

Welcome Coaches



2023 Coaches Clinic

Mike Shady



- USBC Hall of Fame
- Team USA Coach
- PBA National Champion
- USBC Eagle Champion
- Lifetime USBC Open Average Leader
- National Collegiate Champion
- Ebonite Advisory Staff (EBI)
- Backstage Bowling Founder

Today's Agenda

- Physical Technique
- Cause – Effect – Solution
- Building A Strong Team
- On Lanes

Physical Development

“7” Physical Anchors

Learn It – Practice It – Master It

Physical Anchors – Analysis

One & Two Handers

1. Set Up Position
2. Timing
3. Footwork
4. Swing Path
5. Balance Arm
6. Release
7. Finish Position

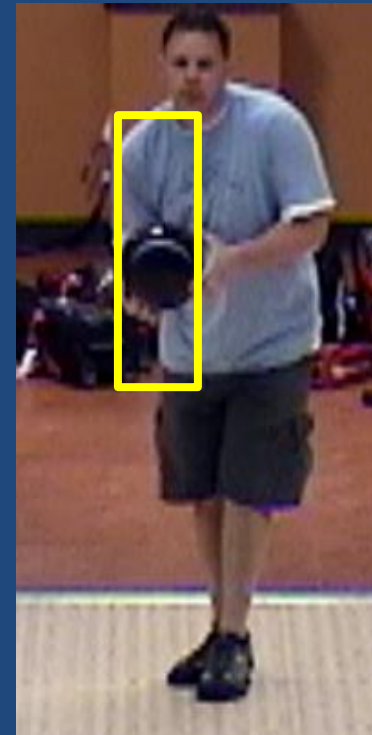
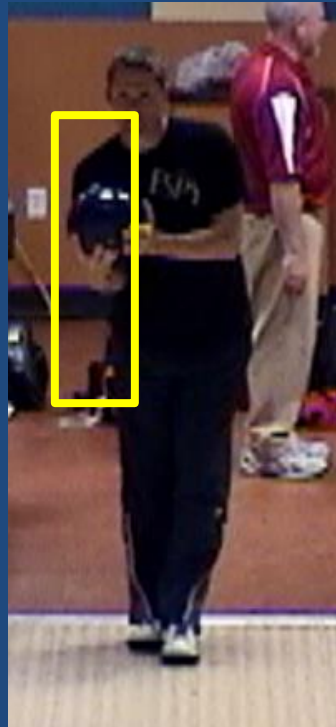
Anchor #1 – Set Up Position

- Easiest of all Anchors
- Essential for Proper Swing, Footwork & Timing



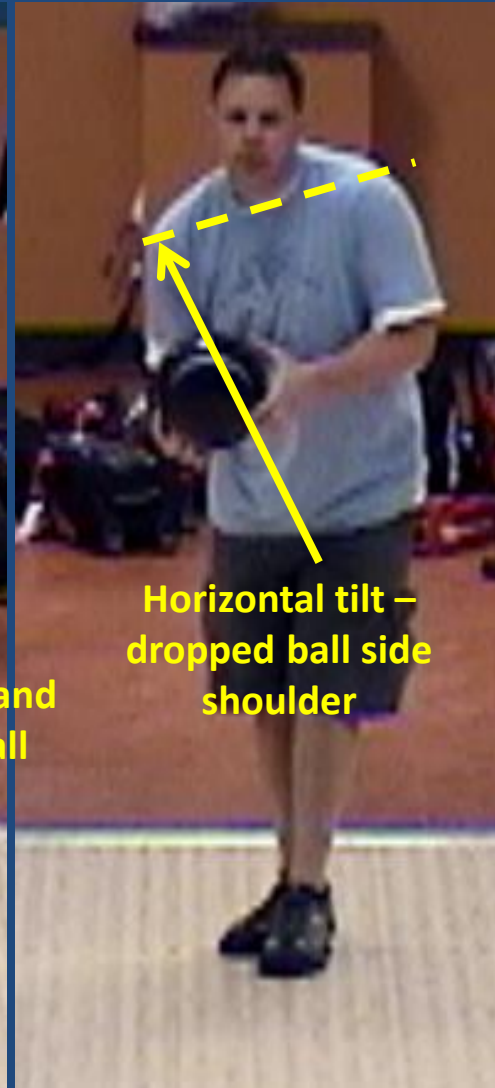
Anchor #1: Set-up Position

- Creates alignment of swing (shoulder & chin)
- Opposite hand supports weight of ball (effort)
- Eyes on target
- Grip pressure ↓
 - Check grip (ball)
- Feet-hips-shoulders
 - Square to target





Non bowling hand
supporting ball



Horizontal tilt –
dropped ball side
shoulder



Arm parallel and
slight flex in knees

Two Hander - Set Up Position

- Very similar to one hander
- Non ball side hand – in front



Anchor #2 - Timing

- Apex = Highest Point of Swing
- Ball MUST transition downward in timing window



Two Hander - Timing

Pushaway Step



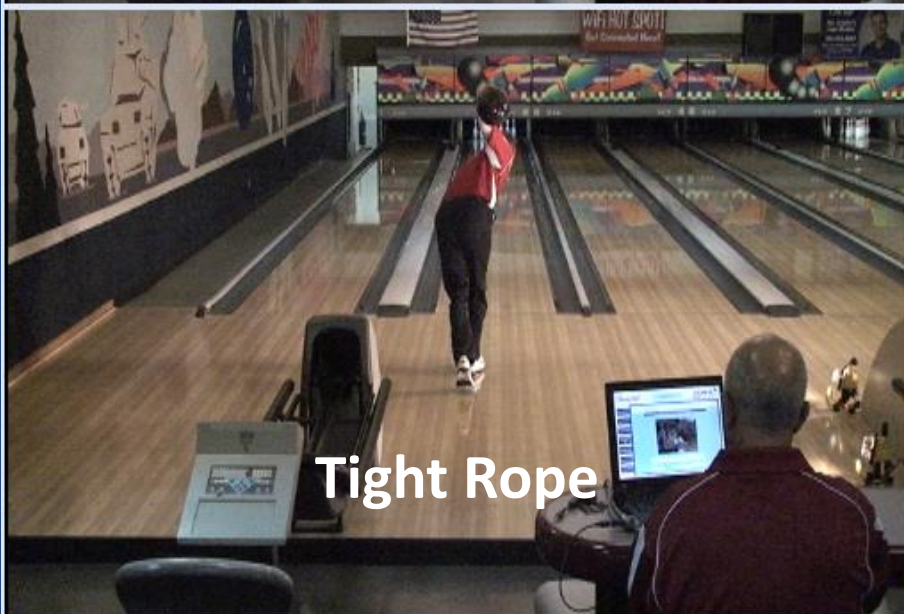
Pivot Step



Key Points

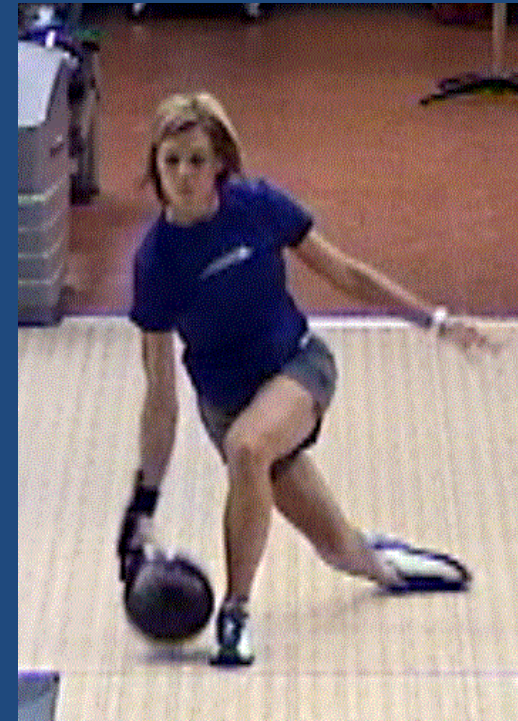
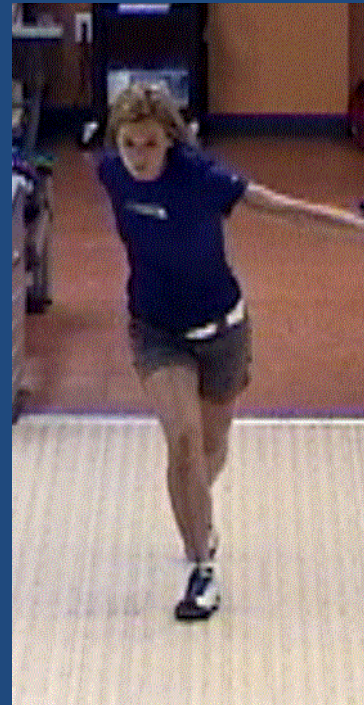
- Start pushaway w/step
- Downswing – close to the timing window
- Look for late start – decreases versatility with ball speed and release

Anchor #3 - Footwork

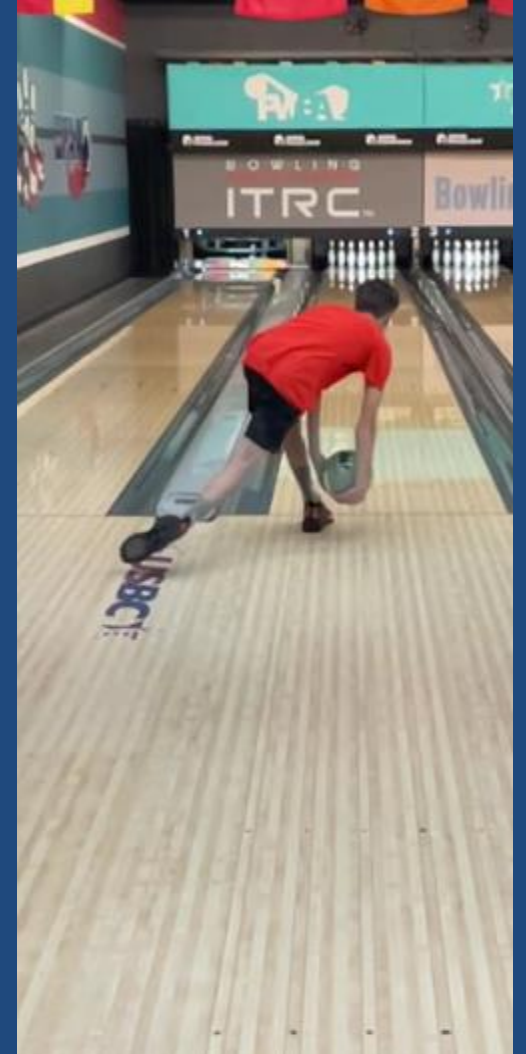
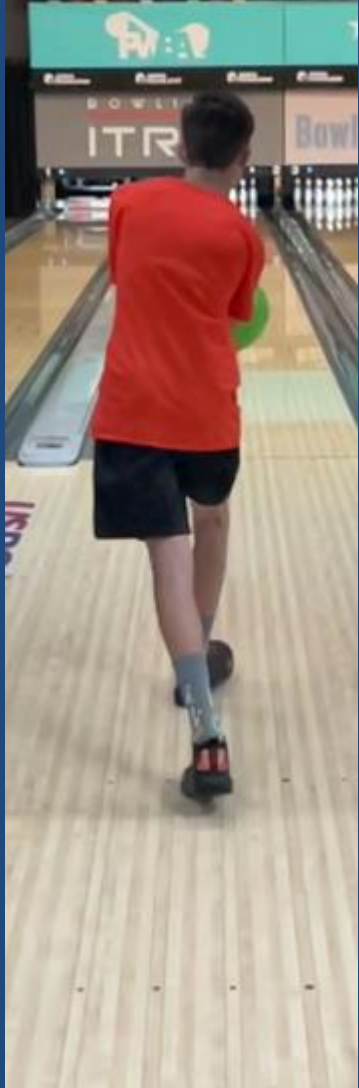


Anchor #3 - Footwork

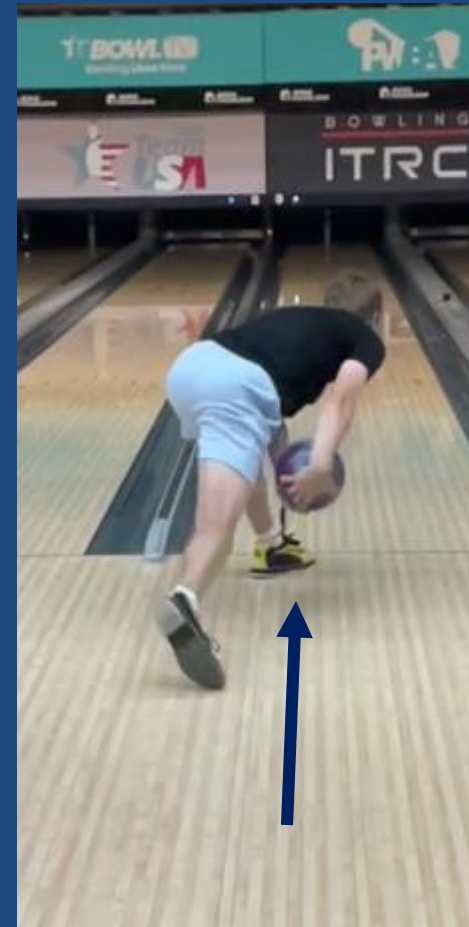
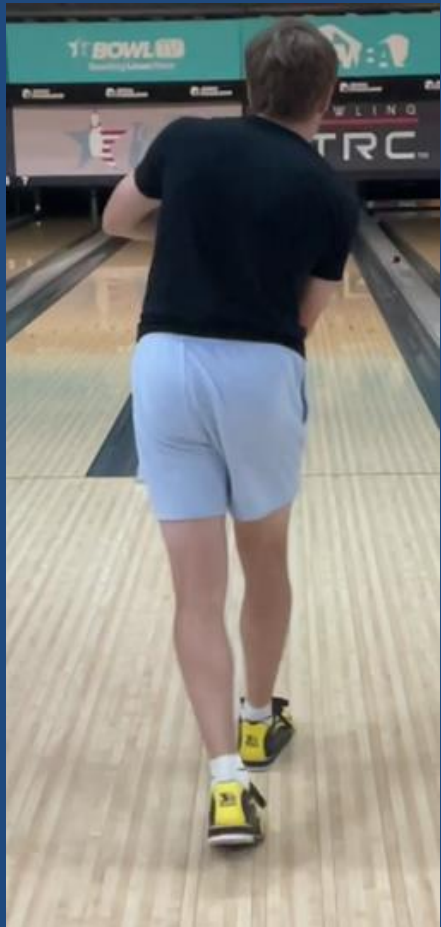
- Shannon O'Keefe – Late Timing
 - 2nd step has left direction (away from swing)
- Many Female Players
- Check Swing Direction and Effort to the Release



Two Hander – Footwork Pushaway w/step

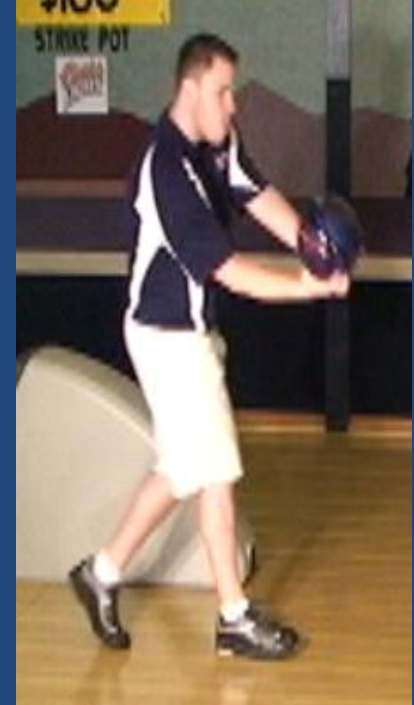


Two Hander – Footwork Late Pushaway

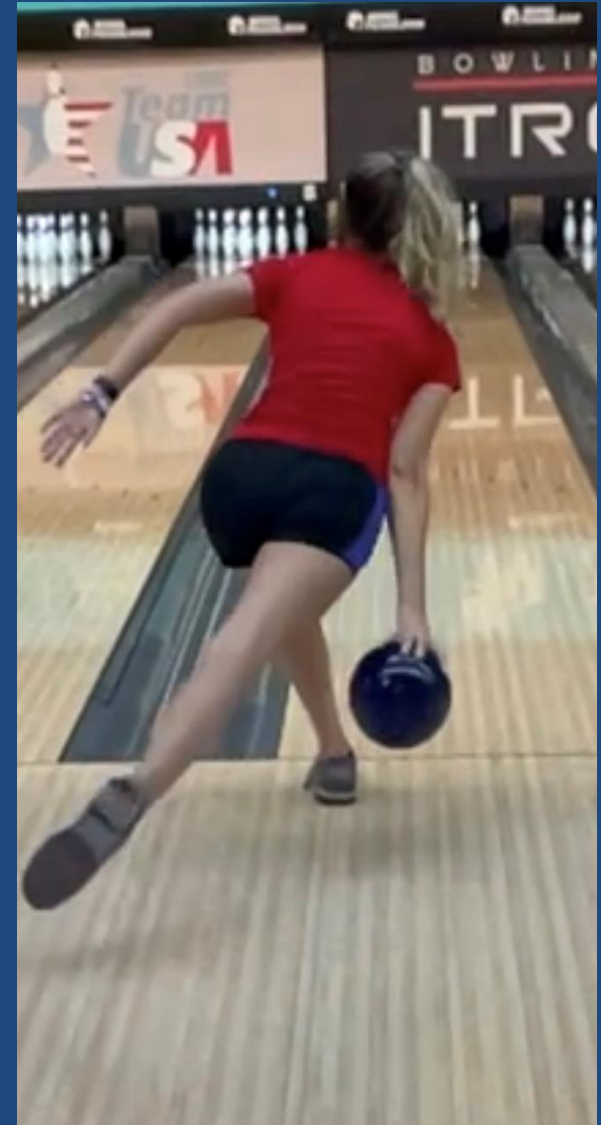


Anchor #4 – Swing Path w/Pushaway

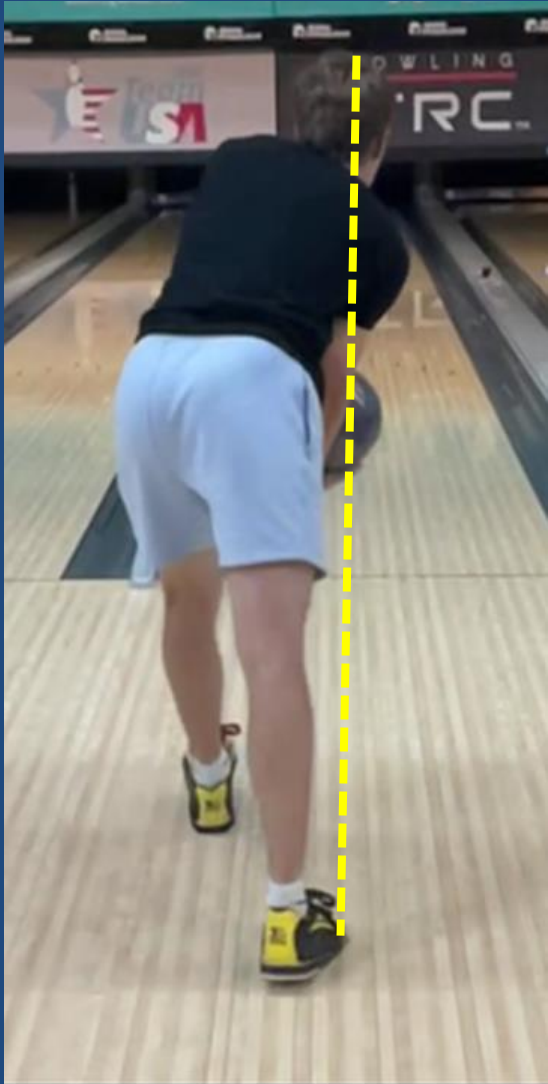
- Short/Smooth/Rounded Pushaway
- Ball Stays in Swing Slot
 - Just inside the ball side shoulder
 - Aligned w/head throughout swing
- Minimal Lateral Swing Movement



Anchor #4 – Swing Path w/Pushaway



Two Handers – Swing Path w/Pushaway



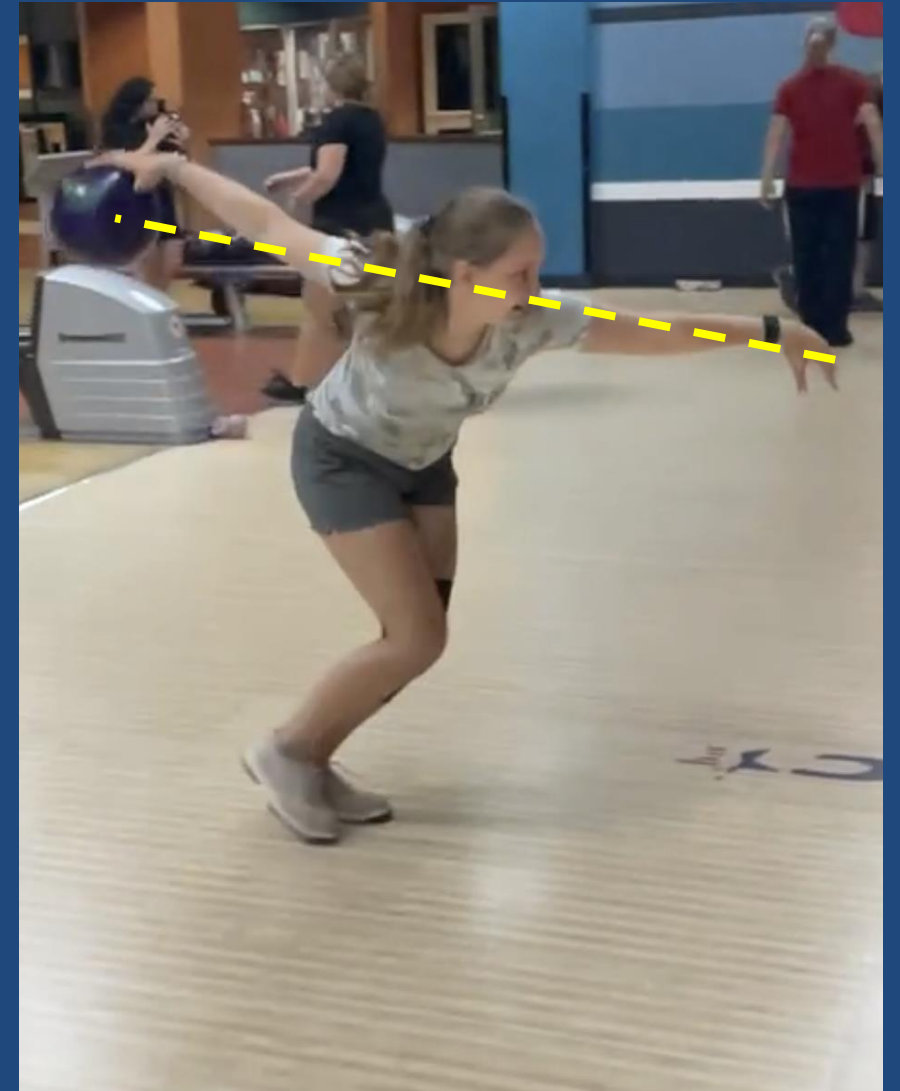
Key Points

- Align with head thru swing
- Watch for too much upper body separation (rotation)
- Make sure player slides to complete proper swing path

Anchor #5 – Balance Arm



Anchor #5 – Balance Arm



Anchor #5 – Balance Arm

Key Points

- Slow movement as it closes
- Monitor launch angles for consistency
 - Less in front and more to the wall
 - Drill – Breanna Clemmer



Anchor #6 - Release

1. Center of Bowling Ball

- Creates longer arc line for hand rotation
- Speed of hand around the arc line



2. Equator of Bowling Ball

- Promotes fast thumb exit for higher RPM's
- Collapse of the hand (hand speed)



3. Speed of Hand

- Increase RPM load on bowling ball

Anchor #6 - Release



Anchor #7 – Finish Position

- Center of Gravity (lower body)
- Balance with Sliding Knee Continuation
 - MUST slide (no heel plant)
- Body Angle = Launch Angle
- Vertical Tilt & Horizontal Tilt



Anchor #7 – Finish Position



Two Handers – Finish Position



Key Points

- Upper body angle will vary for each bowler
- Trail foot near approach
- Slide into finish

Other Information

- Weight of Bowling Ball
 - Avoid moving youth player into a heavier weight too early
 - Lighter much better than heavier
 - Goal is always to create energy with footwork, swing and release
- Slide
 - Always develop a slide with your player
- Skills Drills
 - Avoid “fixing” the cause through the entire approach
 - Isolate the issue
 - Make your players excited about drill work



Coaching Tools



Coaching

- Coach the “uniqueness” of the player
 - Avoid “cookie cutter” systems
- Have a PURPOSE/PLAN for each practice
- Become ELITE spare shooters – build this into culture
- Coach the mental game
- Compete during practice
- Keep Learning and evolving

Player Evaluation

Peak Performance Bowling - Player Evaluation

Name:		Date: August 4, 2013		
7 Peak Performance Anchors	Good	Concern	Comments	Skill Drill
#1: Set-up Position				
Body weight on opposite foot				
Slight flex in knees				
Slight tilt in upper torso				
Ball aligned properly				
Location of ball side arm	Full-Teen Snip			
Body square to target				
#2: Timing	Good	Concern	Comments	Skill Drill
Swing Starts with ball side foot				
Downswing engages with slide foot				
Timing at release L - N - R				
Balanced at finish position				
#3: Footwork	Good	Concern	Comments	Skill Drill
Direction - tightrope-side by side - tightrope - fill the gap				
Rhythm - smooth & swing dictated				
#4: Swing Path w/Pushaway	Good	Concern	Comments	Skill Drill
Length - pushaway: 4"- 6"				
Shape - pushaway: round				
Speed - pushaway: relaxed & soft				

Effect – Cause - Solution

- Effect – the visual everyone can see
 - Opportunity for Growth (improvement)
- Cause – what is causing the effect of the player?
- Solution – what is the “cure” to develop better technique
 - “Solve the puzzle”
 - Many times there are more than one solution

Effect – Cause - Solution

- Let's take a look at some bowlers physical games

Questions to ask:

1. What do you see? (EFFECT)
2. What is CAUSING the EFFECT?
3. What is the SOLUTION to improve the player?
4. What skill drills will be used?

Let's Diagnose

Questions