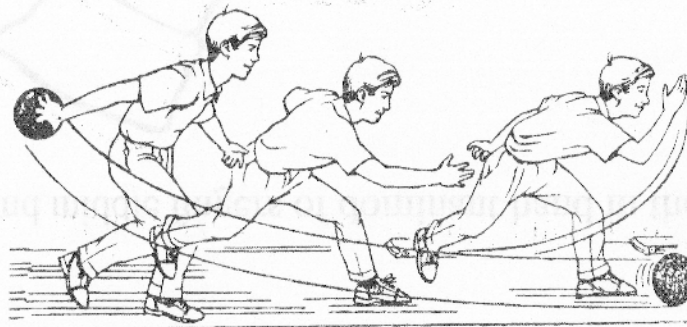


# Bowling

## Rolling - Feedback



- \_\_\_\_\_ Step forward with dominant foot as the ball reaches the height of its backswing.
- \_\_\_\_\_ Step forward with non-dominant foot forward as the ball is brought forward.
- \_\_\_\_\_ Point non-dominant foot towards target with hips/shoulders remaining square.
- \_\_\_\_\_ Release ball.
- \_\_\_\_\_ Follow through with hand toward the target bringing thumb up to nose.