



Practice sessions

When going out to practice, you should have a planned schedule before leaving and heading to the bowling center. This is so you don't use that time on just playing games. You should use this time to work on one or two things.

Don't worry about scoring; this is just *practice*. Scoring should not count at this time.

The pushaway (*first movement of the bowling ball into the swing*)

This movement should be very simple, with minimal effort or tension.

➤ In a 4-step approach, your pushaway should be on the first step.

➤ In a 5-step approach, your pushaway should be on the second step.

As a player, your approach towards every practice session should be to trust the process and understand you will take a step backwards before taking a step forward.

Keep in mind the following:

➤ Time management is so important during each practice session.

➤ Try to be consistent with your shots.

➤ Throw at the same target for a couple of games for at least 20 minutes.

➤ Practice picking up your 7- and 10-pins consistently.

Here are some of the things you can work on during your practice sessions:

❶ Working on your follow-through as well as walking to the foul line.

❷ Your walk to the foul line (taking a 4- or 5-step approach) to create a good rhythm.

Balance at the foul line

You should always be relaxed at the foul line. Your shoulders should be directed or pointed to your target, as should your follow-through, with your trail leg behind you at a 45-degree angle for balance.

Your follow-through

Should consist of a relaxed arm swing with no muscling directed towards your target.

The job of a coach is to find and work on your mistakes to make you a more consistent and better bowler. Sometimes that can be a hard thing to do. People do not like changing their game; they would rather have you work around their problems.

The bottom line is to have an open mind when having a coach work with you. It helps to practice the fundamentals and work towards a good physical game.

As a player, your approach towards every practice session should be to trust the process and understand you will take a step backwards before taking a step forward. Yet most importantly, don't revert to old habits because it's going to make it twice as hard to trust the process mentally and physically.

Just an FYI to new bowlers: This is something to work on to better your game as a new and upcoming bowler.

Yogi Holmes, a member of the NCAUSBCA Hall of Fame, is a certified coach.