

Duration: 6 Weeks / 12 sessions / Monday & Wednesday 10 am to 12 pm

Starts February 13th ends March 30th

Cost is \$150.00

Includes a bowling ball with completion of the course

Week #1

Session 1 & 2

- Check list (equipment)
- Evaluation & video / Specto report
- Foul line components
- Stance components / Drills

Week #2

Session 3 & 4

- Alignment to the line of play
- Footwork direction
- Swing direction
- Follow through direction

Week #3

Session 5 & 6

- Tension free swing
- Footwork cadence and tempo (humming drill)
- Spare system Alignment (spare shooting)
- Spare system strategy & variation

Week #4

Session 7 & 8

- Release elements
- Learning the power bowling release
- Swing acceleration
- Arm swing direction

Week #5

Session 9 & 10

- Bowling Ball choice
- Ball surface manipulation
- Playing three patterns (37/41/45) feet
- Movement across the lane in transition

Week #6

Session 11 & 12

- Physical Fitness
- Understanding pin carry
- Spare system practice (commit to the spare)
- Specto report & videos



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