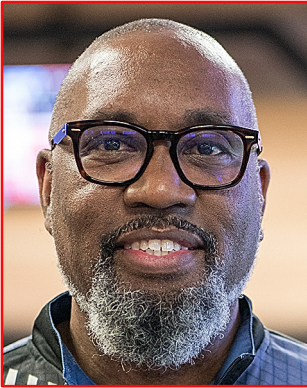


The Best Bowling Tip I Ever Received

By Sean Friendly



A few years ago, I had the privilege of working with then-Team USA Coach Rod Ross through an opportunity provided by AFS Pro Shop. During that event, Coach Ross spoke about the “Shot Cycle,” which places an emphasis on how to best use your mind in shot making. The class identified the analytical hemisphere of the brain, comparing it to the creative side in the execution of bowling's Shot Cycle.

He taught that bowlers shouldn't heavily rely on the analytical side while delivering the shot because there is no calculation for muscle memory. Athletes should simply execute the motion and not think once they stand on the approach. I've called this “do the dance” in my coaching style.

I've put this tip in my coaching and my game, and it has really led to some significant successes, including cashing in the following three PBA regional tour stops as well as seeing some significant improvements in the folks I've coached.

Heavy focus on your marks, your speed, and launch angle during your shot will tend to disallow an athlete freedom enough to “do the dance” of quality shot making.

This is akin to Michael Jordan in his prime making the winning shots in playoffs without “thinking” about his angles or his distance. He was a master at doing the dance.

Bowlers, learn your dance and do it.

Sean is a federal employee and retired Army Officer after 24 years of service. He is a Bronze-level USBC Coach and a Pro Shop Operator at McCorvey's Bowling World inside Bowl America Falls Church. He is one of the administrators of Northern Virginia Bowls Facebook page and Youth Bowling in the USA page. He is a devoted father of three awesome daughters and for 29 years married to Yolanda.