

Footwork — Parent & Player Handout

Purpose: A simple, visual reminder of the footwork we're practicing this week. Use this at home or at the lanes to reinforce rhythm, balance, and a smooth release.

Quick Safety & Setup

- Wear proper bowling shoes.
 - Keep practice short and positive — 5–10 minutes of steps is excellent progress.
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How to Count: Why we count

Counting keeps rhythm. We count aloud together while stepping (e.g., "1 — 2 — 3 "). Counting helps timing between the steps and the arm swing.

Which foot starts?

- **Right-handed bowlers:** start with the **left** foot.
- **Left-handed bowlers:** start with the **right** foot.

3-Step Approach

Count: 1 — 2 — 3 (Slide & Release)

1. **Starting position / Step 0 (0) :** Ball at waist, feet shoulder-width.
2. **Step 1 (1):** Small slide step forward with starting foot. Push arm forward. Fully extend arm in front of you
3. **Step 2 (2):** 2nd step; Drop the ball down, don't pull the ball, let the weight of the ball drop.
4. **Step 3 (3):** Slide with the opposite foot toward the foul line, bend knee slightly, swing arm forward and **release**.
5. **Follow-through / Finish:** Hand comes through all the way to forehead, bend in the elbow.

Drill: Shadow steps — do the full 3-step without a ball, counting and holding the slide for 2–3 seconds to practice balance.

Little Littles (Ages 5–9): Sticker Setup & Games

- **Sticker setup:** Place two stickers on the approach. Space them roughly two comfortable steps apart (about 12–18 inches depending on child size).
 - **Game idea:** "Step-on-the-circles" — have the child place each foot on a sticker so they are standing point straight forward and can comfortably bring the ball behind their legs.
 - Use lots of praise: "Good Job!" "Way to put your feet in the right spot!"
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Quick Cues (short phrases coaches & parents can use)

- "1 — 2 — 3 — 4" keep the count consistent.
 - "Slide, Step, Slide, Finish"
 - Steps should be a comfortable normal distance apart (Kids tend to take giant/long steps, which affects balance)
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Common Problems & Simple Fixes

- **Rushing:** Slow the steps down; count out loud together.
 - **Overstepping:** Shorten step length — aim for comfortable balance.
 - **Dropping the arm early:** Have them practice the swing without releasing a ball (hold the finish).
 - **Poor balance on slide:** Practice the slide and hold for 3 seconds before releasing.
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At-Home Practice Ideas (5–10 minutes)

- **Shadow steps** (no ball) — 3 or 4 counts, 10 reps.
 - **Step-and-hold** — slide and hold for balance (5 holds).
 - Record a short video so the child can see their finish and celebrate progress.
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Do:

- Count with them and clap the rhythm.
- Give short, positive feedback (one correction at a time).
- Praise effort and consistency.

Don't:

- Over-coach with many instructions at once.
- Criticize a missed step — keep it fun.