



(Excerpts from the Gold Approach newsletter)

Did you know?

Balls with high radius of gyration (RG) hook late and have more potential entry angle. They typically work better on drier conditions. But when used on an extremely dry condition, they can generate a strong turn on the back end of the lane.

Did you know?

A typical house pattern puts more oil in the middle of the lane and less on the outside boards, with the separation occurring between the No. 8 and 12 boards. Use a polished ball on that lane condition so it slides longer in the oil and conserves more energy for the hook and snap on the dry outside boards down the lane.

During practice, start with a ball that has a predictable reaction. Your "benchmark" ball will help you determine if you need a weaker or stronger piece of equipment. When you choose which ball to use, don't try to overpower the lane. Explore the entire lane during your warm-up session and determine where the friction is located. Allow the lane to do the work.

– Kim Terrell, USBC Collegiate spokesperson

Most hooking ball not always best for tight lanes

*By Ron Hatfield,
USBC Gold coach*



A common myth in bowling is that if the lanes are extremely oily, you should use the ball in your arsenal that hooks the most.

Sometimes it is wiser to choose a ball that is less aggressive with a stable core (symmetrical weight block) that will produce an even arcing motion and not cover a lot of boards. This can keep the ball in play until the lanes finish transitioning and open up to some degree.

Hitting the pocket and converting easier spares will keep you in the match or tournament more often than if you choose an aggressive ball that forces you to play a line that uses too much of the lane and creates more chance for error.

Make deep breathing part of your pre-shot routine

USBC Coaching certification courses teach that a full breath into the diaphragm helps take the body out of an over-excited fight-or-flight response; it helps you to become centered and present in your thinking. It also fuels physical energy.

As part of a pre-shot routine during competition, taking a breath takes almost no extra time. Try breathing down the back of your throat and filling the back of your lungs. That process will result in a full and complete breath.

- By Dr. Dean Hinitz, author of "Focused for Bowling" and leading authority on sports psychology. Hinitz has a PhD in psychology from the University of Nevada.



Move your target distance to change break point, increase versatility

Most bowlers use the arrows exclusively for targeting. While the arrows serve as a great targeting tool, moving your target closer to the foul line or further down the lane can be a great adjustment for heavy and light oil patterns. Moving your target closer to you will allow the ball to begin hooking sooner, which is essential on heavy oil patterns. Conversely, moving your target further down the lane will help you combat dry heads or light oil patterns. Try both of these adjustments at your next practice session to see how they work for you.



- By Bill Monce,
USBC Coaching Specialist and
USBC Silver coach.