

## Finding Balance

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Just like many other things in life, finding balance in your bowling game is important to achieve accuracy. Do you ever lose your balance when you arrive at the foul line after making a delivery and wonder why that happens? There are different reasons why a bowler may not have balance; in order to fix the problem you will need a coach to watch you to find a solution.

To have balance at the finish remember that it would be wise to have balance in the stance, make sure your feet are comfortably apart to accommodate your body structure. You should be able to be relaxed with the ball in-between your chin and shoulder, your upper body posture should be slightly forward and the lower body should have your knees slightly bent with your ball-side foot slightly back behind the other foot. Every person is different so make sure you feel balanced and comfortable.

During your approach check your upper body posture, if you start to lean forward with the pushaway then it will create imbalance and your body will try to correct itself to maintain that balance, which could result in falling off the shot. Your upper body should remain in the same position as it was in the stance; this will help keep your body weight centered to allow for a steadier finish position.

Timing is another culprit; while each person has their own personal timing they should be aware that they might have to alter it slightly in order to achieve balance. Based on a four step approach with the ball being pushed out on one, In the case of roller timing (previously called early) the ball is ahead of the feet and the weight of the ball might pull the upper body forward to create imbalance, so by delaying the ball start slightly it will help create that good posture mentioned above to achieve balance. The opposite would be Leverage timing (previously called late) the ball swing comes late after the feet are already moving, this could cause the upper body to lean back and be behind the slide making the bowler stagger to maintain their balance, by moving the ball sooner it will help the upper body to remain slightly forward keeping the body centered throughout the approach.

Trail Leg, some bowlers do not utilize their trail leg to help with balance, while the trail leg needs to get out of the way of the downswing, it is equally importance to get it back hind you to act as a kickstand to help maintain balance.

Opposite arm, do you even know what your opposite arm does, most bowlers are not aware of the fact that their opposite arm is flailing about or resting on their leg. The opposite arm should be moved away from the ball in a smooth motion while keeping it out to the side no higher than the shoulder. For players who throw a big hook it would be optimal if they keep the opposite arm out in front as this will help keep their shoulders open which will help send the ball in the direction they desire. Remember the arm needs to be allowed to come back out to the bowler's side when going into the slide; this is a natural counter balance.

Where are you looking? If you prefer to look down at the foul line dots, remember to try and use your eyes only without moving your head. Regardless of what you look at your head needs to remain steady throughout the approach and you should watch your ball travel all the way down the lane and into the pins while maintaining your balance in the finish position.