

Setting Up for the Perfect Bowling Shot

No matter how experienced the bowler, they likely know that how they set up their bowling shots will determine how the game of bowling will go for them. Without the correct set up, the chance of knocking pins over is left to lady luck. The proper steps to setting up a perfect shot can be achieved by just about anyone, even if they are a first time bowler. It has less to do with skill than it does preparing mentally for the shot.

Serious bowlers know that by looking at the positions of the pins to line up their shot is extremely important to their scores. Technical skill will, of course, lead to a higher score. Proper preparation to do this will increase technical skill, which in turn will also lead to a higher bowling score. It will also allow the bowler to do their best each time they are at the lanes, instead of letting themselves get thrown off by other factors. There are a few things a bowler can do to mentally prepare themselves for the shot.

The first and most important thing is for a bowler to have a routine or ritual that they perform before each and every shot. Almost anything goes for this ritual, but all pros have one. It could be taking a few deep breaths or wiping down the ball. It could even be slightly ridiculous like doing a few jumping jacks. It doesn't matter what the routine is, just that one exists. This gives the player time to focus and calm themselves before each shot. Once the routine has transformed into habit, it will serve to instantly calm and focus the player on their bowling shot.

Once a routine is established, the bowler should work on finding a way to tune out distractions. Bowling alleys are loud, busy and filled with lights that flash. All this distraction and noise must be blocked out to set up for that perfect shot. This can be achieved by the bowler doing something as simple as repeating a phrase over and over to themselves, or thinking of a favorite verse of a song. Only trial and error will help a bowler find the technique that works to best block out distractions for them. Like the ritual, this may feel a little funny at first, but soon will become second nature and extremely helpful.

As soon as a bowler has found the habits that help them best prepare for each shot mentally, the technical aspects of the game can and will follow. Having these routines can also help the bowler stay confident and not let an off shot throw their entire game. Every game has lows and highs, but it is important to stay consistent. Many pro bowlers will say that the game of bowling is 90% mental. By having a ritual and focus technique in place the mental aspect will be taken care of, so the technical aspects can then be perfected.