

THE INSIDE ANGLE
UNDERSTANDING
**TRACK
FLARE**
ADDS PINS TO
YOUR SCORE

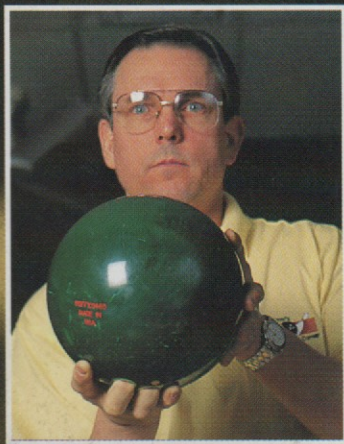
PARKER BOHN: First game or finals, every detail counts

BOWLING

DIGEST

June 1996

Never Leave Another 10-Pin Again



In this month's
"Bowling Clinic,"
Bill Spigner shows
you the hand positions
that will enable you
to take out this
troublesome pin

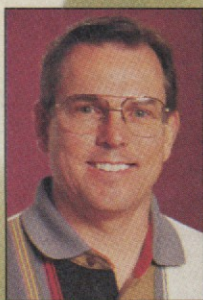
Plus: John Jowdy on the mental game • Randy Pedersen on Ernie Schlegel: "No class" • Pete Weber's unforgettable win

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Haven't You Left Enough

■ *One of my biggest troubles is I miss the 10-pin on nine out of every 10 strike shots. What is the best way to make this pin? Should I wear a wrist band? Also, I have trouble sliding and getting speed on my ball. I need a lot of help.*



Bowling Clinic

By BILL SPIGNER

There are a number of things you can do to convert the 10-pin more efficiently. The most popular method is to minimize your side turn and the revolutions you apply to the ball at the point of release. This method requires you to bend your wrist back so your fingers are on top of the ball and, therefore, unable to put a lot of revolutions on the ball. The second thing to do is make sure your fingers don't turn the ball. You want the ball to roll directly off the front of your hand.

Once you have worked on the release of the ball, you then want to figure out where you have to stand and what your target should be to get the ball traveling to the right corner of the lane. I would recommend that you line up with your left foot on the approach at about five boards left of the left-most dot, or with your right foot on that far left dot. (Line up with whichever foot you are more comfortable with.)

As for your target on the lane, start with the third arrow, counting the arrows from right to left as you are looking at the lane. Roll about 10 shots, lining up at the same spot and keeping the same target on each shot—regardless of whether you are converting the 10-pin. Keep track of the results of each shot, and after the shots, see whether a pattern has developed. If you have a consistent pattern, such as missing left on most of the shots, you can move your feet a little left. If you have a lot of inconsistencies, with the shot missing a number of ways, continue working at the consistency of the release and at hitting close to your target. Initially, making the pin is not as

important as developing a consistent shot that allows you to adjust based on *how* you are missing.

Bending the wrist back and having the ball roll off the front of the hand isn't the only way to kill the action on the ball. Another method is to change which fingers you put in the ball. Some bowlers use the pinky and ring fingers, instead of the standard ring and middle fingers. When you put these two fingers in the ball, spread your middle and index fingers away from the ring and pinky. Bend the wrist back slightly, and let the weight of the ball rest on the middle and index fingers. With this method you are weakening your grip on the ball, so you have to concentrate on letting the ball swing the arm, with minimal controlling of the ball with the hand.

Another method—one which has been used for years by PBA Hall-of-Famer Gary Dickinson—is to remove the ring finger and use only the thumb and middle finger. Both of these changes in finger positioning are geared to weaken the grip on the ball, which makes it harder to put side turn and revolutions on the ball. By experimenting with these alternate methods and comparing them to your normal grip, you can see how little you have to work the ball to get the job done.

Another way to kill the shot is to use a hard plastic ball and increase your speed. There also are a number of bowlers who have experimented with a backup ball for corner pins. However, I would shy away from the backup ball for two reasons: (1) A reverse-curve release is so different from the way you release your first ball that it's extremely difficult to control; and (2) the reverse curve is sensitive to lane conditions—just as a regular curve is—so controlling the hook again becomes a problem.

Your inability to slide can be the result of a number of things. First of all, if you take your last step heel-to-toe, you can't possibly slide. Planting that last step instead of sliding is OK—as long as you don't *try* to slide. PBA star Jess Stayrook uses this method for his last

Need some help with your game? Bill Spigner welcomes questions from readers. Mail your questions to: Bowling Clinic, Bowling Digest, 990 Grove Street, Evanston, IL 60201.

10-Pins?

When the nap raises, it inhibits your slide. If you rub your hand from the toe of the shoe toward the heel, the nap will raise if the sole was installed incorrectly; the nap should lay down from toe to heel, and raise from heel to toe.

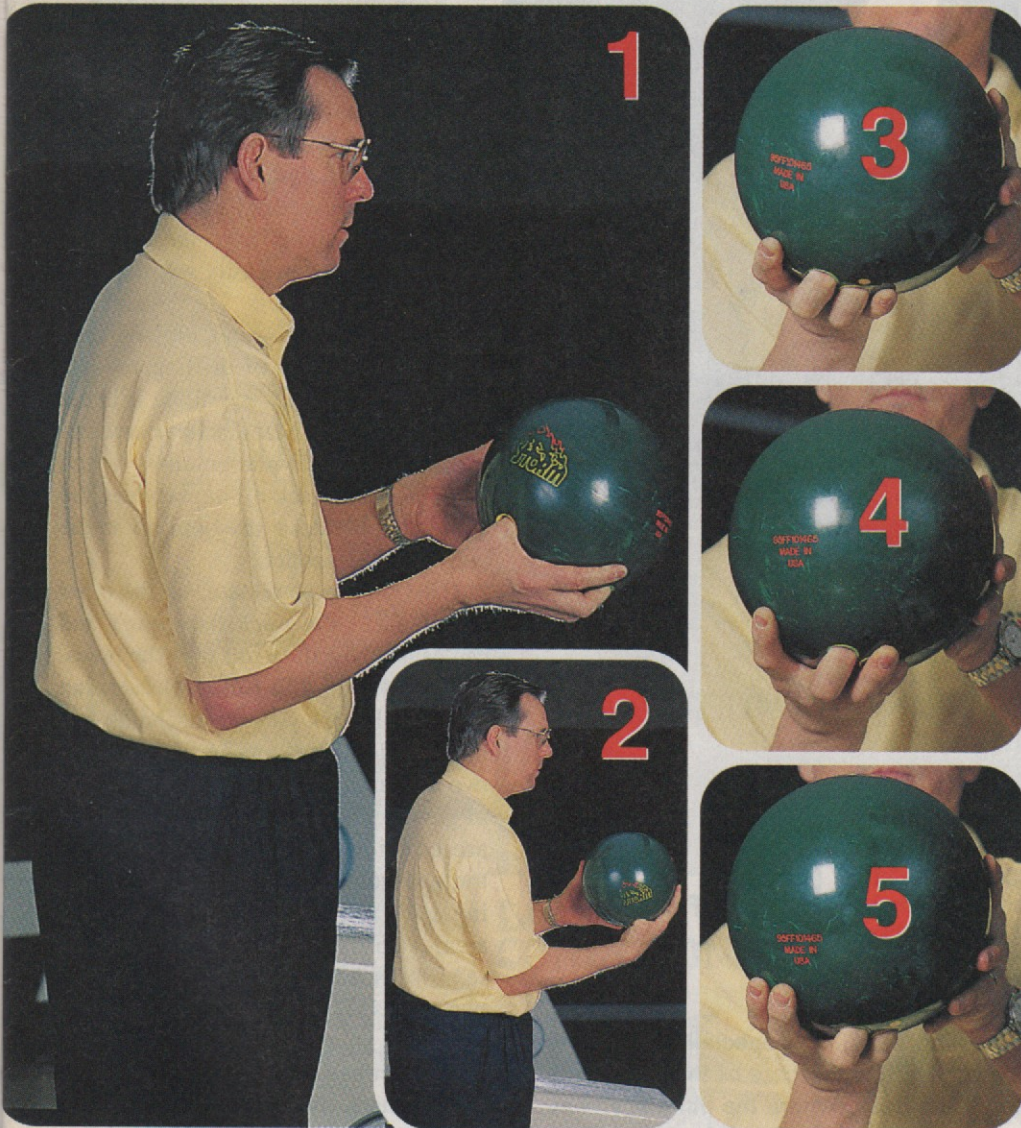
If you rub the nap from toe to heel and it lays down, you need to look at other things—the nap wasn't your problem.

Where is your weight distributed on your sliding step? If your body weight is too far forward, all the weight can go to the toes, and that can reduce your slide. If your back angle is leaning away from the foul line, your weight shifts to your heels, and the heel of the shoe can hinder your slide. You can tell if your weight distribution is too much in one direction or another because you will have trouble with balance and control.

The last thing to consider when it comes to sliding is what shape the approaches are in. Some bowling centers' approaches actually slide less than others. It's our job as bowlers to adjust to the playing conditions, and the approaches can be every bit as important a part of the playing conditions as the lanes themselves. See if you can identify where your problem is—understanding the problem can help you solve it.

Last, you say you have a problem with getting enough speed on the ball. The easiest way to increase your speed is to get your body moving fast, so you can accelerate your swing through the release zone. To get your body moving faster, start out in your stance in an "attack" position. Make sure your spine angle is tilted slightly forward, with a slight bend in your knees. Once you have set your body up for action, start the movement on your ball sooner than you

normally would. When you get the ball started sooner, your mind will tell your feet to move faster to keep up with the swing. This will give you the body speed to allow you to accelerate the

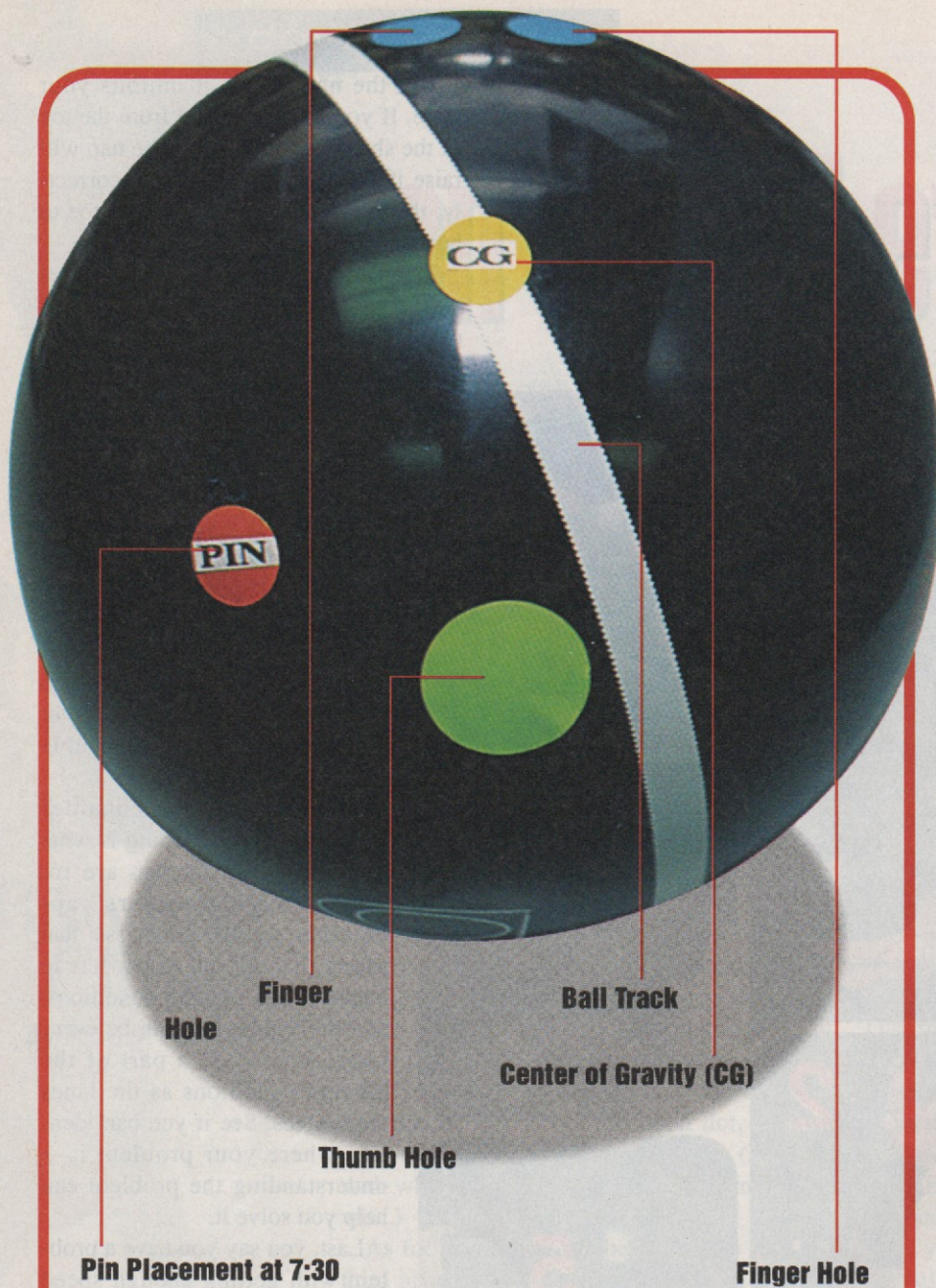


To convert the 10-pin more efficiently, you want to remove the turn and revs you apply to the ball at the release. To do this, bend your wrist back (1)—don't cup the wrist (2)—and let the ball roll off the front of your hand. You also can vary from the standard ring-and-middle-finger grip (3) by removing the ring finger from the ball (4), or putting the ring finger and pinky into the finger holes (5).

step. Stayrook even has gone to a gym shoe to prevent him from sliding. (Of course, he uses these gym shoes only for bowling.)

If you are not a planter, you need to

look at some other factors (including, again, your shoes). If you are wearing an inexpensive pair of bowling shoes, the soles may have been put on backward. The leather sole has a nap to it.



With today's high-performance bowling balls, it's especially important for full-rollers to drill their ball correctly. How the core of the ball is set to your ball track affects the flare of the track. Where the pin placement and center of gravity are located relative to the track—for a full-roller, most manufacturers recommend a 7:30 pin placement—determines where the track will flare, and how much it will flare.

swing with minimal muscle effort.

■ *I am a right-handed bowler who throws a full-roller all the time. I would like to know the best way to drill my ball. One pro shop operator told me to*

drill the ball for a lefthander; another said to drill the ball so the pin is at the ring finger. What is the best way for a full-roller to get the most out of the ball?

With today's high-performance balls,

it's important for a full-roller to drill the ball correctly. The cores of today's balls have a big effect on what happens to the ball track. How the core of the ball is set to your ball track affects the flare of the track. [For more information on track flare, see Jeri Edwards' story, "The Inside Angle," on page 18.]

Where the pin placement and center of gravity are located relative to the track determines where the track will flare, and how much it will flare.

A full-roller's ball track rolls between the thumb and finger holes. This type of track always rolls close to the finger and thumb holes. With how much the new cores move the ball track as it's rolling down the lane, the full-roller track can easily roll over the holes.

The most popular—and, probably, the strongest—manner of drilling today's balls for a full-roller is drilling it like a lefthander's ball. Manufacturers recommend a 7:30 pin placement—which helps keep the track rolling between the holes and provides a strong finish on the ball—for a full-roller.

The 1:30 pin placement, on the other hand, makes the track flare more and can cause the ball to roll over the holes. However, some full-roller releases can get the ball track outside the thumb and finger holes. One way is with the pin two to four inches offset from the center of gravity, and at a 1:30 position. If you are considering changing your ball track, I would recommend experimenting with pin placements in the 1:30 area. Also try a leverage drilling for a semi-roller track, with the pin out about two inches. This, combined with a little change in your release, can produce the semi-roller ball track.

Or perhaps you can experiment with a used ball. Use one with the pin two to three inches out. Drill it with the center of gravity in the middle of the grip, and the pin at 7:30. Plug and re-drill it with the pin at 1:30 and the center of gravity in the middle of the grip, or with a leverage-weight drilling for a semi-roller.

See what your track does and how the ball finishes. From there, you and your local pro shop operator can design the best equipment for you. ●