



Coaches Training Guide to Sports Camp

Bowling – inside or outside

- Skill 1 – Making a target
 - Using a variety of plastic containers cut them in half.
 - Tape them sided by side.
 - Remember to make sure your containers are large enough for the balls that you are using can fit into them.
- Skill 2 – Releasing the ball
 - Using tape, create a foul line.
 - Stand with the foul line in front of you.
 - Use your dominant hand; hold the ball in your hand with the palm facing up.
 - Step forward - If you are using your right hand to hold the ball, then your left foot should be forward and if you are using your left hand, the right foot should be forward.
 - Bend your knees, get low to the ground.
 - Slowly swing the arm holding the ball back - keep the arm straight and close to your body
 - Swing the ball forward and release just as your arm passes your forward leg.
 - Practice the above drill until you are able to do the skill in a nice fluid movement.
 - Practice at least 10 times
- Skill 3 – Release Drills
 - Using the Release skill – now focus on the movement of the ball.
 - How many times can you roll your ball without it bouncing up and down?
 - Remember to roll on a smooth surface like a wood hallway, a smooth parking lot or a cement sidewalk.
 - Add in your milk jug target. Practice 10 rolls - How many times can you get your ball to roll smooth and roll into the middle container?
- Skill 4 – Aiming
 - Before releasing the ball look down the lane and aim for the pocket.
 - The pocket is between the head pin and Pin #3 if you are right handed and the head pin and Pin #2 if you are left handed.

Equipment Needed:

- Variety of containers that you can cut. Such as Milk plastic containers, 2 liter soda bottles, juice containers
- Tape (to hold your containers together)
- Scissors
- Balls – tennis ball, basketball, nerf ball
- 3 - Water bottlers ½ full of water
- Smooth sidewalk, parking lot or hallway.

Bowling Continued

- Skill 5 – Follow through
 - Once you release the ball, the arm continues up towards the sky
 - Put a slight bend in your elbow as your hand finishes by your ear – just like you lifted your cell phone to your ear.
- Skill 6 – Put it all together – Release, Aim and follow through
 - Set up your three bottles in a triangle.
 - You should be looking at the head pin, pin 1 and 2.
 - Put your three skills together in order to hit the pocket of the three pins.
 - Remember if you hit the head pin straight on you may leave a split.
 - Out of 15 tries how many times can you hit the pocket?
- Skill 7 – Bowling Etiquette
 - Remove your bowling shoes before leaving the lanes
 - Pay attention to the people bowling near you. Wait until the bowler on your right has finished their approach before stepping onto the lanes