

The Best Bowling Tip I've Ever Had

by

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As a youth bowler, my coach wanted me to be very precise as far as selecting a one-board target and then hitting just that board. Hitting one board is not the easiest thing to do consistently, and I often found myself getting frustrated. It was hard to concentrate on so small of a target, and I could never really relax.

Later on I decided to expand my target to include one extra board on each side of my "main board." I found myself gaining a lot more confidence because hitting the larger target area was something I *knew* I could do consistently. I also found myself being more relaxed when bowling.

The lesson I learned was this: Don't try to be so precise with your target. First you gotta learn to hit a two- or three-board area constantly and only then try to narrow down your target area.