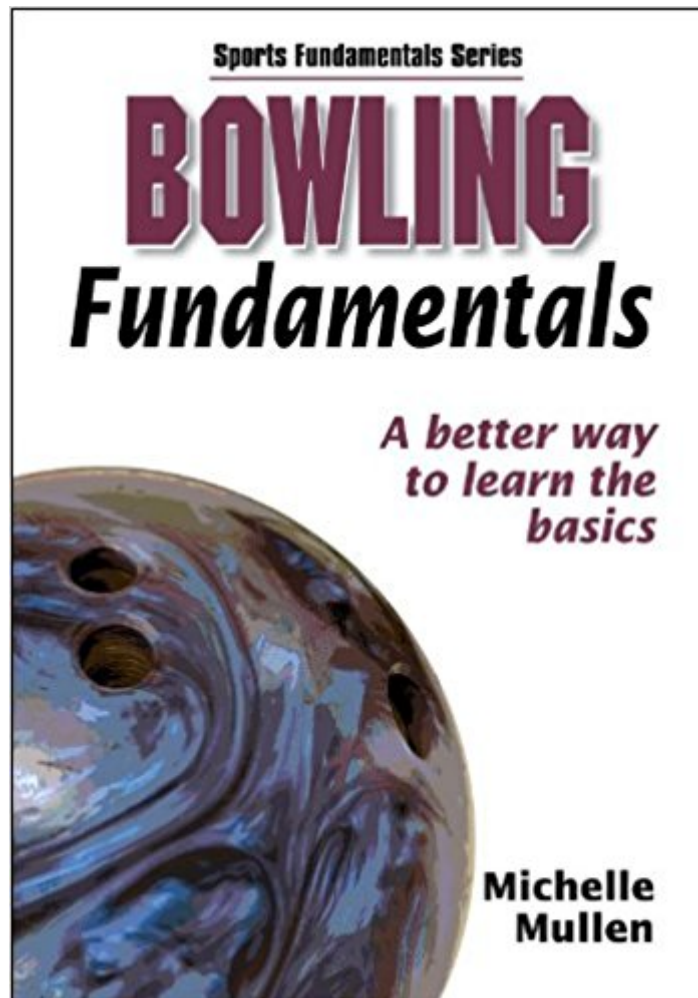




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Bowling Fundamentals (Sports Fundamentals)



Synopsis

Learning to bowl has never been easierâ"or more funâ"than with Bowling Fundamentals. Students will enjoy using this resource because they will learn by doing, spending less time reading and more time on the lanes. With simple instructions and accompanying photographs, this book makes it easy to teach students to bowl. Bowling Fundamentals begins by teaching students about the proper grip and stance. These chapters are followed by instructions on footwork, arm swing, timing, and release. Chapters also are devoted to hitting the pocket and mastering left and right side spares. Finally, readers will get specific information on league bowling. Each chapter addresses a specific skill, leading the student through a simple, four-step sequence: -You Can Do It: The skill is introduced with sequential instructions and accompanying photographs. -More to Choose and Use: Variations and extensions of the primary skill are covered. -Take It to the Lane: Readers learn how to apply the skill in competition. -Give It a Go: Several direct experiencesâ"such as drills, small-sided games, and self-testsâ"are provided to gauge, develop, and hone the skill. Writer Michelle Mullen won four national titles including one major as well as nine regional titles in the Professional Women's Bowling Association and has coached bowlers of all skill levels for more than 16 years. Her personal and professional experiences allow her to understand clearly what bowlers need and how to help them achieve success. Part of the Sports Fundamentals Series, Bowling Fundamentals teaches the basic skills and tactics to help readers get rolling in the game and enjoying every frame.

Book Information

Series: Sports Fundamentals

Paperback: 144 pages

Publisher: Human Kinetics; 1 edition (September 12, 2003)

Language: English

ISBN-10: 0736051201

ISBN-13: 978-0736051200

Product Dimensions: 7 x 0.3 x 10 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 4.5 out of 5 stars 45 customer reviews

Best Sellers Rank: #714,771 in Books (See Top 100 in Books) #22 in Books > Sports & Outdoors > Individual Sports > Bowling #13586 in Books > Education & Teaching > Schools & Teaching > Education Theory #79269 in Books > Health, Fitness & Dieting

Customer Reviews

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From BOWL Magazine "It doesn't matter if your average is 100 or 200, everyone needs Bowling Fundamentals."

I recently discovered that I am a talented bowler. This information would come as a shock to my former teammates who bowled with the Explorer Scouts in Mt. Greenwood in the '70's, because back then I was a HORRIBLE bowler. I never got higher than a 40, and so I threw in the ball-polishing towel and tried to go on with my life. I was never again drawn to the sport because it was so demoralizing and NOT FUN. (Although I must add that my teammates were a great bunch of people.) But a few months ago, after a several-decade break, I was at a party at a bowling alley, and I bowled a 90. Wow! I couldn't resist returning to the alley and within two weeks I had bowled a 176. Yesterday, I got my highest score so far with a 204. With a house ball! And I'm left-handed, too. To what do I attribute this meteoric rise in my average? Well, it's partly that I've become slightly more coordinated over the past 40 years, which may have something to do with the physical demands of my job. And it's partly because, after I rediscovered bowling, I bought a pair of shoes that actually fit. But I also bought BOWLING FUNDAMENTALS. This book breaks down every aspect of bowling so that a complete novice, like me, can identify problem areas and focus on improving individual elements of the approach. Because I bowl with a house ball and don't expect to get much of a hook until I have my own bowling ball, the more advanced chapters aren't really relevant to me yet. But someone who already has a good average would benefit from those passages. This book has helped me pick up a lot of spares, and my delivery is much smoother than it was even a few weeks ago. I take just one small element of the author's recommended delivery and incorporate it into my own, and then when I'm comfortable with that, I add something else. I'm trying to develop really good habits so I can make adjustments on a solid foundation. The author does try to address the fact that lefties have to reverse everything, and much of the book is on board with that, but there are sections that don't spell out exactly what the reversal process is. I'm usually pretty good at mentally adjusting everything so I can do it "backwards," (reading guitar chords and placing my right hand to make them has never been a problem), but sometimes I'm a little confused by written instructions that don't have a matching diagram. (There are some diagrams for lefties, but not all.) Unless you're a pro bowler, I would highly recommend this book, no matter what your current average. I know the

Olympic Committee is poised to make bowling an official sport, and in 2016 I plan to captain the US bowling team. That may not sound probable right now, but in June it wasn't probable that I would ever break 50 in a game. And look at me now! SO I AM GOING TO RIO, BABY! And this book will be tucked into my suitcase.

This is a must read for anyone from the beginner to the 190 bowler looking to finally get over that 200 mark. Even the 200+ average bowlers will pick up several tips from this book. Other similar books just name drop the top PBA pros endlessly. While it is nice to know what they do, not many of us will ever throw the ball like Tommy Jones. You will not find that in this book. This is all about getting you to the next level. This book is also very easy to read and has great pictures and diagrams. It is the best how-to bowling book I've ever read and I have read my share of them.

I wish this book was available years ago. Back when I was starting. It takes a comprehensive approach, becomes more detailed where necessary, explains the game/sport, including holding the ball, where to aim, how to hook, releasing the ball, and your general attitude/approach. Not just for beginners. I yellow-highlighted areas I need to work on, to be reviewed and re-read as needed. The photos & graphics are very good and helpful to understanding.

I bought this book for my husband. He threw gutterballs and couldn't break 100 for the first three seasons we bowled on a league. He took some lessons - didn't help; found someplace else to take lessons and change was astounding. Our team mates thought aliens had overtaken him. He loves reading bowling books and goes to the library often to get them. I bought him this book and he is reading it constantly and really likes it. Last bowling night he bowled a 177, 140 and 190! He's still rereading book and looks forward to bowling his first 200 game soon.

I think this book is great. I can already tell my game is improving thanks to what I learned in the book. Even if you've been bowling awhile I think it would help because she mostly reviews proper form and the little corrections can make a big difference when it comes to picking up more spares. Very clear, very repetitive.

I havent bowled in a while and have just started back. This book covered the all basic fundamentals. It helped me to remember lots I had forgotten and correct some bad habits. I would recommend for any one beginning or looking for points to improve average. It is written easy to understand.

I am enjoying this book. The fundamentals are simple and precise as well as in depth. Information is easy to understand and practice. I would recommend this to any bowler wanting to start with the basics.

Good book for the beginning bowler. I've just started out with the sport and I bought a couple different books, this is my favorite of the two. Its not overly technical and the text is straightforward and easy to understand, it gave me a firm base from which to work and improved my game. I have read it a couple times and highly recommend it to those who are just starting out.

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