

Process > Results

Do not keep track of scores with this sheet. The purpose is to grade your bowling only on the basis of completing your intended shot. The longer you can separate shots that are not as you intended, the better you will perform.

Upper Boxes

Place your intended target (feet board, target board) in the square representing your current shot before stepping onto the approach.

Lower Boxes

Place a ✓ in the square representing your delivery (first ball = first square) if you completed your intended delivery.

Place a X in the square representing your delivery if you DID NOT complete your intended delivery.

Place a ? in the square if you lifted your eyes and are unsure of where the ball rolled.

“The only difference between good, great and elite players is the length of time between their bad shots.” - Ron Hoppe

Example Frame	
1	
Feet, Target	
18, 10	5, 20
X	✓ ?
X	✓

1	2	3	4	5	6	7	8	9	10
Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target
X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?
1	2	3	4	5	6	7	8	9	10
Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target
X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?
1	2	3	4	5	6	7	8	9	10
Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target	Feet, Target
X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?	X ✓ ?