

By Teresa Ross, *USBC Silver coach*

## **Making adjustments on USBC Sport Bowling patterns**

When you are practicing on a USBC Sport Bowling pattern, explore the lane to find your best reaction. Let the ball be your guide.



On a shorter pattern, you can usually play outside and keep your break point farther from the pocket. On a longer pattern, you normally want to play inside and keep your break point closer to the pocket. Once you find the area you want to play on a Sport pattern, stay there until you think you no longer can play there.

If the lanes start to transition, try to keep your moves parallel. For example, if you move your feet two boards right, you also should move your eyes two boards right. If you move your feet three boards left, move your eyes three left. This will help maintain the same shape of your shot.

Remember that there are exceptions to every rule. If you make angular moves (moving your feet and target different amounts), keep the ratio small so you don't send the ball too wide. If your ball goes high on a house shot, you usually can move your feet left, keep the same target and change the angle to get back in the pocket. If you move your feet but keep your target the same on a Sport condition, the ball will not recover to the pocket and probably leave a wash out or similar leave.

You might also have to change your ball rotation to adjust to transition on a Sport pattern. If you want to keep the ball in a smooth roll, keep your hand behind the ball all the way through the release. To achieve a sharper move at the back end, keep your hand on the side of the ball as you release it. This will cause the ball to skid farther and have a sharper movement on the back. Read what your ball is doing, then figure out what changes to make to achieve the desired reaction.

Do not second guess yourself. Trust your instincts. If you think you should move, then do it. If you think you need a different ball, than change. The only way to find out if you are right is to try it. If you don't like the change, you can always go back.

*Editor's Note:* Teresa Ross is a USBC Silver coach, USBC Coaching Level I Instructor and USBC Junior Team USA assistant coach based in Manteca, Calif.