



Perfect your one-step delivery and skill drill to identify problems

The one-step delivery and the associated skill drill included below is a simple and pure form of bowling that includes and reflects the well-established basics of bowling, including a squared body, straighter armswing with perfect release timing, and a squared follow-through. These suggestions will assist league or experienced bowlers to better identify their basic problems in the various bowling areas as well as the body imbalances as they bowl.

The drill also will help bowlers to feel and perfect their secondary timing or release of the ball alongside the ankle of the sliding foot at the foul line at the

maximum ball leverage point in their downswing arc and subsequent delivery of the ball at the release point.

As an additional benefit, a deeper knee bend can be added with the body

Overall, the drill permits you to be your own coach as you study and correct flaws in your balance, correct body positioning, and the other basics within your personal style of bowling.

squared to the slide foot pointing at the target and over the target line. The one-step drill will help you to perfect your

entire bowling delivery style, as you can see and feel yourself bowl as you perfect your secondary timing along with the feeling of tempo and rhythm associated with good bowling fundamentals we all seek in our bowling.

In addition, the one-step delivery allows the bowler to observe in slower motion and experience the other purer techniques and “feelings” within his or her pushaway, armswing, secondary timing, and overall body balance at the foul line as the ball is released. As a practice drill, it will help you slow down or speed

up your delivery while you develop a strong and fluid delivery style.

The drill may become a self-diagnostic
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Practice at-home mirror drills to refine your one-step delivery drill

1. One-step mirror drill. Stand in front of a mirror or reflecting glass door or window at home and do the one-step drill without a ball (or use an iron, as old bowlers once did) if desired. The mirror image of your delivery will allow you to see your body balance lines relative to your pushaway and swing. Check to be sure your body balance line is chin-over-knee-over sliding foot at the ball release point and that your shoulders are squared and parallel to your hips for maximum ball leverage at release.

2. Swing direction drill. Stand in front of a mirror or reflecting glass and, without your bowling ball, simulate your pushaway and delivery. If you swing your arm to the right, the ball will go right of the target at release. The ball will follow the armswing.

For accuracy, the armswing must be pushed straight ahead from the center of the bowling shoulder and stay within a four-inch groove from the pushaway into the backswing and through the release of the ball. If your armswing goes to the right of a target straight ahead at 12 or 1 o'clock, your shoulder will open in that direction, and your ball will go to the right of the target.

To promote a direct, in-line swing, hold the ball in the middle of the bowling shoulder and in front of the right hip for right-handed bowlers and the left hip for left-handers. Square your shoulders and hips to this target line and practice pushing your imaginary ball straight ahead between 12 and 1 o'clock (right-handers) and swinging the ball down and back between 5 and 6 o'clock. Do

this many times until the image and feel of the swing is completely straight back and straight ahead, allowing no more than a variation of about two inches.

3. Evaluate the finish position of the bowling arm. Stand in front of the mirror and do the one-step delivery without the ball several times. After a few trial swings, pose and observe the finish position of your bowling arm and hand and slide toe.

Important: For the right-handed bowler, the bowling hand should be vertical and pointing upward at 1 o'clock on a clock face, and the trailing foot or non-sliding foot and toe will be behind the body at 7 o'clock.

For the left-handed bowler, the bowling hand will be pointed at 11 o'clock and the trailing foot at 5 o'clock. Concentrate on the finish position of the armswing; it will indicate if your shoulders are squared to the target or target line.

If the arm and the hand go to the right, the swing has gone inward in the backswing, and the bowling hand of the right-handed bowler is now pointing right of the 1 o'clock position. This indicates an inward swing directional error in the backswing and an opening of the shoulders to the right.

If the finish position of the bowling hand is left of 1 o'clock of the right-handed bowler, it indicates the backswing has flared outward, and the shoulder has moved to a closed position instead of being squared to the target.

— H.M.

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bowling tool for determining if you are squaring your shot and follow-through as discussed. Overall, the drill permits you to be your own coach as you study and correct flaws in your balance, correct body positioning, and the other basics within your personal style of bowling.

Remember, without the additional walking steps not included in the delivery or drill, the ball will go slower and hook more. Some league bowlers even resort to a one-step delivery for the control and more hook offered to improve their game.

How to do the one-step ball delivery or drill: Stand one walking step or about two feet behind the foul line. Face straight ahead at your normal target and place the right foot alongside the left slide foot (reverse for a left-handed bowler). For the right-hander, place your fingers in the ball between 3 and 6 o'clock with your thumb at 10 or 11 o'clock for the perfect three-quarter release. Flex your knees and hold the ball waist-high in line with the middle of your bowling shoulder for your normal pushaway. For the right-handed bowler, raise the heel of the left slide foot to minimize the weight over the slide foot in the stance.

Square your body and shoulders 90 degrees to the target line. Do your normal pushaway almost an arm's length away from the body toward your target four or six inches in front of the right foot. The bowling elbow should be held close to the hip. Do the pushaway two or three times as you let the ball

swing freely from the force of gravity and the weight of the ball only without muscles. As the ball passes the right knee on the third downswing, slide your left foot forward, as you would in the last step of your normal delivery and extend the left hand (right-hander) outward for balance. The follow-through after the ball is released is made directly towards the target and in line with the target line and your squared shoulder and near your ear. Pose at the foul line and check your follow-through.

Let the ball and gravity do the total effort of a free swing, and the body will maintain the correct balance position of the head-over-the-knee-over-the sliding foot throughout the swing and into the follow-through. Use only minimum effort as you let the ball generate its own natural swing speed. If the swing direction is incorrect, the body balance line will not be maintained, and the ball and armswing will pull you and your ball off-balance in that direction and away from your squared line to the target or the target pins.

Pose or hold your body and follow-through position at the foul line for a count of 10 or more to allow you to check your body position and balance lines. Do the drill many times to achieve perfect vertical and horizontal balance lines.

Good luck and good bowling!

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