

# Bowling Practice

PRESENTED BY PAUL LEE AND BRAD EARNEST

GISH BOWLING COACHES



Basics of the Game

**Bowling Balls** 

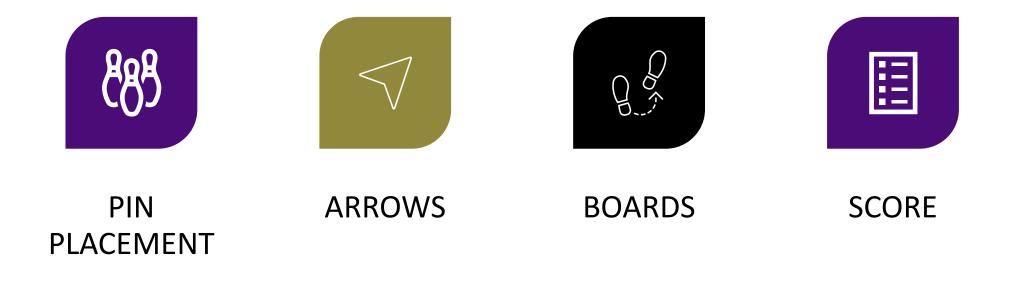
Warmups

**Bowling Drills** 

Spare Shooting

Scoring

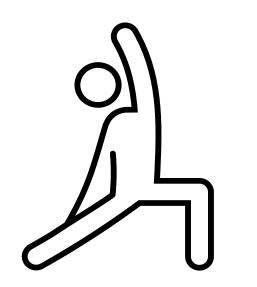
#### Basics of the Game



#### **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.

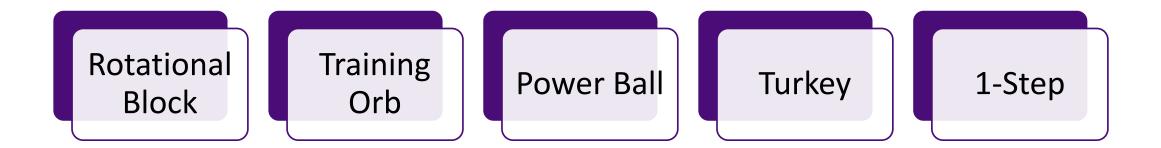
➢Jumping Jacks

≻High Knees

➢Arm Stretches

➤Leg Stretches

### Bowling Drills



### Scoring



#### MONITOR PROGRESS BAKER'S MATCHES



## QUESTIONS?