HOW TO PROMOTE A PROFESSIONAL SWING

BY JOE SLOWINSKI

SINCE YOU TARGET with your eyes, the keys to promoting a great swing are relatively simple: 1) swing the ball under your eye, and 2) get your body out of the way to keep the swing under your head. This is the type of swing used by virtually all top pros.

SETTING THE STANCE
As you can see in photo 1, the bowler is leaning significantly with his head over the ball. An easy method to establish this position is to think the following: “Eye over the hand, chin over the ball.”

GETTING THE SWING STARTED
To create more space, as you begin the approach, you should employ a step-over step (as shown in photo 2). Specifically, the ball-side foot steps over the slide foot in the second step of a five-step delivery (or the first step of a four-step delivery). With the starting position, the step-over step creates adequate space for the bowler to keep the ball under the head.

AVOIDING A COMMON PROBLEM
Many amateurs swing around their body. This creates a swing that loops too much, going around the back and following through outside of their eye and head, losing both leverage and accuracy.

As you drop the ball, the bottom of your bowling hand should go toward the pocket of your pants. Since you are stepping over, the leg will move out of the way and the swing remain under your eye. If you are currently pushing outside, think about pushing toward the center of your body. This will actually promote a straighter swing.

Use a mirror to practice at home, or videotape yourself in the stance.

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