

Bowling: Review/Skill Sheet

Grading Participation

Name _____ /24
Skill development and application _____ /6
Use of strategy _____ /6
Class _____
Knowledge _____ /6
Fitness _____ /

18

Skill 1: Grip

- **Hand position:** Should be constant throughout the stance, swing, and delivery. Spread the two outside fingers apart and press downward against the surface of the ball with the tips of the fingers. Insert the two middle fingers and the thumb into the finger holes.
- **Ball Position:** Right Handed bowlers should place their thumb at the ten o'clock position and their fingers at the 4 o'clock position. Left handed bowlers should have their thumb at two o'clock and their fingers at eight o'clock.

Skill 2: Stance

- **Right Handed:** Left foot should be slightly in front of the right foot with the knees slightly bent.
- **Left Handed:** Right foot should be slightly in front of the left foot with the knees slightly bent.
- **Ball Position:** The ball should be held at waist height with the bowling in its proper position and the non-bowling hand supporting the weight of the ball.

Skill 3: Four-Step Approach

- **Footwork:** Step in a straight line, focusing on the target. Right handed bowlers should step first with their right foot, then left foot, then right, and lastly with their left. The fourth step should result in the bowler sliding forward on that foot. A left handed bowler will have the opposite footwork.
- **Arm Swing:** The swing starts with the push-away. The push-away pushes the ball away from the body straight out towards the lane. The bowling arm should extend and straighten. Keep the wrist firm during the swing. Release the ball over the foul line as it starts upward in the swing. The thumb should release first and then the fingers. This will result in giving the ball a slight hook.
- **Body Position:** Keep the shoulders and hips square to the target during the swing. Eyes should be focused on the target and the arm should move in line with the target area.

Skill 4: Scoring

- **Total Score:** The bowling score is cumulative- add the score made in a frame to the running total of previous frames.

- **Strikes and Spares:** Award a strike if a bowler knocks down all 10 pins with the first ball rolled in a frame. Award a spare if a bowler knocks down all 10 pins with two balls rolled in a frame.
- **Bonuses:** The bonus for bowling a strike is the 10 pins they knocked down plus the total number of pins knocked down on the bowler's next two throws. The bonus for a spare is the 10 pins the bowler knocked down plus the number of pins the bowler knocks down on their next throw.
- **10th Frame:** Roll a 3rd ball in the 10th frame if you make a strike or a spare in that frame.
- **Maximum Scores:** The maximum score for a single frame is 30. The maximum score a game is 300.
- **Symbols:** X is for a strike, / is for a spare, - is a miss, F is for a foul, circling the number of pins knocked down represents a split

Applies a strategy for throwing strikes

- Applies a strategy for picking up spares

Total game strategy _____/6

- Is able to use skills in practice situations
- is able to use skills in game situations
- is able to use scoring in game situations

Total skill development and application ___/6

Vocabulary:

Frame: Consists of two deliveries by a player (unless the first delivery is a strike, in which case the frame is over)

Spare: Scored by a player who knocks down any remaining pins on the second delivery of the frame.

Strike: Scored by a player who knocks down all the pins on the first delivery.

Foul: Occurs when the bowler crosses the foul line when delivering the ball.

Split: Refers to a setup of pins left standing after the first delivery of a frame, where the remaining pins are far apart.

Turkey: Refers to three strikes in a row by one player

Rules:

- Each bowler has 10 frames to knock down as many pins as he/ she can.
- A frame consists of a bowler taking two attempts to knock down all ten pins.
- The bowler must release the ball without his/ her foot crossing the foul line.
- Scoring depends on the number of pins knocked down. Scoring is increased by spares and strikes.
- Pins that fall when knocked down by the ball or another pin are allowed.
- Pins that fall are not allowed when the ball leaves the lane before reaching

the pins, a ball rebounds from the rear cushion and knocks down pins, a pin is knocked down while previously knocked down pins are being removed, or when the bowler fouls.

- If a bowler rolls a strike or a spare in the 10th frame he/ she gets to roll a third ball in that frame to complete the scoring.

History:

Modern bowling began in northern Italy as a game called, “bowls.” The game later spread to Germany, Holland, and England, where it was played on grass and was known as nine pins. The Dutch brought the game to America in the early 1600’s, where it was played on grass or clay and later on a single board.

The game in America was very popular, especially among people who liked to wager on the outcome. Nine-pins was so closely linked to gambling that several states banned it in the 1840’s. In response to the prescribed law players added one pin to make the game 10 pins so they could continue to bowl and gamble.

In 1895 the American Bowling Congress, which continues to govern all the rules of bowling, was organized. Bowling hit its pinnacle of popularity when it became an official Olympic event during the summer games in 1992.