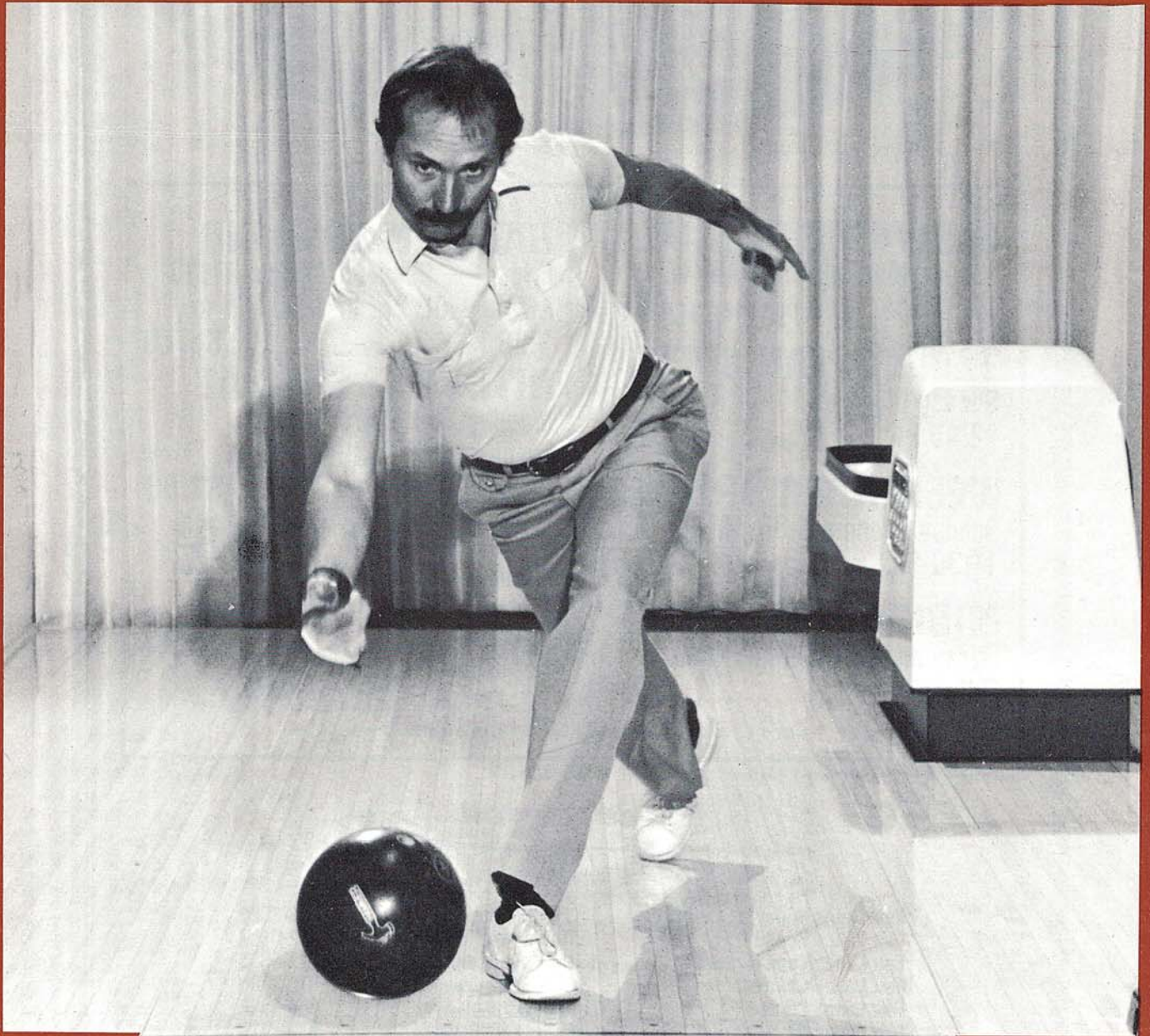


TOP AREA BOWLERS TELL HOW THEY HANDLE PRESSURE

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JOHN SUDDUTH

**Bowl America's chief instructor explains
*another way to increase ball speed***

The Best Bowling Tip I Ever Had

by

JOHN SUDDUTH

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There is a common misconception among bowlers that the *only* way to increase ball speed without disturbing your timing is by holding the ball higher in the stance.

If you hold the ball anywhere near belt-level, this is a good tip. But what about those bowlers who hold the ball very low in their stance, à la Marshall Holman or Wayne Webb?

After attending Don Johnson's Advanced Instructor's School in Las Vegas, I can suggest an alternative method that has greatly helped me: These bowlers can increase their ball speed by increasing the speed of their steps. (Actually, I'm getting ahead of myself—but getting ahead of yourself during the approach is what happens when you first try this.) The bowler uses little pushaway and a lower-than-normal backswing. The feet *have* to move faster if they are to “catch up” with this shorter swing and maintain proper timing. As a result, overall momentum accelerates and ball speed increases.

As you can see, there is more than one way to skin a dry lane, no matter how high—or low—you hold your ball in the stance.

