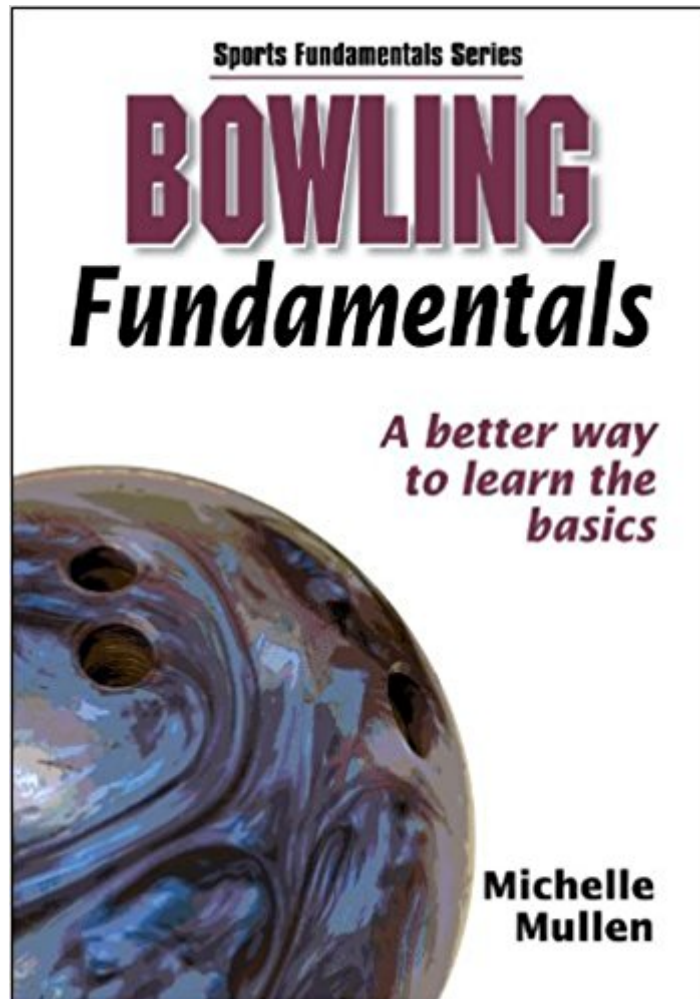


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# Bowling Fundamentals (Sports Fundamentals)



## Synopsis

Learning to bowl has never been easierâ"or more funâ"than with *Bowling Fundamentals*. Students will enjoy using this resource because they will learn by doing, spending less time reading and more time on the lanes. With simple instructions and accompanying photographs, this book makes it easy to teach students to bowl. *Bowling Fundamentals* begins by teaching students about the proper grip and stance. These chapters are followed by instructions on footwork, arm swing, timing, and release. Chapters also are devoted to hitting the pocket and mastering left and right side spares. Finally, readers will get specific information on league bowling. Each chapter addresses a specific skill, leading the student through a simple, four-step sequence: -You Can Do It: The skill is introduced with sequential instructions and accompanying photographs. -More to Choose and Use: Variations and extensions of the primary skill are covered. -Take It to the Lane: Readers learn how to apply the skill in competition. -Give It a Go: Several direct experiencesâ"such as drills, small-sided games, and self-testsâ"are provided to gauge, develop, and hone the skill. Writer Michelle Mullen won four national titles including one major as well as nine regional titles in the Professional Women's Bowling Association and has coached bowlers of all skill levels for more than 16 years. Her personal and professional experiences allow her to understand clearly what bowlers need and how to help them achieve success. Part of the Sports Fundamentals Series, *Bowling Fundamentals* teaches the basic skills and tactics to help readers get rolling in the game and enjoying every frame.

## Book Information

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Average Customer Review: 4.5 out of 5 starsÂ" See all reviewsÂ" (43 customer reviews)

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## Customer Reviews

I ordered three books on bowling and this one by Michelle Mullen is the best of the three. After reading this book I went out and shot games of 199 and 200+, it's the truth. If you want to improve your game or are looking for some good advice then definitely buy this book. I don't recommend buying "From Gutter balls to Strikes" because the author doesn't know how to write a book. He claims to provide you with 101 of the most common mistakes but for the most part it's not good advice. Stick with "Bowling Fundamentals" and you will be fine.

This is a very good book for beginning bowlers. Detailed charts explain how to adjust the starting position to correct missed shots. There is also a very explanation of the importance of walking a straight line to maintain a correct angle. There are also helpful tips on timing, form, etc. and a chapter on understanding scoring and league terminology.

Bowling Fundamentals (Sport Fundamental Series)I purchased this book (Bowling Fundamentals) and 2 DVD's ("The Right Approach To Bowling", and "Beyond The Bowling Basics"). This book has the most information and best breakdown of bowling technique compared to the DVD's. Ranking the 3 recourses above this book ("Bowling Fundamentals") is excellent, the DVD ("The Right Approach To Bowling") is also excellent, but not as good as the book, and the DVD (Beyond The Bowling Basics") is only good, but did contain some information that was not in the other resources.It had been over 40 years since I was in a bowling league, but I recently joined one. The equipment of the '50s & 60s no longer exist (hard rubber ball and dry lanes). I had to learn how to bowl in today world, learn the language, learn new techniques, learn the new equipment. This book and the DVD ("The Right Approach To Bowling") really broke down what I needed to know. Type of material bowling balls are made of, equipment bowlers use and of course how to bowl. The 4 step approach was new to me -- I had been using a random 6 to 7 step what-ever worked approach. Lining up using the arrows and counting boards to adjust to lane conditions was also new. I took what I could from this book and the DVD to completely revamp my bowling technique and get me into the modern era. It has taken awhile to put these new techniques in to "muscle memory". However, I find my league average moving up a pin or two every week. Currently I have an average around 160, but have recently bowled many non-league games over 200. I keep working the fundamentals, someday I won't have to think about them -- it will be natural to bowl correctly.Captain Crunch

This is a great book for both the beginner bowler and a great review for the bowler wanting to

increase score. A must read helps a bowler get rid of bad habit that many bowlers pick up over the course of a season of bowling.

This book has been extremely helpful to my High School bowling team. The text is clearly written and user friendly. The teenagers on my team understand what they have read and can quickly apply it on the lanes. This has been the most easily understood book on bowling that I have read. The language used by Michelle Mullen is straightforward and simple. I highly recommend this book to anyone who wants to either learn or strengthen their game.

If you've never been taught the basics of bowling and want to brush up and improve your scores, or if you are a beginner, this book is worth reading. The book is pretty short and it is an easy read, although the author is a bit repetative at times. It has easy to follow diagrams that also are helpful. I average in the low 200's and I was able to pick up a few tips that have enabled me to become more consistent.

I wish this book was available years ago. Back when I was starting. It takes a comprehensive approach, becomes more detailed where necessary, explains the game/sport, including holding the ball, where to aim, how to hook, releasing the ball, and your general attitude/approach. Not just for beginners. I yellow-highlighted areas I need to work on, to be reviewed and re-read as needed. The photos & graphics are very good and helpful to understanding.

I havent bowled in a while and have just started back. This book covered the all basic fundamentals. It helped me to remember lots I had forgotten and correct some bad habits. I would recommend for any one beginning or looking for points to improve average. It is written easy to understand.

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