

Targeting for Cross-Dominant Bowlers: What CATS Revealed About the Most Effective Targeting Methods

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In the November 2009 Slowinski at-large, I share with readers a research project on the most effective targeting methods for cross-dominant bowlers. Specifically, cross-dominant bowlers are those who throw with the arm with is the opposite side of the dominant eye. The findings of the research reveal that specific targeting methods can help cross-dominant bowlers improve target accuracy as well as improve ball speed consistency.

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