



Bowling Practice

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Agenda

Basics of the Game

Bowling Balls

Warmups

Bowling Drills

Spare Shooting

Scoring

Basics of the Game



PIN
PLACEMENT



ARROWS



BOARDS



SCORE

Bowling Balls

Asymmetrical

Symmetrical

Surface
Adjustments

Warmups



Just like any sport, warmups are an integral part of bowling. Injuries like forearm strains, shoulder and wrist pain, and leg strains can sideline a bowler for weeks.

- Jumping Jacks
- High Knees
- Arm Stretches
- Leg Stretches

Bowling Drills

Rotational
Block

Training
Orb

Power Ball

Turkey

1-Step

Scoring



MONITOR PROGRESS



BAKER'S MATCHES



QUESTIONS?
