toes and bodies straight.

You'll also have older athletes and will they may be a little weaker than the rest of the bowlers. A good way for them to keep building the strength in their wrist is either lifting a 2-pound weight or a soup can. Using these items in a follow-through motion, it will help keep the strength in their wrist. Have these athletes do this off lane when it isn't their turn.

As a coach, you may have an athlete who has CP. For them, let them bowl the way they can. They control the speed of the ball with their arms. As a coach, you need to make sure that you keep an eye on them to make sure they don't fall over.

You will have some young bowlers who have participated in the YBC (Youth Bowling Council) League. In this league, teams are smaller so the coaches do give one-on-one needed. These coaches are trained and certified; as well some of them are bowlers themselves. They have worked with the athletes to get them to where they are today. Contacting a former coach of that athlete would be a good idea to see how you can work with that athlete.

In your league, you will also have bowlers who will be in wheelchairs and needing to use a ramp or don't have the strength and actually need a ramp to help throw the ball. With these athletes, you will have to help set up the ramp for them. They usually put it in the position they want it in. As well your other job would be handing the bowling balls to them. There isn't much as a coach you can do. See below for a couple pictures of the ramp:



There are athletes who are double jointed so when they bowl two-handed, their follow through will be further back than normal. They will bring the ball and their hands all the way back. As a coach, you need to make sure they don't hurt themselves. There isn't much you can do to correct it; they are double jointed by nature.

A lot of the athletes are pin bowlers or looking at their ball bowlers. You should try and get them to be spot bowlers. By being a spot bowler, it will have greater benefits in their games. A way you can teach the athletes by you (the coach), going out onto the lane with a piece of paper. Take that paper, put it over an arrow you want the bowler to use as their spot. Tell the athlete to aim for that piece of paper when they release the ball.

Every athlete will have a different approach and a different throw. The athletes who have bowled for years, do not correct their approach and their throw. What they have actually works for them. In the video, there is an athlete with a hop approach and a baseball throw. It may look wrong to us, but it actually works for them. It is how they follow through and it helps them stay balance.

You will see athletes cleaning a bowling ball with a towel or wearing a wrist brace. Cleaning the bowling ball helps take off some of the oil that is on the ball. Wrist braces are used to help keep their wrist straight. Athletes can still turn their wrist while wearing the brace; they just need to remember to keep their wrist straight when bowling. There are athletes who also listen to music off the lane. This helps them to focus or help cut out some of the noise. Some of the athletes have sensitive ears and so music helps cut out some of the loud noise.

There are athletes who will help out other athletes. They will help hand the bowling ball to others, make sure it is their turn, and help them up to the lane. Allow them to do this, it helps them with their confidence and it is teamwork. Teamwork is encouraged.

You will also see bowlers who bowl very fast. With that, you want to make sure that they are not injuring themselves. Bowlers can get tendonitis in their wrists. To prevent this, make sure they take their time, follow through, and not rushing.

When athletes go to Provincial Qualifiers, Provincials, Nationals, and/or Worlds, they need to know how to bowl cross-lane. How you can teach your bowlers to bowl cross-lane is one, bowling one game each week as a cross-lane game. This will allow them to learn what it is like to bowl cross-lane and what the proper methods are. The second option is to hold a practice outside of the league with those going to the games. This will allow you to show them one-on-one and also give them some more pointers before the tournament.

Coaches who would like a lesson plan, I suggest making a lesson plan for newer bowlers. For other bowlers, it depends what kind of team you have. If you have a team who consistently goes over the foul line, use an animal that makes noises to alert their attention when they cross the line.

What you can do for more experienced athletes is definitely watch them in their warm up and make a lesson plan from that. Each week you should work on what is giving them difficulties that week. The reason behind this is that the week before they could be bowling differently that

they are that present week. Keep pen and paper with you at practice to help make notes on what the athlete needs to improve on or to work on that week. It could be working on getting the corner pin down and what your suggestions are for that.

Talking to other coaches is also important. They may have more experience as a coach or they may know more on working with curves or another situation in bowling. By talking to other coaches, you are gaining more knowledge and learning how to work with different athletes. Parents and care givers also know what the athletes are able and not able to do. Keeping communication lines open with them is very important.

For athletes training outside of the lanes to build core strength or any other strength, normally that comes from other sports. They can always practice bowling outside of the league. Actual training for strength, that would come from cross over training.