

Controlling Backend Reaction with Hand Position in the Stance

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With a simple change in the starting position of your hand in the stance, you can alter the backend reaction of your ball motion. This is important to ensure that your entry angle is appropriate for the lane condition. Use this method to get more backend and a sharper angle or to decrease the backend reaction and decrease the angle on the backend.

A skilled bowler can change the ball motion by altering the starting position of the hand. This will alter the ball slightly at the top of the swing and place the hand in a different position at the bottom of the swing. These lead to ball motion change by altering how far the hand will travel through the release.

By changing your hand position in the stance, you can increase the strength of the backend reaction or reduce it. On a house condition, with a built-in larger margin of error, you often want to create a sharper angle on the backend. On the other hand, when the lanes are challenging, you want a smoother backend motion.

The image below illustrates the relationship of the starting position of the ring finger and the corresponding backend motion. **HOW-TO IMPLEMENT THIS SYSTEM**

- 1) Place your ring finger in the desired starting position (6, 4/5, 7/8).
- 2) Be sure to maintain the initial starting position through the end of the pushaway into the swing. This requires focus and concentration. Be purposeful....
- 3) Wait until the ball intersects your slide shoe heel to begin the release. **TESTING THE METHOD (USE THE SAME BOWLING BALL)**
 - 1) Throw your base first (6 o'clock with both ring and middle finger)
 - 2) Throw 3 to 5 shots. Observe the backend reaction
 - 3) Move to the stronger position with your ring finger (7 for RH or 5 for LH)
 - 4) Throw 3 to 5 shots. Observe the backend reaction
 - 5) Move to the weaker position with your ring finger (5 for RH or 7 for LH)

(*) If you can throw 45 degrees of axis rotation, use this release. **SOME REFLECTION OPPORTUNITIES** To be great at the sport of bowling, you need to observe your ball motion closely. Watch your ball entering into the pocket as well as where it leaves the pin deck. If the ball is flat into the pocket and deflecting too much, you are likely to leave corner pins. If the ball is too strong on the back, you can leave 8s or 9s. If it is too flat, then you need to increase the backend. Conversely, if the ball is too strong, then smooth-out the backend motion. Ideally, you want the ball to roll into the pocket and exit between the 8 and 9. If you are RH, is the ball deflecting to the 9 or between the 9 and 10? If so, increase the backend strength. If the ball is going over to the 9-pin side, then smooth it out. If you are LH, is the ball deflecting to the 8-pin or over between the 7 & 8? If so, increase the backend strength. If the ball is going over to the 9-pin, then smooth out and weaken the backend reaction.

IMPORTANT NOTE: This represents relative ball motion change with the same axis rotation at release and the same bowling ball. When experimenting with this method, be sure to use the same bowling ball.