

Bowling Practice

PRESENTED BY PAUL LEE AND BRAD EARNEST

GISH BOWLING COACHES



Basics of the Game

Bowling Balls

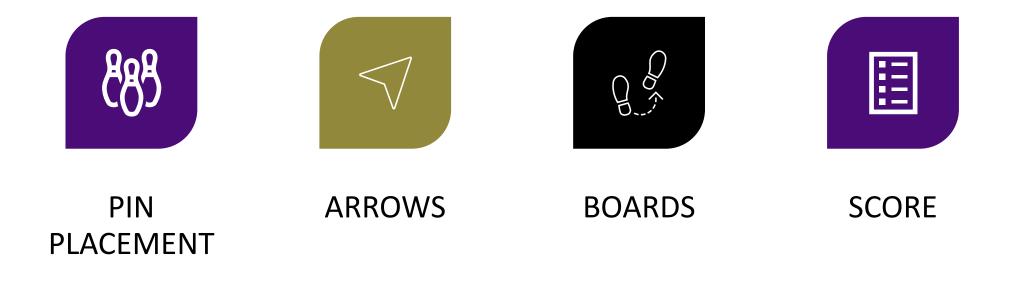
Warmups

Bowling Drills

Spare Shooting

Scoring

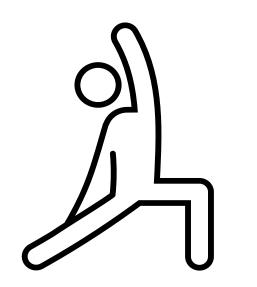
Basics of the Game



Bowling Balls



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.

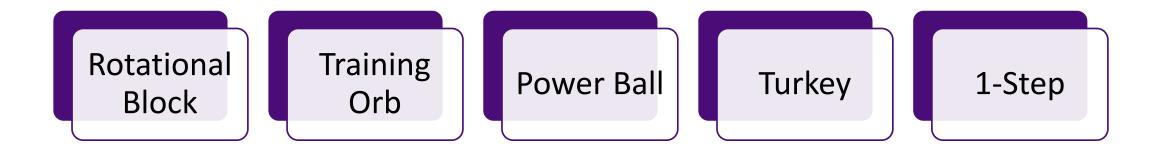
➢Jumping Jacks

≻High Knees

➢Arm Stretches

➤Leg Stretches

Bowling Drills



Scoring



MONITOR PROGRESS BAKER'S MATCHES



QUESTIONS?