

The Best Bowling Tip I've Ever Had

by

ANN SCOLES

TOP RANKED BOWLER/INSTRUCTOR/COLUMNIST



The best tip that I have ever received concerns a very basic part of a good approach. When finishing my slide step at the foul line, I have to consciously think about pushing my knees towards the floor. For many people, including myself, it is much easier and more natural to bend at the waist than it is at the knees. However, bending at the knees gives me more lift and leverage on my ball. By bending my knees and staying down at the line, I am closer to my mark and to the lane itself. This increases my accuracy in delivering the ball. If I forget and bend at the waist, my ball does not have the roll on it that it needs for effective carry at the pocket. (Now, whenever I'm not knocking down the pins the way I think I should, I check to make sure that I am pushing my knees towards the floor as I'm executing my slide step.)

Several people, in particular Bobby Holmes and Pete Jackson, have helped me with this during my many practice sessions at Fair Lanes University.