



It is usually best to stand facing your students. If you are teaching a group, have your assistant demonstrate while you instruct. When teaching one-on-one, it may be necessary to stand alongside your student as children are often confused by the mirror image. Be sure to ask your students if they are right-handed or left-handed.

I. PICKING UP THE BALL

Explain the **proper** way to pick up a bowling ball from the return rack to avoid the danger of having a finger smashed by another ball being returned from the pit. The proper way to pick up a ball from the rack is to place the hands on the outside of the ball, parallel to the return rack, and lift up and out. The ball is safely held in the palm of both hands about waist high.



II. DELIVERING THE BALL

The age, size, and ability of your student determines which of the following delivery methods you teach:

A. The Two-Handed Under-The-Legs Delivery

1. Feet At the center of the lane approximately 2 inches behind the foul line (*use the lane markings as guides*). Feet, hips, and shoulders should be square to the foul line. Feet comfortably spread. Knees bent where possible.
2. Hands Should be underneath and slightly behind the ball. Fingers should be separated and spread comfortably (*different ages/sizes may require having hands separated more to the side of the ball*). The ball should be held no higher than the waist.
3. Delivery Push the ball out forward, bring the ball back under the legs, forward, back, roll the ball, and follow-through. Exaggerate the follow-through... “reach for the sky.”

B. The Stance and Two-Handed Pendulum Swing Delivery

1. Feet Right-handed Bowlers - At the center of the lane, just a bit to the left of the middle dot, approximately 2 inches behind the foul line. Feet, hips, and shoulders should be square to the foul line. The left foot forward and the right foot back 4-6 inches, and feet separated 3-4 inches. This is the normal rolling position, i.e., a right hander delivers off his left foot. From this position, it is impossible to deliver the ball at any great speed. Speed must be continually discouraged and emphasis should be placed on accuracy. Reverse feet for left-handers.

Ch. 6 – TEACHING THE ART OF DUCKPIN BOWLING

2. Hands The ball should be held comfortably and slightly above the belt line, the wrist is straight, right hand underneath and slightly behind the ball with fingers spread comfortably, left hand on top of the ball for support. The left hand remains on the ball until the instant of release. Reverse hands for left-handers.

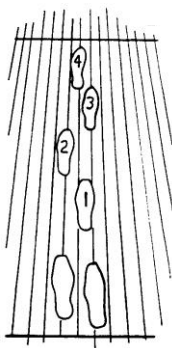
3. Delivery Now, push the ball out and down away from the body to extended arm's length and begin a pendulum swing back, then forward to the release point. Voice rhythm can be maintained by smoothly saying “out, down, back, roll and follow-through.” Emphasize that this is one continual smooth delivery. Demonstrate toward the youngsters having one youngster stop the ball. Emphasize control and de-emphasize speed.

C. The Four-Step Approach and One-Handed Pendulum-Swing Delivery – When teaching this delivery method, it will be necessary to separate the steps for the feet and the hands and practice each thoroughly with and without a ball.

1. Hands *Right-Handed Bowlers* – Have the bowler pick up “an invisible ball” properly, go to the foul line. The ball should be held comfortably and slightly above the belt line, the wrist is straight, right hand underneath and slightly behind the ball with fingers spread comfortably, left hand on top or side of the ball for support. The One-Handed Pendulum Swing Delivery is the same as the Two-Handed method except that the left hand is released at the point of the “down” and extended to the side for balance. “Push the ball out, down, back, roll and follow-through.” Then repeat this procedure with actual bowling balls. Remember to ensure that he picks the balls up and positions his feet properly. Reverse hands for left-handers.



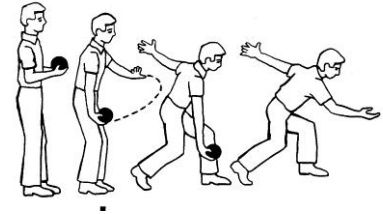
2. Feet *Right-Handed Bowlers* – Explain each of the four steps. “The right foot moves first. You take a short right step - hold it, a short left step - hold it, a little longer right step - hold it, and then bring your left foot up alongside the right, and push it forward in a slide.” Determine the starting point by taking the bowler to the center of the lane at the foul line and having him face away from the pins. He should not yet have a ball in his hand. Have him “take a short right step - hold it, a short left step - hold it, a little longer right step - hold it, now bring your left foot up alongside the right, and push it forward in a slide.” Have him stop and make note of where he is on the lane. This will be his starting point. At the starting point, just a bit to the left of the middle dot, place the bowler's left foot forward and the right foot back 4-6 inches, and separate feet 3-4 inches.



Feet, hips, and shoulders should be square to the foul line. RHYTHM of voice is essential. “Now, here we go - right, left, right, slide. Keep smooth. The tempo is that of a walk.” If he ends up too far away from the foul line or goes over the line consistently, adjust his starting point accordingly. Repeat this procedure several times until he is walking in a straight line and getting to the foul line in a smooth and rhythmic fashion. Reverse feet for left-handers.

3. Delivery

Combine the “right, left, right, slide” of the 4-Step Approach with the “out, down, back, roll and follow-through” of the Pendulum-Swing Delivery using the same rhythm in each. On the right step - the ball goes out, left step - the ball goes down and the left hand is extended to the left for balance, right step - the ball goes back, and on the slide - the ball comes forward and is delivered with a follow-through. Again, it is best to first practice this with an “invisible ball” several times. Then have them get a real ball. Emphasize that the ball and body movements go together. As the first short right step is taken, they must push the ball forward with the same speed and rhythm. Encourage accuracy - discourage speed.



D. The Slide/Push Delivery (*Optional*)

1. Feet

Right-Handed Bowlers – Bowler should stand approximately one step behind the foul line. Left foot should be slightly ahead of the right. Bowler should have feet, hips and shoulders square to the foul line. Reverse for left-handers.

2. Hands

The ball should be held with both hands underneath, comfortably at the waist, hands underneath and slightly behind the ball. Fingers should be separated and spread comfortably. The little fingers should be touching, thumbs on top (*when possible*). Younger bowlers with smaller hands may have to keep their hands separated for better control.

3. Delivery

Right-Handed Bowlers – Left leg should bend at the knee while sliding forward, keeping the body low. At the same time, the ball should be pushed out and released onto the lane. The arms should be extended into a follow-through position. Emphasize that the ball should never be dropped but pushed out onto the lane approximately 2 feet. Reverse for left-handers.

Ch. 6 – TEACHING THE ART OF DUCKPIN BOWLING

4. Adding The Steps *Right-Handed Bowlers* – Bowlers take one step with the right foot then left slide/push as explained above. It is recommended that steps be added slowly. Then add the third and fourth steps (*right, left, right, left slide/push*). There should be no hesitation between the steps and the slide. Reverse for left-handers.

III. EASY DIAGNOSIS

There are several common bowling faults to look for and corresponding corrective actions you can use to suggest improvement:

1. Ball constantly toward left gutter:*

 - a. Walking toward the left
 - b. Turning wrist; Pendulum swing not straight (*straight elbow*)
 - c. Body bending toward left (*not keeping body upright and straight*)
 - d. Releasing the ball too late (*over foul line and across the bowler's body*)
 - e. Ball released from left of hand (*not off fingertips*)

2. Ball constantly toward right gutter:*

 - a. Turning wrist
 - b. Walking toward the right
 - c. Body bending toward right
 - d. Arm too far away from body on pendulum swing
 - e. Releasing ball too early
 - f. Sliding foot not straight (*if parallel to foul line, body is turned away from target*)
 - g. Ball released from thumb and index finger (*dumping ball*)

3. Lofting the ball:
 - a. Not bending forward enough; ball released too high
 - b. Not bending knees on the slide
 - c. Not maintaining slide position and follow-through at foul line
4. Fouling repeatedly:
 - a. Approach too short
 - b. Too many steps
 - c. Steps too fast
 - d. Steps too large
 - e. Not maintaining slide position with right foot

**For right-handed bowlers. Apply opposite theory for left-handers.*

IV. ADVANCED TEACHING TECHNIQUES

A. STARTING POSITION – STANCE FOR 3-STEP APPROACH:

1. We generally teach all youth the 4-step delivery; however, the 3-step delivery can be used as an advanced technique:
 - a. Hips and shoulders: Squared to the target
 - b. Feet: Left foot forward (*approximately 2-4 inches*), right foot back, pointed straight ahead, slightly separated
 - c. Knees: Slightly bent to prevent stiffening; weight on back foot
 - d. Body: Three Positions
 - 1) Body upright, knees flexed, ball waist high; pushaway out and down
 - 2) Lean forward from the waist, ball at waist level; pushaway straight-forward
 - 3) Bend at waist, ball at knee level; swing ball outward
2. In all above positions the ball is slightly to the right of center of the body. The weight of the ball is on the right hand. The left hand helps to guide the ball. Keep wrist straight - arm straight.

B. PUSHAWAY:

1. The pushaway is the trigger that starts the footwork. This is important for youngsters in the 3-step delivery. The length of the Pushaway is approximately the length of the first step.
 - a. Upright Position: Pushaway is out and down to approximately waist level.
 - b. Leaning Forward Position: Pushaway is straight-forward and level.
 - c. Bending Forward Position: Pushaway swings out and up a little.
2. Check for two mistakes in the Pushaway:
 - a. No Pushaway - Letting the ball drop straight down; puts strain on arm during backswing. Try to round it out with a little arc up and out.
 - b. Pushing it too high - thus obscuring the vision. Hold the ball a little lower.

C. FOOTWORK: *Delivery must be rhythmical; coordinating all steps with arm/body movements.*

1. Starting Point: 3 ½ steps (or 6 to 9 feet) back from the foul line.
2. The length of each step is going to vary. Each successive step becomes longer. (*To correct a first step that is too long, have them keep both feet on the floor and shuffle out.*) The speed of the steps varies with the first step which is the slowest and the last step which is the fastest. The momentum builds up from the first step.

Ch. 6 – TEACHING THE ART OF DUCKPIN BOWLING

D. ARM SWING: *Where the arm goes, the ball goes.*

1. Basics:
 - a. Arm swing is like a clock pendulum.
 - b. The ball and arm stay close to the body. Also keep elbows close to the body.
 - c. Right shoulder to be used as a pivot base for the pendulum. Do not allow the shoulder to come back or drop. Keep back foot on floor.
2. Back-swing: The back-swing should be past the body but no higher than the shoulder and no lower than the hips.
3. Follow-through:
 - a. Reach for your target (*hand at eye level*) and keep back foot on floor.
 - b. Four possible mistakes on the follow-through:
 - 1) no follow-through
 - 2) a false follow-through following through too late (*well after the ball is released instead of one fluid motion*)
 - 3) follow-through to the right (*result: a backup ball*)
 - 4) follow-through to the left (*result: an exaggerated hook*)

E. TIMING: *The ability to coordinate your footwork and arm so that on your last step, your left foot and your right arm with the ball, are both coming forward at the same time, or as close to it as possible.*

1. As you give instruction, rather than give a cadence count of 1, 2, 3, 4, you might try, "push the ball OUT, DOWN, BACK, ROLL and FOLLOW-THROUGH."
2. Good balance at the foul line indicates good timing. If the bowler is off balance or hops at the foul line, work on their timing.

F. FINISHING AT THE FOUL LINE:

1. The perfect finish at the foul line for a right-handed bowler is as follows:
 - a. Left foot pointed toward target. Left knee bent. Lead toe 2" to 4" behind foul line.
 - b. Hips and shoulders squared to target.
 - c. Body bent forward from waist.
 - d. Right leg in back, usually straight. Toe is on floor.
 - e. Right arm reaching for target.
 - f. Left arm extended to left for balance.

2. To teach perfect finishing position, drop a towel 3 to 4 feet in front of the bowler. Then have them slide forward, pick up towel, and hold the position.

G. RELEASING THE BALL

1. The ball is not released until after it has passed the left foot at the foul line, and then it should be released as smoothly as possible. The ball can be released onto the lane anywhere beyond 12" past the foul line; however, it should not be lofted.
2. Many youngsters have the habit of dropping the ball on the foul line or on the approach. To check where they are releasing the ball, lay a towel at the foul line. If they hit the towel, they are releasing too soon.

H. TYPES OF BALLS ROLLED IN DUCKPINS

1. Straight Ball – rolled straight at the pins. This ball is accurate and easy to control. It is not the best strike-getter; however, the ball deflects easily when it comes in contact with the pins. It is delivered from the right side of the lane and aimed across the lane into the 1-3 pocket, hitting the pins from an angle. The ball is rolled off the ends of the fingers with the back of the hand parallel to the floor at moment of release. There cannot be any accompanying turn of the wrist.
2. Hook Ball – known as the working ball, is one that travels nearly 55 feet down the lane about 9 or 10 boards from the right-hand gutter and then hooks sharply into the 1-3 pocket. The hook is imparted with a twist to the left by the wrist and by the upward lift of the fingers along the right side of the ball as it is released. The thumb has nothing to do with the spin. This release puts "english" on the ball causing it to angle or hook in as it nears the pins, striking them from the side instead of head on.
3. Curve Ball – is merely a wide-breaking hook thrown more slowly from the middle of the lane. This ball is difficult to control.
4. Back-Up Ball – is a reverse hook, is very effective as it hits the 1-2 pocket but very difficult to master. TIP: If a ball hooks too much, increase the speed of delivery; if too little, reduce the speed.

I. INCREASING THE SPEED OF THE BALL

1. Check timing. Perfect the timing so arm is not furnishing the speed.
2. Where necessary, give a higher back-swing.
3. Hold the ball higher at the starting position.
4. Add a little more pushaway.
5. Faster footwork if necessary. Be sure timing is adjusted accordingly.
6. Longer footwork. Arm swing and timing must correspond.
7. Use lighter ball.
8. Any combination of the other seven.

Ch. 6 – TEACHING THE ART OF DUCKPIN BOWLING

J. DECREASING THE SPEED OF THE BALL

1. Check timing.
2. Lessen back-swing.
3. Slower footwork (*arm swing accordingly*).
4. Lower ball starting position.
5. Shorter footwork
6. Less pushaway.
7. Use heavier ball.
8. Any combination of the other seven.

K. STRIKE ANGLE FOR DIFFERENT TYPES OF BALLS

1. Straight Ball – Slightly to right of middle of lane.
2. Hook Ball – 10-15 boards from right gutter.
3. Curve Ball – Middle of lane.
4. Back-Up Ball – Slightly to left of lane.

TIP: Starting position should remain the same for all three balls. Angle of approach to foul line will vary according to remaining pin pattern.

L. SPARE BOWLING

1. Never change the youth's starting position or stance on the approach regardless of the position of the remaining pins.
2. Have them shoot for the object pin – which is the pin closest to them. If they miss this pin, there is little chance of making the spare. On the other hand, they may hit this pin and still miss the spare.
3. Encourage these three things:
 - a. Face the object pin.
 - b. Walk or approach target in a straight line.
 - c. Reach for target with arm—follow-through.

M. AT WHAT DO YOU AIM?

1. Most duckpin bowlers are pin bowlers. Beginners should always shoot for the head pin. Experienced bowlers pick out their target, either the 1-3 or 1-2 pocket, and try to groove their delivery to that target.
2. Some bowlers prefer spot bowling. They pick a spot on the lane, anywhere between the foul line and the pins, and roll the ball over that same spot each time.

3. There are three ways of aiming:
 - a. Look at the pins on every shot.
 - b. Spot bowl on every shot.
 - c. Spot bowl on strikes and pin bowl on spares and 3rd balls.

N. MAJOR OR KEY FAULTS

1. First step too fast (*result: bowler races to foul line*). Arm swing is late. Causes an abrupt stop at the foul line. The arm swing is trying to catch up and is jerky. Throws bowler off balance. Bowler often hops.
2. No pushaway. Has a forced back-swing—not natural (*result: poor timing; no consistency in delivery, one too fast; one too slow; poor/no follow-through*).
3. Back-swing too high (*result: ball is too fast*). To lower back swing, tell them not to allow the ball to go higher than their shoulder.
4. Incorrect swing of the arm (*result: side-arming the ball*).
5. Not facing the target.
6. First step too long (*result: throwing bowler off balance and arm swing off*).
7. First step to the right or left instead of straight at the target.
8. Second step too long (*result: throws off the timing*).
9. Shoulder back on the 3rd step, on a 4-step delivery (*result: no bend at waist*).
10. Pause or hesitation after or on one or more of the steps.
11. Last step is a lunge for the foul line (*To correct: have bowler deliberately slow down the last step.*)
12. Picking ball up incorrectly.
13. Not observing foul line.
14. Lofting ball.
15. Rolling ball too fast for control.
16. No follow-through.

Ch. 6 – TEACHING THE ART OF DUCKPIN BOWLING

O. TWO SECRETS OF GOOD BOWLING

1. Control: Control of feet, body, arm swing, finishing position, and follow-through.
2. Consistency: The ability to do the same thing over and over.

NOTE: You cannot teach experience; you can only advise and counsel. You cannot teach confidence, but you can help build it up. Confidence comes with experience, and experience comes from practice and encouragement.

V. PREPARING FOR A YOUTH BOWLING CLINIC

It is recommended that you hold a free bowling clinic at the time of your league registration. This will not only give new bowlers the opportunity to learn and become comfortable with the sport, but will also give veterans the opportunity to practice after a long summer vacation.

1. *SPREAD THE WORD* to newspapers through publicity releases, to social media sites, to schools through flyers, to the public through posters, and to adult bowlers through special letter invitations to their sons and daughters.
2. *SECURE COACHES* from your sponsor, school, local bowlers, or other interested adults.
3. *HAVE NDYA ORGANIZATIONAL MATERIALS AVAILABLE*: league registration cards, league sanction applications, and all other forms.
4. *REMEMBER* – A free bowling clinic for youth is a service to your community and must be organized and promoted on this basis.

VI. CONDUCTING A YOUTH BOWLING CLINIC

A. BEFORE THE YOUTH ARRIVE

1. Have shoes and bowling balls readily available for distribution. Have materials available for display.
2. Where automatic machines are in use, adjust the machines so that no pins will set. Balls will be rolled through most of the clinic without pin set-ups and it is important that the instructions be given with use of pins.

B. WHEN THE YOUTH ARRIVE

1. Distribute bowling shoes to each and instruct them to be seated on the bowlers' benches.

2. Keep them in groups according to size. Depending on the ages/size of your group, you will want to separate the youth into two groups - those that will learn the Two-Handed Under-The-Leg delivery and those that will start with the Pendulum-Swing delivery.
3. Give them name tags to wear during the clinic. This will not only help you when referring to them but it will give the children a sense of identity during the clinic. Remember, children love to hear their names used.

NOTE: The youth have come to learn how to bowl. They are not interested in listening to long lectures or watching even the best bowlers put on a long demonstration.

C. ASSIGNING SQUAD NUMBERS

1. Announce you are ready to begin the clinic. Introduce yourself and start having fun. Divide the number of youth in attendance by the number of lanes available. This will give you the number of youngsters that must be assigned to each lane. For example: if 48 youth are in attendance and you are in a 12-lane establishment, then 4 squads are necessary. Four squads of 12 bowlers each with one youth of each squad on each lane. *NOTE: It is advisable to assign no more than 5 squads, that is, 5 youngsters per lane.*
2. Separate right-handed and left-handed children. This will ease their confusion and yours as you try to give instructions for both groups. Give each youth a squad number and a lane assignment (*Ex. No. 1, 2, 3, 4 on lane one then two, etc.*). You may have one more or less on some lanes. Announce that when each individual's squad number is called, the youth with that number will follow the instructions you will give on the lane to which he has been assigned.

D. THINGS TO EMPHASIZE BEFORE BEGINNING


1. Bowling shoes are required at all times; not only to ensure the bowlers' safety, but also to protect the lanes and approaches. Wearing bowling shoes also gives a bowler the best possible footwork. Remember, if the bowler's feet are too small for rental shoes, they may wear rubber-soled shoes when using the Two-Handed Under-The-Legs delivery. Be sure to tell them to take off their bowling shoes before visiting the restroom or snack bar area. Wet shoes do not slide, and can cause serious injury.
2. Allow no rough-housing or carrying on. Personal property should be stored under the benches or in a locker. Tell them of your other safety rules, i.e., no gum, no hats, no food/drink in the bowlers' area, etc.
3. The foul line must be observed at all times, both in practice and league play. Demonstrate the result of the foul line being touched so the youth are not startled. Tell them that going on or over the foul line is comparable to running on a foul ball

Ch. 6 – TEACHING THE ART OF DUCKPIN BOWLING

in baseball. It is imperative that youngsters be taught to observe this most important rule from the beginning of their bowling career.

4. Be ready when it's time to bowl. Have them tell a scorekeeper if they are going to the restroom or to the snack bar.
5. Bowling is a rolling game, not a throwing game. The ball is to be rolled smoothly down the lane and not pitched or lofted. **NOW LET'S GET THEM ON THE LANES!**

E. DEMONSTRATION / INSTRUCTION

1. You are now ready for group participation. Take your place about midway between the foul line and the pins, in the center of the lanes being used for the clinic, and facing the youth. Remember to always face your students when speaking to them. It is imperative that you have an assistant(s) demonstrate while you give the instructions.
2. Using the information found throughout this chapter, have your assistant demonstrate the proper handling of bowling balls.
3. Have all members of Squad One pick up a ball properly and return it to the ball rack. Continue through the squads until everyone has had a chance to pick several balls up properly and return them to the ball rack.
4. Next, have your assistant demonstrate the delivery method appropriate for the age/size of your group while you give verbal instruction. Reverse for left-handers.
5. Have all members of Squad One go to the foul line and take the position you have just demonstrated, **WITHOUT A BALL**. Check the position of the feet and hands from where you are standing. Give verbal corrections. When all are in the proper position, **ALL TOGETHER**, have them roll "an invisible ball" down the middle of the lane as you call out the appropriate instructions. For example, "Swing the ball out, back, forward, back, roll and follow-through" for the Two-Handed Under-the-Legs Delivery. (*NOTE: The rhythm of your voice in many of the steps in this teaching procedure will aid in developing a rhythm within the youth.*) Continue through the squads until everyone has had a chance to practice rolling "an invisible ball" at least three times.
6. Now, have all members of Squad One pick a ball up properly, go to the foul line, and take the proper position which they have just practiced. Check the position of the feet and hands from where you are standing. Give verbal corrections. When all are in the proper position, **ALL TOGETHER**, have them roll the ball down the middle of the lane as you call out the appropriate instructions. For example, "Push the ball out, down, back, roll and follow-through" for the Two-Handed Stance and Pendulum-

- Swing Deliveries. Remember to continually emphasize the rhythm of the steps with your voice. Continue through the squads until everyone rolls at least three balls.
7. If you are teaching the Four-Step Approach and One-Handed Pendulum Swing Delivery, it will be necessary to separate the steps for the feet and the hands. In other words, have all members of Squad One pick "an invisible ball" up properly, go to the foul line, and practice the One-Handed Stance and Pendulum-Swing Delivery described above. Then repeat this procedure with actual bowling balls. Remember to ensure that they pick the balls up properly. Then, teach them the steps of the Four-Step Approach. Remember to determine their starting points as described earlier. Repeat this procedure several times until the group is walking in a straight line and getting to the foul line in a smooth and rhythmic fashion.
 8. Now it's time to bowl – no pins yet though. Instruct all members of Squad One to get a ball and take their position at their starting point. Check their feet and the way they are holding the ball. This is the position they were taught at the beginning of the Stance and Pendulum-Swing Delivery and everything remains exactly the same. Make any corrections necessary. Tell them, "Don't bowl until instructed to do so." Re-emphasize, as you start forward with the right foot, "push the ball out away from your body—ball and body go together. Alright, take a small right and push it out, take a small left and bring it down, take a larger right and bring it back, slide, roll and follow-through." Have them roll several balls. Each time the group should start together and you should alternate the verbal instructions. In other words, one time you may just call out the feet, "right, left, right, slide"; another time, just the hands, "out, down, back, roll and follow-through." Now call for Squad Two, Three, Four, etc. Repeat this step again, letting them bowl as soon as they are ready, but bowling as a squad.

NOTES FOR ALL DELIVERIES:

1. *You will find that a great percentage of balls are rolled in the left gutter. It may be necessary to re-emphasize that the ball is pushed straight back and then forward to the release point with the follow-through of the arm down the middle of the lane. Many youngsters have a tendency to pull the ball in front of them.*
2. *Attempt to keep an approximation of the number of balls which go into the gutter. NEVER proceed to the next teaching phase until each youngster has mastered (kept the ball on the lane) the previous step. This may require repeating the steps a third time.*

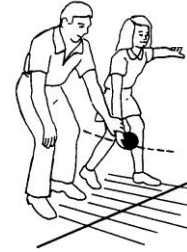
Under no circumstances should any adult working with NDYA youth be alone in a private area of the bowling center with youth of any age. All instruction must occur either on the lanes or immediately off the lanes in an aisle or carpeted area.

Ch. 6 – TEACHING THE ART OF DUCKPIN BOWLING

F. INDIVIDUAL INSTRUCTION

If youth still have difficulty keeping the ball on the lane, try these one-on-one methods:

- a. As illustrated, take a position alongside the bowler, reach over and grasp the right wrist of the bowler with your left hand (*opposite for left-handed bowlers*). Take your right hand and make a fist. Place it in the bowler's right hand as "an invisible ball." You will control the ball. Have the youth look down the middle of the lane as you instruct and guide his arm through a forward, back, and down the middle delivery. Pull the "ball" out and down to the extended arm position with your left hand still in position on the wrist. Make certain that as you direct the arm forward and back you are concentrating on keeping the direction of the swing parallel with the boards. Roll the "ball" out of the bowler's hand on the forward swing just over the foul line. Go through the motion of delivery a couple of times and instruct him verbally as follows: "Push the ball out, down, back, roll and follow-through." Now let them try it with a real ball. As each youngster is successful in keeping the ball on the lane, give him a high five and move to the next student. Encouragement is continually needed in keeping the youth engaged.
- b. If the youth is still unable to master this step alone then return to his side and have him use a real bowling ball. Your left hand is placed firmly around the right wrist of the student. Tell the student to look down the middle of the lane. Explain to the student that you will help roll the ball. Now, firmly push the arm out and down, into the back-swing, then forward, releasing the ball just beyond the foul line, and follow-through. Remember, keep up the encouraging chatter.



Again, under no circumstances should any adult working with NDYA youth be alone in a private area of the bowling center with youth of any age. All instruction must occur either on the lanes or immediately off the lanes in an aisle or carpeted area.

G. PRACTICE BOWLING AT A FULL SET OF PINS

1. Now, you are ready to have the youth bowl at the pins. Watch the enthusiasm of the group. This is what they have been waiting for. Explain the Deadwood and Reset Buttons. Tell them that the Deadwood Button lifts up their standing pins, removes the pins they knocked down, and returns their standing pins for them. Explain that the Reset Button removes their pins and brings down 10 new pins for the next bowler. With the proprietor's permission, announce that you will give a free game of bowling or a snack bar coupon to every bowler that hits the head pin. Each youngster will be allowed two turns. This provides an incentive to try their very best and gives them an opportunity to come back and practice what they have learned.

2. Explain that a bowler is generally allowed to roll three balls each time it is his turn to bowl. Explain strikes and spares. Ask, "If you knock all the pins down with one ball, what is it?" "STRIKE," they will tell you. "What if you knock all of the pins down with two balls, what is that called?" "SPARE," they will shout. "How many balls do you roll in one frame?" "THREE," they will shout.
3. Tell them to put their names on the score sheets in the order of the squad numbers you gave them. Number One first, Number Two second, etc. Now, let them roll a game. Assign one of the adults that have offered to assist to each pair of lanes to keep score. As the youth are bowling, move back and forth across the approach area giving individual instructions to any that become confused. And don't forget, keep up the encouragement. As the youth finish the designated number of frames, make certain you pick up the league registration cards and bid them "Farewell, see you next week."
4. IT'S OVER, and it was fun, wasn't it? You are to be congratulated on the fine job you have done. We hope you realize that you have been responsible for providing the basic fundamentals of an activity that will last these youth a lifetime. Bowling will provide many pleasurable hours for these youth, and in return, they will provide a life-blood to duckpin bowling.

NOTE: You cannot make good bowlers during a single clinic. We suggest that in the weeks to follow, individual instructions be given to youth as needed. Try devoting perhaps the first 5 minutes (no longer) of following league sessions to reviewing some specific phase of bowling, such as shooting spares, improving form, picking up pins, etc.

(This page intentionally blank.)