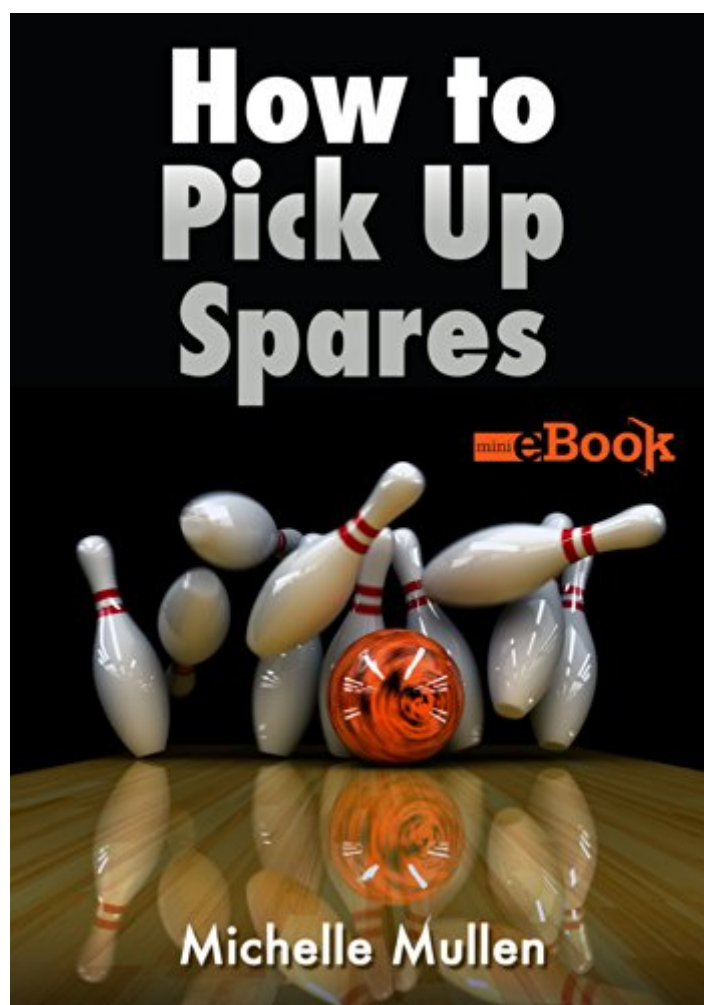


The book was found

How To Pick Up Spares Mini EBook



Synopsis

How to Pick Up Spares breaks down 51 pin combinations and spare-shot setups for both right-handed and left-handed bowlers. It explains how to set up for the shot using a hook ball, aiming for the strike target, or using a plastic spare ball, which will give the bowler a straight shot. Each example has an accompanying art figure showing where the feet are set up on the lane and the path of the hook ball and straight ball. The original content in this mini e-book will help you pick up spares more effectively. If you're also interested in developing your complete game, then complement How to Pick Up Spares with Michelle Mullen's Bowling Fundamentals, Second Edition (Human Kinetics, 2014), which provides comprehensive coverage on the equipment, techniques, lane play and spare-shooting strategies, and mental training necessary for success on the lanes.

Book Information

File Size: 3321 KB

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Customer Reviews

Fantastic tools, rules & concepts that will make you attack your spare shots with *confidence*! If you struggle with spare shooting, get this and add 20+ to your average.

Clear, concise and well illustrated. Michelle writes almost as well as she bowls and teaches.

Great point of reference book... I enjoyed practicing my spares with it!!

it's great! but a little over blown, (too much) could use smaller combination of pins.just too many combs but I like lots of stuff read and try.Mr. Bob

Some good tips. Can't beat the price. I'm always on the lookout for tips that could help improve my game. I found a few here.

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