



Perfect your own “one-step delivery drill” to enhance your bowling style

The one-step delivery skill drill suggested below is a simple and “purer” form of bowling. The one-step delivery is mostly used by the physically handicapped or the very young or new bowler. League or experienced bowlers use it as a physical bowling skill drill to perfect their secondary timing or release at the end of their delivery.

Regardless, the drill is my favorite, and it will help you perfect your own bowling delivery style, as you can actually see or feel yourself bowl as you bowl and perfect your secondary timing of the power slide step along with the feeling of tempo and rhythm associated with good bowling fundamentals we seek for in our bowling.

In addition, the one-step delivery allows you to observe and experience the

your thumb at 11 o'clock for the perfect “three-quarter” release. Flex your knees and hold the ball waist-high for your normal pushaway. Raise the heel of the left slide foot to minimize the weight over the slide foot.

Square your body and shoulders to the target line. Perform your normal pushaway almost an arm's length away from the body toward your target. Do the pushaway three times as you let the ball swing freely.

As the ball passes the right knee on the third downswing, slide your left foot forward, as you would in the last step of your normal delivery and extend the left hand (right-hander) outward for balance. The follow-through after the ball is released is made directly toward the target and in-line with the target line

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other pure techniques and “feelings” within your pushaway, armswing, secondary timing, and the overall body balance at the foul line as the ball is delivered. Also, as a practice drill, it will help you slow down or speed up as you develop a strong and fluid delivery style.

The drill also may become a self-diagnostic bowling tool for determining if you “square” your shot and follow-through (discussion below). Overall, it permits you to be your own coach as you study and correct flaws in your balance and body positioning along with the other basics within your personal style of bowling.

The one-step delivery drill

Stand one walking step or about two feet behind the foul line. Face straight ahead at your normal target, and place the right foot alongside the left slide foot (reverse for a left-handed bowler). For the right-hander, place your fingers in the ball between 3 and 6 o'clock with

and squared shoulder and near your ear. Pose at the foul line and check your follow-through.

Let the ball and gravity do the total effort of a free swing, and the body will maintain the correct balance position of the head-over-the-knee-over-the-sliding foot throughout the swing and into the follow-through. Use only minimum effort as you let the ball generate its own natural swing speed. If the swing direction is incorrect, the body balance line will not be maintained, and the ball and armswing will pull you off balance in that direction.

Pose or hold your body and follow-through position at the foul line for a count of 10 or more to allow you to check your body position and balance line. Do the drill many times to achieve a perfect balance line.

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At-home drills to refine your one-step delivery drill

Below are some tasks you can try at home to improve your one-step delivery drill:

One-step mirror drill – Stand in front of a mirror or reflecting glass door or window at home and do the one-step drill without a ball (or use an iron, if desired). The mirror image of your delivery will allow you to see your body balance line relative to your pushaway and swing. Check to be sure your body balance line is chin-over-knee-over-sliding foot at the ball release point and that your shoulders are squared and parallel to your hips for maximum ball leverage at release.

Armswing direction drill – Stand in front of a mirror or reflecting glass and, without your bowling ball, simulate your pushaway and delivery. If you swing your arm to the right, the ball will go right of the target at release—the ball follows the armswing. For accuracy, the armswing must be straight ahead and stay within a four-inch groove from the pushaway into the backswing and through the release of the ball. If your arm swings to the right of a target straight ahead at 12 or 1 o'clock, your ball will go to the right of the target.

To promote a direct in-line swing, hold the ball in front of the right hip for right-handed bowlers and the left hip for left-handers. Square your shoulders and hips to this target line and practice pushing your imaginary ball straight ahead between 12 and 1 o'clock and swinging the ball down and back between 5 and 6 o'clock. Do this many times until the image of the swing is completely straight back and straight ahead.

Evaluation drill for bowling arm finish position – Stand in front of the mirror and do the one-step delivery without the ball several times. After a few trial swings, pose

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and observe the finish position of your bowling arm and hand.

Important: For the right-handed bowler, the bowling hand should be vertical and pointing upward at 1 o'clock on a clock face, and the trailing foot or non-sliding foot and toe will be behind the body at 7 o'clock. For the left-handed bowler, the bowling hand will be pointed at 11 o'clock and the trailing foot at 5 o'clock.

Concentrate on the finish position of the armswing; it will indicate if your shoulders are squared to the target. If the arm and the hand go right, the swing has gone inward in the backswing, and the bowling hand of the right-handed bowler is now pointing right of the 1 o'clock position. This indicates an inward swing directional error in the backswing and an opening of the shoulders to the right.

If the finish position of the bowling hand is left of 1 o'clock of the right-handed bowler, it indicates the backswing has flared outward, and the shoulder has moved to a closed position instead of being squared to the target.