Bowling Checklist

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# Tasks:

☐ **Bowling**

☐ **Find a bowling ball that's the right weight and feels comfortable.**

☐ **Get comfortable bowling shoes.**

☐ **Always start your practice session with a positive thought.**

☐ **Make sure you're throwing the first ball of every frame from the same starting position.**

☐ **Get the timing right - each step of your foot should match up with a specific part of your arm swing and release.**

☐ **Keep your hand and wrist strong through your entire shot.**

☐ **If you throw a hook, turn your hand and wrist as the ball comes forward from your backswing.**

☐ **If throw a straight ball, make sure to keep your hand and wrist straight through your release.**

☐ **Finish your shot by throwing the ball down the lane as it passes your ankles.**

☐ **Bring your arm up to at least shoulder height to complete the shot.**

☐ **Keep your hand either in the handshake position or palm up, depending on how you throw the ball.**

☐ **Tips**

☐ **The ideal bowling ball speed is 16 miles per hour.**

☐ **The marks on the lane are there to help guide your ball right into the pocket, so aim for them.**

☐ **If your hook shot doesn't cut back at the right spot to go into the pocket, a strike is out of the question.**

☐ **Find the right combination of angles, strength, and speed, and you get perfect pin action and the strike.**