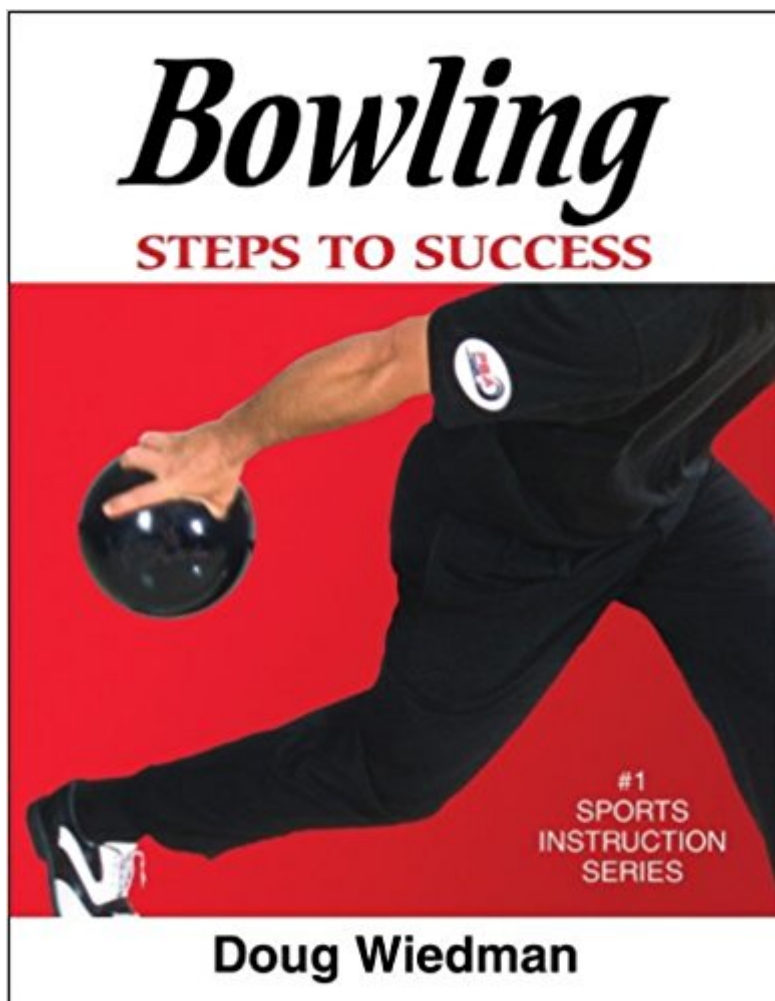


The book was found

Bowling: Steps To Success (Steps To Success Sports Series)



Synopsis

Master all of the essential skills of bowling to raise your averages at the lanes. *Bowling: Steps to Success* contains in-depth, progressive instruction for each aspect of the game—from grip and stance to footwork and release—so you'll be throwing strikes consistently in no time. Build a strong skill base with clear instruction, precise illustrations, and dozens of drills that feature a scoring system to help you gauge your improvement and accelerate your progress. Then learn and practice the tactics of shooting strikes and spares to give you more confidence and success on every frame. Step up to the line knowing you'll deliver a well-executed shot with pinpoint accuracy. As part of the Steps to Success Series—with more than 1.5 million copies sold—*Bowling: Steps to Success* will give you maximum results.

Book Information

Series: Steps to Success Sports Series

Paperback: 216 pages

Publisher: Human Kinetics; 1 edition (November 1, 2005)

Language: English

ISBN-10: 0736055282

ISBN-13: 978-0736055284

Product Dimensions: 8.5 x 0.5 x 11 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 4.7 out of 5 stars 28 customer reviews

Best Sellers Rank: #217,184 in Books (See Top 100 in Books) #5 in Books > Sports & Outdoors > Individual Sports > Bowling

Customer Reviews

Douglas L. Wiedman maintains a continuing lectureship in bowling instruction for the department of health and kinesiology at Purdue University, where he has taught for 12 years. During this time, Purdue's bowling program has become one of the largest college-based instructional programs in the United States. Wiedman also coaches the Harrison High School bowling team in Lafayette, Indiana, where the boys' team has won three sectional titles and was runner-up once under Wiedman's leadership. His 2003 and 2004 teams boasted top regional finishes and two state semifinal berths, and his 2005 team appeared in the state finals. Wiedman has 25 years of bowling experience, including 4 years on Purdue's intercollegiate team and 12 years as a member of the American Bowling Congress (ABC). In 2002, he earned Junior Olympic Gold

Level II instructor certification, and he earned Team USA Bronze Level coaching certification in 2004. In August 2005, Wiedman completed the Silver Level coaching course, attaining the second-highest coaching certification offered by USA Bowling. Wiedman officially became an assistant coach of Purdue's intercollegiate team in the 2004-05 season, and he is a member of the National Collegiate Bowling Coaches Association (NCBCA). Aside from bowling, in his spare time Wiedman enjoys playing tennis, reading, and attending his kids' activities. He lives in West Lafayette, Indiana, with his wife, Beverly, and their three children.

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This book is FULL of great information! For example, why you drop the ball; adjusting your release etc. Also it lots of illustrations to depict detail of what a certain subject he discusses looks like. Every chapter has drills at the end to help you learn and there are many sections where he describes a common error for that certain subject and how to correct them. I have Many Bowling Books and this is the best even better than ""The Game Changer."

I used to bowl about a 90 - 120, with my average in my last league 114 (sometimes I bowled a game in the 140's and one game I got a 198). But I used to start with both feet together, left edge of

left shoe on the center dot, ball in center of chest, and then took 5 steps starting with the left foot, swinging ball back just a little bit while bending my right arm around my torso and then struggling to use my arm muscles to straighten my arm and aim the ball, constantly holding the ball with my right palm facing left. I've learned from this book that my old technique is all wrong. This book seemed the most comprehensive compared to summaries of other bowling books, and seems perhaps meant for a bowling class, since it has a lot of bowling practice drills. Some of the bowling drills won't work well for me since I won't have a partner or a string from where I start up to the foul line but overall this is a comprehensive book. It looks like it was written by a college physical fitness instructor who is or was an instructor at Perdue university; I also like that this book treats bowling as a serious sport comparable to tennis or some sport like games, not just some casual thing where you randomly walk up to the foul line and randomly toss the ball; it's treated as a sport that has better and worse technique, something that must be practiced a lot to learn. I haven't started my next league yet since reading this book and I've read just half the book so far but I already have an idea of a bowling technique that is different and seems better than how I used to bowl. So this is a great book if you're patient, read it thoroughly and do whatever of the drills you can before each bowling session.

Revision - 11/29/2011 After bowling 6 nights in my current league, I realize that it's easy to verbally explain how to bowl but harder for me to actually do what I think I should do. There is no one right way to bowl but rather a range of variation in ways to hold your wrist and swing and walk up to the lane that the average very high scoring bowler uses. I can't make up my mind how to bowl and I keep changing my mind about how many steps I take and how I hold my wrist. Just keep changing the way you bowl until you figure out what works best for you but also try to follow the guidelines of a pro bowler or a book if you really don't know how to bowl.

I have been bowling for three years mostly from advice from friends. This book should have been the first thing I bought after buying a ball, bag, and shoes. It covers all aspects and does it for the beginner not the pro.

Great book to understand the basics of bowling for the novice and for the more experienced "league" player a wonderful review on technique and adjusting one's stance, starting position, aiming position and adjusting to beginning lane conditions and adjusting quickly to lane changes midway through the three game set.

This is a very solid book with detailed breakdowns of how to play the game. I regularly use coaching

to help me improve, but even still, I have very little time with them. This book has helped me answer a lot of the questions I'd like to know if I had unlimited access to coaches. In other words, it's a great supplement.

After "Bowlers Startup" this book is about the only truly useful bowling book out there. I've purchased them all and most all are not worth the paper they're printed on. Not so this one. This book is very practical. Every page of this book has useful info and most of that is either current (to the modern game) or timeless fundamentals.

Good book, especially the last half. The instruction matter was great but for me, a bit too much about past bowlers.

Read through most...went through the steps without bowling ...but bowled better the next time.

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