

Repeating Shots

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With all the emphasis on rev rates, reading lanes and ball layouts, sometimes the most important element of bowling gets kind of lost. And that's repeating shots. Of course, I mean GOOD shots (you sure don't want to keep leaving the same gaggle of pins down there!).

Many lower-average bowlers make corrections based off bad shots. If they miss to the right, it's common for them to aim farther left. Then they miss left (and on today's league condition, that can mean missing the headpin to the right). Then it becomes back-and-forth, left-and-right, correction based on the wrong correction based on...

Bowlers who want to improve must understand their own game and know how a good shot feels. Then, the goal should be to get that feel time and time again.

I'm a huge believer in "timing cues." I know how my feet feel on the first step, how the ball feels as it's released into the backswing, how the target looks as I begin the release, and how the ball feels coming off my hand. I think that most pros (those with a solid resume) do something similar: knowing what their body is doing during the approach and delivery.

Then they can put it to work, rolling a good ball. And then another, and another.