

THE 3 STEP APPROACH

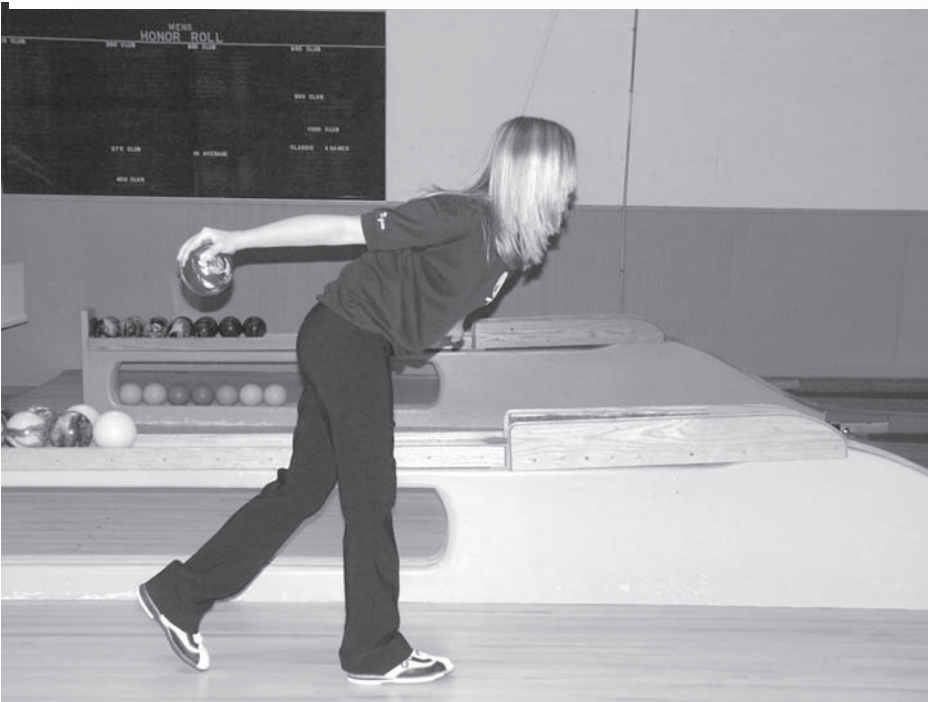
For those who can manage bowling one handed, the most common and most successful way of delivering the ball is the **THREE STEP APPROACH**. Once a bowler has become familiar with the one step approach (see previous) all you have to do is get them to add two more steps that will greatly smooth out their bowling technique. The mechanics behind the three step approach are:

NOTE: All steps described are for right handed bowlers - reverse for left handed



STEP ONE:

All your weight on your right leg, slide your left leg forward while you push the ball away from your body.



STEP TWO:

Bring the ball back behind you while you step forward with your right foot.

STEP THREE:

Now bring your arm through while you step forward with your left foot and release the ball in front of you onto the lane.

This is the proper execution of the three step approach.



Now get the bowlers ready. First determine where they are going to begin their approach. To do this, have the bowler stand on the approach, back to the foul line and heels 15 cm (6") from the foul line. Then, without a ball, have them go through a three step approach AWAY from the foul line. Where their left foot stops after the three steps will be the spot they should begin their approach.

Have the bowlers note where they stopped on the approach and have them go through the three steps once again, still without a ball, but this time towards the pins. If their test approach was accurate they should end up 7 to 15 cm (3 to 6") from the foul line. Have the bowlers run through the three steps a few times before using a ball.

This is how easy it is:

- On 1 Push away and take the FIRST step with the left foot
- On 2 Back swing while taking the SECOND step with right foot
- On 3 Arm swing forward to make delivery as slide is taken with the left foot, to deliver the ball in front of you onto the lane.