

PETTLEP:A More Effective Visualization Technique

Contributed by Joe Slowinski
Tuesday, 30 June 2009
Last Updated Tuesday, 30 June 2009

In the July Slowinski at-large, I share with readers an extremely effective visualization process: PETTLEP. PETTLEP involves specific methods of visualization that have been shown to be significantly more effective than traditional visualization methods espoused in sport science. In conclusion, I make specific recommendations on implementing PETTLEP into your bowling training process. If you want to take your game to the highest level, you need to read this article.

[Click Here to Download \(883 KB\)](#)