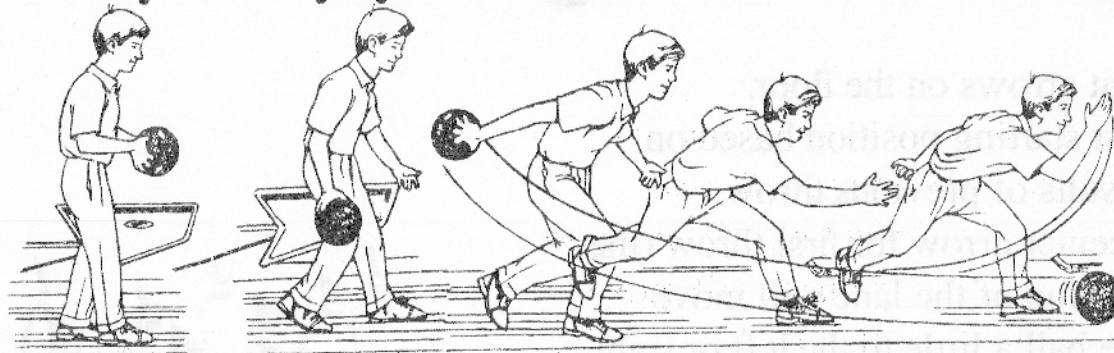


Bowling

4-Step Approach - Feedback



_____ Stand with both feet together.

_____ Hold ball in dominant hand with support from non-dominant hand.

_____ Hold ball in front of body at waist height.

_____ Step forward with dominant foot as ball is pushed forward and slightly to dominant side.

_____ Step forward with non-dominant foot as ball swung down alongside the leg.

_____ Step forward with dominant foot as the ball reaches the height of its backswing.

_____ Slide non-dominant foot forward as the ball is brought forward and released.

_____ Point non-dominant foot towards target with hips/shoulders remaining square.

_____ Follow through with hand toward the pins bringing thumb up to nose.