

How Elite Bowlers Create an Excellent Swing Path

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Did you realize that Jason Couch and Chris Barnes share nearly identical biomechanical movements. It is true. This is why they both have been so successful at the top level of our sport.

In the July 2008 Slowinski at-large, I share with readers the keys to creating the best swing. Specifically, I explore the components of creating a swing slot. A great swing is the direct result of a number of specific and critical biomechanical movements. The top professionals do specific things that lead to the most efficient biomechanical movements. Learn how to do these in your game.

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