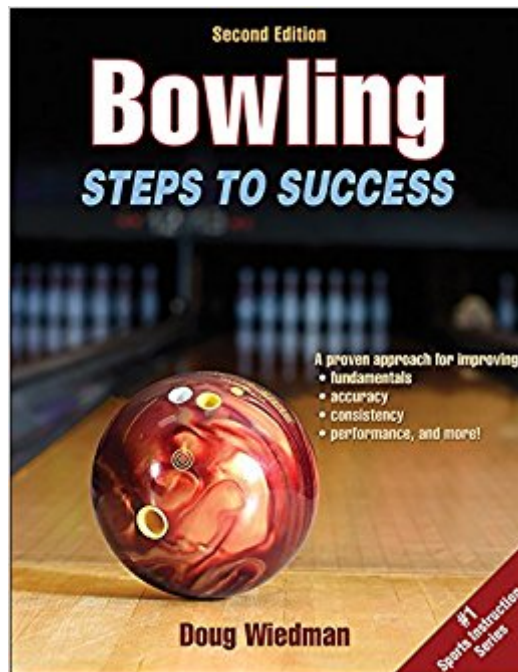




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Bowling 2nd Edition: Steps To Success



Synopsis

See your average rise and the pins fall with the second edition of *Bowling: Steps to Success*. Inside you'll find progressive, detailed instruction on all aspects of the game. You'll learn these essential skills and strategies: • Grip • Stance • Footwork • Arm swing • Approach • Timing • Release You'll also learn the best strategies for targeting and picking up spares as well as correcting common errors and adjusting to various lane conditions. Best of all, this updated second edition features new full-color photos and diagrams, dozens of drills, self-scoring exercises for charting progress, and professional advice for improving your performance. Part of Human Kinetics's popular Steps to Success series—with more than 2.5 million copies sold worldwide—*Bowling: Steps to Success* will have you landing solid strikes and converting even the most stubborn spares in no time.

Book Information

Paperback: 256 pages

Publisher: Human Kinetics; 2 edition (August 26, 2015)

Language: English

ISBN-10: 145049790X

ISBN-13: 978-1450497909

Product Dimensions: 8.5 x 0.3 x 11 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 5 customer reviews

Best Sellers Rank: #543,508 in Books (See Top 100 in Books) #19 in Books > Sports & Outdoors > Individual Sports > Bowling

Customer Reviews

• In *Bowling: Steps to Success*, Coach Doug Wiedman has provided an excellent foundation for those bowlers wishing to develop some sound fundamentals as they learn the game. Coach Wiedman pulls from his extensive background of coaching to offer tips and techniques that will help any bowler improve, whether a newcomer or someone who has enjoyed the game for a while and just wants to improve. • Gary Sparks-- Head Bowling Coach Vincennes University, 12-Time National Junior College Athletic Association Champions, 4-Time NJCAA Coach of the Year

Doug Wiedman is a lecturer in the department of health and kinesiology at Purdue University, West Lafayette, Indiana. Wiedman has been the department's bowling instructor since 1993, where

his courses have become among the largest college-based bowling instruction programs in the United States. In addition to his teaching duties, Wiedman has been the assistant coach for Purdue University's nationally ranked intercollegiate bowling team since 2004. He also coached bowling at the high school level at Harrison High School, Lafayette, Indiana, from 2001 to 2009. Wiedman has twice been selected by Bowler's Journal International as one of the nation's top 100 bowling coaches. He started United States Bowling Congress (USBC) coaching certification courses in 1998, culminating in silver-level certification in 2005. Since then, through additional coaching and recertification activities, Wiedman has maintained his silver-level status. He was a member of the Purdue University men's bowling team from 1984 to 1988.

Easy read and simple steps to follow. Thank you!

Great book to use as source and training

Book is great, Delivery was on time. This book will help me with coaching bowling. Thanks

Chocked packed with detailed information for improving every aspect of your bowling game, this book will definitely help the beginner and advanced bowler! Through explanations, diagrams and helpful photos are given with every technique. Especially helpful are the bowling problems and the corrections. Soup to nuts with safety, ball fit, lanes, equipment and scorekeeping, this book has it all. Your bowling game should definitely improve after reading this book.

As a fairly new bowler (4 years), I was excited to be given the opportunity to review this book. It was very helpful in understanding the game and gave me insight as to what I needed to improve and work on. The book was easy to understand and extremely informative. I feel this book would be pertinent to both new and experienced bowlers. Well written.

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