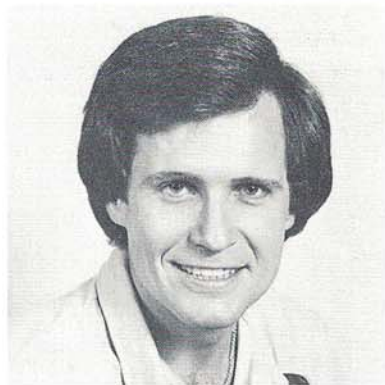


# The Best Bowling Tip I've Ever Had

by

**DAVID OZIO**

PBA CHAMPION



"In Peoria, Illinois in 1983, I was having a problem with keeping my attention on what I was doing. I told Gary Dickinson that I couldn't hold my eyes on my target very long, and I didn't know why. He said, 'Try this: Don't look at your target until you get ready to start to move because the attention span is something like 2.3 seconds and that's all.'

"I never knew that. To stand up there and stare at that target—you can only stare at it for just so long and then your mind wanders. Your mind will only focus on something for just *that* long. I never knew that, so that week I spent the whole week doing that: I'd get lined up, and I'd look at the target where I wanted to throw, and then I'd put my attention on the ball, on my hand, and then right before I started, I looked up and I'd go. I finished eighth that week, and ever since then, it has been something I've worked on.

"Even if you watch a tape of the show in St. Louis (where David won this year's '\$150,000 Angle Open'), I'm standing there looking at the ball and then I look up and then I go. That way, my attention can stay on that target all the way through the shot, and then I can pick my eyes up. It works ten times better than what I did before."