

TEACHING OUTLINE FOR IN SCHOOL BOWLING FUNDAMENTALS PRESENTATION

1. SAFETY AND ETIQUETTE
2. READY POSITION
3. PENDULUM SWING
4. ONE STEP APPROACH AND SWEEP THE FLOOR
5. HOW TO HOLD THE BALL
6. RELEASE AND FOLLOW THROUGH FROM ONE KNEE
7. ONE STEP APPROACH WITH RELEASE AND FOLLOW THROUGH
8. ACCURACY FROM ONE KNEE
9. ONE STEP APPROACH, SWEEP THE FLOOR, RELEASE, FOLLOWTHROUGH, AND ACCURACY
10. BALANCE AND LOCK IN
11. BALANCE, PENDULUM SWING, AND LOCK IN
12. BALANCE, PENDULUM SWING, RELEASE, FOLLOWTHROUGH, AND LOCK IN
13. BALANCE, PENDULUM SWING, ACCURACY, AND LOCK IN
14. ROTATION AND LANE MARKINGS
15. ONE STEP DELIVERY POCKET, ACCURACY, AND KNOCK DOWN 1,2,3, & 5 PINS
16. TEMPO STEPS 1,2, 3, & ROLL IT
17. ARM SWING 1 OUT, 2 DOWN PAUSE, 3 BACK, 4 ROLLIT
18. BOWL WITH FULL PIN DECK 2 BALLS PER PERSON
19. GAME SPEED BOWL