

# Bowling Checklist

By Jefferey Rondman

- 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.