TIPS FOR BEGINNER BOWLERS



BALL SIZE

For men, perfect ball weight around 14-15 pounds, and for women around 11-12 pounds.



Focus on your balance and line up your ball correctly.



For a slower approach, keep your ball at chest level. For a faster approach, keep the ball between thigh and waist.



LINE UP THE SHOT

Don't aim down the middle, use lane markings and adapt to conditions.



Start with a lighter ball and keep your thumb out.



Let the ball go at the bottom of your swing and aim directly at the pins



BOWLING SHOES

Bowling shoes are usually made from leather and rubber, providing a smooth slide and good foot protection

Beginners Guide To Bowling

Robert R. Redfield

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