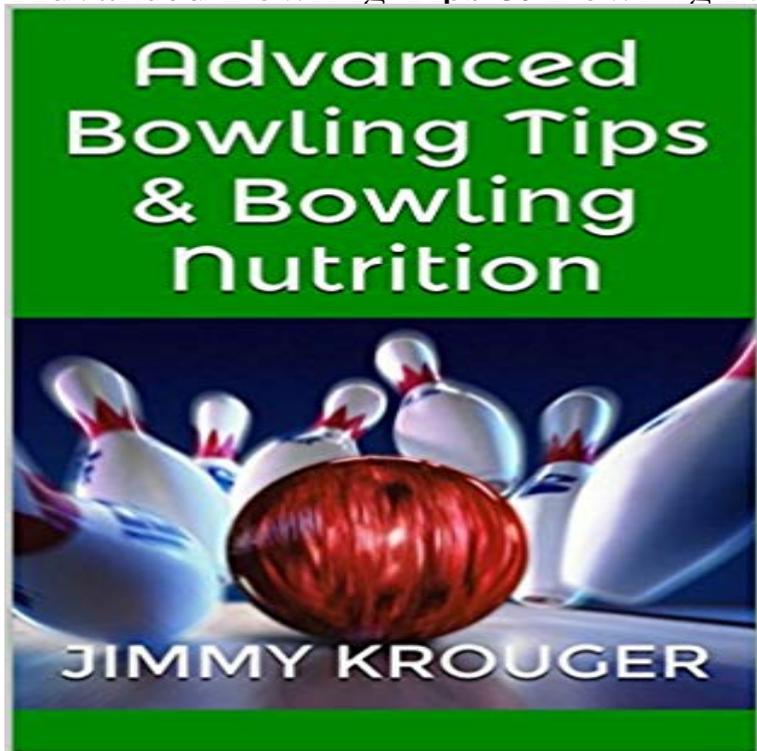


## Advanced Bowling Tips & Bowling Nutrition



Advanced Bowling Tips & Bowling Nutrition In the modern game, when the ball hooks is as important as how much it hooks. Watch your ball reaction on the lanes to see where the ball begins to move toward the pocket (the break point). Also watch the shape of the line between the release and break point and between the break point and the pocket. Being able to accurately watch your shot requires that you remain in a balanced finish position until the ball hits the pins. There are three phases of ball reaction; skid, hook and roll. The ball skids through the heavier oil at the front (heads) part of the lane. As the ball finds more friction, it begins to hook. Once the ball has finished changing direction, it begins to roll toward the pins.

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