

# The Kinetic Chain: How to Transfer Energy from the Body to the Ball

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In the July 2012 Slowinski at-large, I explore the kinetic chain in bowling. Specifically, I discuss force generation and energy transfer from the body to the bowling ball. To maximize performance, coaches and players should begin to conceptualize the physical game in terms of force generation and energy transfer. With an energy transfer analysis, we can more accurately determine which movements aid in maximizing performance with efficient energy transfer while identifying those which create inefficiencies leading to unnecessary energy depletion.

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