

Improve Your Swing & Release: Try the Back-up Drill

Contributed by Joe Slowinski
Monday, 16 February 2009
Last Updated Friday, 20 February 2009

In the March Slowinski at-large, I discuss a very unorthodox approach to improving your swing and improve your hand position into the release. Specifically, the drill mirrors the swing into the release of top PBA players. And, at the Kegel Training Center, we have used this drill to significantly improve a bowler's swing and release. The drill is a back-up ball drill. Why is this effective? The motion of an elite bowlers swing through-to follow-through is equivalent to a back-up. This is seen in bowlers such as Chris Barnes, Sean Rash and most top professionals. By practicing this drill, on a frequent basis, you will improve your release and swing. And, it also provides an effective strategy to shoot many difficult splits. Give the idea a chance and your game will improve. To learn more, read on....

[Download the article in PDF \(633 kb\)](#)