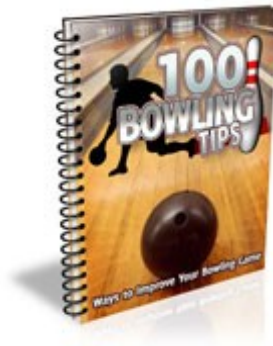


100 Bowling Tips



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100 Bowling Tips

1. Play bowling with your friends.

Playing bowling with your friends can help you decide if it is indeed the hobby that you want to invest your time on today. Aside from that, it can help you get a better feel of the sport. More importantly, when you play with your friends, it would become a more fun activity, which you can look forward to each week.

2. Watch bowling competitions on TV.

To get you more motivated in honing your bowling skills, one of the things that you can do is to watch bowling competitions on TV. This is because, it would get you inspired on becoming a better player. Aside from that, you can also pick up some pointers by simply watching the professionals do it.

3. Talk to your bowling friends about the sport.

Do not avoid talking about bowling with your friends, especially if they also enjoy playing the sport. When you talk to them about bowling, you would become more enthusiastic about it. Aside from that, it can also make you all look forward for the next time that you would visit the bowling alley to have some fun.

4. Let your family know about your newfound hobby.

If bowling is your newfound hobby, then it is a good idea to let your family know about it. When you do this, they would be able to show their support on it. Aside from that, it can even make them get involved with bowling as well, which can make it more fun for you, especially if they love to go with you to bowling alleys.

5. Pick a bowling icon.

There are lots of professional bowlers that are very popular these days. It is a good idea to pick your favorite one out of the many, since it can inspire you in playing good on your chosen sport. By looking up to someone with regards to this sport, you may be able to follow some of his techniques in achieving success in it.

6. Get your spouse involved with it.

If you don't have a lot of friends who are avid fans of bowling, then you can get your spouse involved with it. When you do that, it would actually become a more exciting activity not just for you but for your spouse as well. Just don't make her go with you to the bowling alley each day, since she might eventually get bored in it, especially if she does not share the same passion on it as you do.

7. Dream about bowling.

Think about bowling for most parts of the day, and you can find yourself visiting the bowling alleys many more times in a week, than you have anticipated to. It is actually good to dream about bowling even during daytime, since it can boost your motivation in it. Aside from that, it can also help you think about the things that you can do in order to improve your performance.

8. Check out online bowling videos.

There are lots of bowling videos that you can find on the internet these days. All you have to do is to visit a website that is related to it. One of the best things about these bowling videos is that, they can be accessed for free, and you can copy the techniques that are used by different players through it.

9. Read magazines about bowling.

There are lots of sports magazines today that you can purchase. Pick those types that cover the topic of bowling, so that you would be able to gather more information about the different techniques in playing the sport. Not only are these magazines filled with updated information about the sport, but they can also contain success stories that can inspire you more.

10. Check out bowling blogs or websites.

There are lots of web pages pertaining to bowling that are now being launched through the internet. By visiting these blogs or websites, you can gather valuable information from them about bowling. On top of that, you may even be able to access videos by checking out their pages.

11. Choose the bowling alley you want to play in.

There are lots of bowling alleys that you can visit today in order to enjoy games of bowling with your friends. Keep in mind though that they are not the same. Aside from comparing prices, it is also best to compare which ones you are very comfortable with, since that would be a factor that can affect your performance.

12. Pick up your bowling ball.

When it comes to selecting the bowling ball, it is important to consider its weight. If you are still a beginner in this sport, then it is best if you go with a lighter ball. Always remember that a lighter ball is a better choice, since heavier ones can take its toll on your bowling arms, especially if you have just begun playing.

13. Playing by the hour or by the game.

Playing by the hour or by the game is one of the things that you need to choose from when visiting a bowling alley. As a beginner though, it would become more advantageous for you to choose playing by the game rather than by the hour. This is because, there is more likelihood that you can finish a single game longer.

14. Do not forget to call the bowling alley ahead of time.

Calling the bowling alley that you are planning of visiting to next is an important thing to do. Doing this can provide you a chance not just to check on their rates, but also inquire about other things. Other important things that you should ask about would be their schedules, shoes, balls, and lanes.

15. Things to consider in picking the bowling alley to visit.

Aside from comparing rates, it is also best if you consider the location of the bowling alley that you want to visit. This is because, a bowling alley that is near your place offers utmost convenience. If you can find one that is near your house and is affordable, then you should consider yourself lucky.

16. Hiring a bowling coach.

If you want a more specialized way of learning the game of bowling, then you can always hire a trainer or a coach for it. This way, he can provide you the guidance that you need to get started with the game. With a trainer, you can ensure that you practice good form in releasing the ball, aside from learning techniques for it.

17. Selecting the trainer.

When it comes to hiring a trainer for your newfound hobby, you should consider the fact that there may be lots of them available, and they are not all the same. In other words, they may differ not just in their fees,

but also in their styles of teaching. It is best to gather a lot of information about the coach that you are considering hiring, so that you can ensure that he is the best one for you.

18. Finding trainers to hire.

To hire a bowling coach or trainer, you need to find them first. There are lots of places that you can visit to find trainers to hire. The best one though is the bowling alley. All you have to do is to observe and you should soon be able to identify players that are being taught by their own personal trainers. Aside from visiting alleys for bowling though, you can also check out websites about them.

19. Know how to score.

Playing bowling with your friends would become useless if you do not know how to score. Thus, you must know how to do it, so that you can also monitor your progress. Scoring for bowling is actually very easy to do. Just ask anyone around the bowling alley about it, and you can do it even at the first instance of playing the game.

20. Buy a bowling book.

There are lots of books today that are written for the sports of bowling. Buying even just one of it should get you on the right track, especially if the book has been written by one of the reputable writers about bowling. Make sure to check out reviews about the book, so that you can ensure that your investment is worth it.

21. Don't forget to bring water at the alley.

When you play bowling with your friends, you should not forget to bring your own bottle of water. This way, you can ensure that you can maintain proper hydration from the start of the game, until it ends. Although bowling may not look very physical for you, it can actually work lots of your muscles, which can make you long for more water eventually.

22. Take a deep breath.

Just before swinging and releasing the ball, you should take a deep breath. This is because, it would help in calming your nerves, which can also improve your concentration. On top of that, it would also ensure that you would have enough strength in swinging the ball, and executing the technique that you need to apply.

23. Do some stretching.

Just like any other sports that you can participate in, playing bowling also requires you to follow the right stretching exercises, so that you can improve performance in it. With that, prior to any bowling session, you should not forget to stretch your back. On top of that, it would also be good if you can stretch your muscles at the back of your legs.

24. Take precautionary measures.

Just before picking up your ball, you should take precautionary measures, such as checking out the approach. See if there are any oily spots that you need to get rid of. Aside from that, if you can see moisture, then it is best if you use a towel for it. Take these steps, so that you would be safer in releasing the ball.

25. Making sure that your fingers fit the ball properly.

Just before picking up the ball that you want to use, you should test out the holes if it properly fit your fingers. By doing this, you are making sure that your fingers would not get sore as the game progresses. Make sure that you are comfortable with the ball, so that you can perform well.

26. Picture how you want to release the ball.

Just before you go for the approach and swing the ball, you should try to picture yourself swinging it. Picture out how you want to swing and release the ball, so that you would be doing it just as you have planned to. When you do this, you may be able to improve your points in just a short amount of time.

27. Study the game.

Gathering information about the game of bowling can improve your skill in it. To achieve that, you can study about the sport by visiting lots of websites about it. On top of that, you can also talk to your friends and relatives about it, especially those that are also involved with the sport.

28. Play with your kids.

If you have kids, playing bowling with them can be a very fun and exciting activity. This would not just help you improve your game, but it can also give you a chance to bond with them. Take your kids to your favorite bowling alley every weekend, so that you can all look forward to it.

29. Think positive.

Always think that you can improve your performance in the game, so that it would become a reality. Thinking positive would go a long way, since it would make you more confident as well. Don't entertain negative thoughts, especially while playing the game, so that you can properly concentrate on it.

30. Feel your bowling ball delivery.

Each time you release the ball, you should feel each and every delivery that you make. This way, you can be more familiar of what your natural delivery is. On top of that, it would also tell you more about the things that you can improve on, so that you would become more consistent in how you release the ball.

31. Take note of the direction your bowling ball is headed to.

Every time that you release the bowling ball, you should take note of the direction it is headed to. This is important, since some players tend to release the ball in a particular way, which would head either towards the left or the right. By knowing the direction your bowling ball is headed with your natural release, you can see to it that you would be able to release the ball at right spot, in order to hit the pins.

32. Adjusting the steps you take in your approach.

As a beginner, you may tend to become uncomfortable in taking the steps towards your approach. Aside from that, you may also have the tendency to take different numbers of steps. It is best if you can determine the comfortable number of steps that you want to take as you approach, so that you can become more consistent in following it.

33. It takes time to see improvement.

You need to consider the fact that seeing improvements in your performance can take some time. It would actually depend on how much you practice, as well as how determined you are in hitting your goals. Thus, it is best if you don't expect too much in too little a time, so that you won't get disappointed.

34. Practice more.

If you want to improve your scores in playing bowling, then you have to practice more. In other words, if you just practice once or twice a week, then see to it that you can increase it to 3 or 4 times each week. Visit the bowling alleys as many times as you can, so that you can hone your skills faster.

35. Subscribe or enroll to online bowling coaching sites.

There are websites today, which have been launched with the purpose of sharing important information about bowling. Aside from that, some of the web pages can also offer coaching programs, which are available in affordable prices. Enroll into one of them, so that you can take advantage of what online coaching can offer to you.

36. Spend some time in observing other players.

Whenever you have some extra time while you are at the bowling alley, try to spend it by observing other players. Watch top players in the alley, and situate yourself near enough to check out their techniques. By doing this, you can learn a lot from these players, and you can try out their methods when you play.

37. Befriend top players.

Try to become friends with some of the top players in the field. For sure, whenever you are with friends when you play bowling, some of them may be friends with players that are consistent top scorers. By becoming friends with top players, you can ask them for tips that can help you improve your game.

38. Aim for spare first.

It is always best to aim for easier achievements first. In other words, when it comes to bowling, you can set your first goal as being consistent in scoring spares first. By doing that, you are setting goals that are more achievable, which would most likely not get you disappointed. If you hit a strike instead of a spare or split, then you should be happier.

39. Try aiming at different pins.

While you are still trying to practice as a beginner, try to hit different pins first. Some people always aim for the center pin, however, you should keep in mind that it can also be favorable to hit the side pins due to the way you release the ball. Thus, you should do some experimentation, so that you can see which pins you should be aiming for.

40. Hitting a split or a spare.

After your first ball, you may be left with a number of pins, which are located in different sides. In order to score a split or a spare, you have to adjust your aim. To make it easier, you don't have to change the way you release the ball. All you have to do is to change your starting stance, which you can adjust either by releasing the ball at the center, left, or right side of the lane.

41. Enjoy the game.

There is no need to take the game of bowling too seriously. If you do that, it can play tricks on your concentration, and negatively affect your performance. Thus, it is best to simply enjoy the game, so that you would be able to smile, and focus more on what techniques you should be using.

42. Perfect your delivery.

If you want to consistently hit strikes, then you should perfect your delivery. Your delivery can be affected by your stance, the way you hold your ball, as well as the way you swing your arms. Thus, you should make sure that all of these would come into play properly; and, you can achieve it by practicing more.

43. Build more muscles in your arms.

It is true that it is always better to start with lighter bowling balls than the heavier ones, if you are still a beginner in the sport. However, you need to keep in mind that heavier balls can actually knock out more pins because of their extra weight. With that, it is best if you become more capable in holding and using heavier but manageable balls to improve your game; and, one way of achieving that is to build more muscles in your arms.

44. Develop your own delivery.

Although it is a good idea to take note about how experts in bowling deliver their bowling balls, it is still important that you develop your own delivery. By doing that, you can become more consistent in your delivery. Do not try lots of different throwing styles, since your body may not be able to develop the muscle memory for it.

45. Look for leagues.

Once you have gained some confidence in playing bowling, it is time for you to check out leagues. There are leagues that can allow you to play against other people who are at the same level as you do when it comes to playing bowling. When you do this, you are ensuring that you won't get discouraged if you won't win, since most likely, the difference between the scores would not be that much.

46. Find people who share the same passion as you have when it comes to bowling.

Playing bowling by yourself is not fun and exciting. Although your friends may be willing to play with you, they may only do it a few times in a month. Thus, it is best if you can find people who share the same passion as you do when it comes to bowling, so that you can practice more together with them.

47. Bringing your own shoes.

If you want to bring your own pair of shoes in playing bowling, then you should contact the bowling alley in advance for that. Giving them a call can give you a chance to ask about their requirements when it comes to shoes. Aside from that, you can also ask them about the rental shoes that they can offer.

48. Purchasing bowling balls.

It is true that bowling balls are expensive. However, there are lots of them that are available online or even on yard sales, which are very affordable. Even if some of these balls that are offered at bargain prices have imperfections, the balls can always be brought to the local shop in order to be polished.

49. Practice not just in hitting strikes.

Even if you become an expert in bowling, it may not be possible to hit strikes all the time. There would always be instances when a few pins would be left after your first attempt. Thus, you should also practice in picking up spares or splits, so that you would know what to do whenever you are not able to bring down all the pins.

50. Try out the things that you have learned.

When you do your research about bowling, you may be able to gather a lot of tips as well as valuable information about it. To put the tips in good use, it is best that you won't just keep them on your head. Put them into practice by trying them out, so that you can see how they can improve your game.

51. Visit the bowling alley alone from time to time.

Visiting the bowling alley alone from time to time, such as once or twice in a month, can help you in your game. When you visit the place, play a few number of games without keeping score. Just focus on your form as well as the techniques that you have learned, so that you can become more consistent.

52. Challenge yourself.

Challenging yourself is one of the best things that you can do in order to improve your performance. For example, if you have become more consistent in scoring splits and spares, then you should aim for higher goals, such as hitting more strikes. Do not be satisfied with your current performance, since there is always room for improvement.

53. Experiment more.

Experimenting more when it comes to releasing the ball can help you a lot. When you try out different ways of releasing the ball, you can take note on what works as well as what can cause lower scores. With that, you can eventually take note of the best ways of releasing the bowling ball, which can help you in winning more games.

54. Choose the league to join in properly.

There are lots of different bowling leagues that you can choose to join in today. It is best if you properly choose the league, since it can be a factor when it comes to your development. For example, it is a good idea to choose a league where there are lots of people that can help you more in playing the game.

55. Improve your physical condition.

Bowling requires proper balance, timing, speed, and strength, in order to excel in it. Thus, it is highly unlikely to improve your scores if you are out of shape. With that, it is best if you follow ways to improve your physical condition. The more physically fit you are, the more likely that you can score higher.

56. Your non-bowling arm.

Keep in mind that your non-bowling arm is also as important as the one that you are using in releasing the ball. This is because, your non-bowling arm can help you attain proper balance in playing the game. With that, you have to make sure that you observe proper placement of that arm, whenever you release the ball.

57. Practice more frequently instead of practicing longer.

Practicing more times in a week can actually help you better than practicing for a long span of time. In other words, if you practice 3 to 4 times a week, even for just a period of 30 minutes each would be better than practicing just twice in a week for 2 hours at a time. This is because, you can get tired after an hour of practicing. Thus, once you go beyond that timeframe your practice may no longer be effective.

58. Focus on making the corner pins fall.

Look for ways to make the corner pins fall, every time you release the bowling ball. This is because, once the corner pins fall, those that are on the center would eventually follow. With that, it is best to come up with releasing techniques that can result to this, so that you can improve your scores.

59. Find a comfortable stance.

It is very important that you are comfortable with your stance. Having a comfortable stance means that you would be able to release the ball at the easiest position. You can achieve this by flexing your knees, and tilting your spine a bit forward, while you are holding the bowling ball close to your body.

60. Let a bowling expert observe how you play.

Playing against an expert in this game can offer a lot of benefits to you. For example, you can actually ask him to observe you when it is your turn to play. By doing that, he can tell you what you are doing right as well as what you are doing wrong. With that, you would be able to learn a lot from him.

61. Closing and opening your shoulder.

Some people may say that if you open and close your shoulder in releasing the ball, it can help you generate more power and speed. Although it is true, you have to keep in mind that this method can also cause certain complications on your game as well. Thus, it is best if you just follow the regular swinging pattern, so that you won't have to deal with your timing.

62. A simple stretching technique.

Stretching is important in order to improve your game as well as to prevent injuries. One stretching technique that you can do is to make use of your right hand to grab your ankle. Once you have done that, pull your foot behind you until it touches your hip. This should also be done with your left hand and left ankle. When you do this, you can become more comfortable in executing your moves.

63. Properly releasing the ball.

It is very important to release the ball properly, if you want it to hit the pins that you want to fall. To do that, try to imagine how a plane touches the ground, when it lands on the airport. If you can achieve that, then your ball would run smoothly, and follow the direction that you want it to go.

64. Bend your knees.

If you won't bend your knees, you would not be able to release the bowling ball properly. This is because, bending your knees can make your hands be closer to the ground. In other words, if you remain upright, when you are on your way to release the ball, then chances are, it could bang the lane and miss the pins.

65. When you begin your approach.

When you notice that someone on your side is trying to begin his or her approach, then wait for them to release the ball, before you begin your approach. This is one of the things that you can do, in order not to get distracted. Aside from making sure that you have full concentration, you can also ensure that the other person is able to release the ball without any distractions as well.

66. Your finger grips.

It is important not to neglect your finger grips. This is because, when they become worn out, they would not be able to provide you utmost comfort in holding the ball. Some people replace their finger grips after playing 60 games, while others replace more frequently.

67. Make sure that your bowling ball properly fits your hand.

Some people may neglect it, but it is actually very important that your bowling ball properly fits your hand. This is because, if the ball does not fit correctly, it can get your hand, fingers, and shoulders sore. On top of that, severe cases can also happen, such as tendon damage on your elbow, and even on your fingers.

68. Proper bowling etiquette.

Aside from making sure that you enjoy the sport, you should also see to it that others are also able to enjoy it. Observing proper bowling etiquette should be practiced at all times. For example, you should

take note that feeling your own ball is a personal thing, which can also help you in executing your swing or release. Thus, it is not a good practice to hold another person's bowling ball, since it can get them offended.

69. Focus more.

Proper focus should be practiced in playing bowling if you want to excel in it. Do not get distracted with other things in the alley, since it can destroy your concentration. Aside from that, try not to think about your problems and issues at work and at your home, so that you can focus more on the game that you are playing.

70. Starting your approach properly.

It is not a good idea to try to attain your highest speed in starting your approach. Your first step in your approach should be very smooth. Aside from that, it should also be easy, so that you won't encounter difficulties in repeating it. If you can make your first step smooth, then the other steps can simply follow.

71. Eat a well balanced diet.

When you play bowling, the healthier you are, the more you would be able to perform well in it. This is because, being overweight can prevent you in attaining better balance. With that, make sure that you eat a well balanced diet, so that you won't gain too much weight, and become more effective in releasing your bowling ball.

72. Take good care of your hands.

Keep in mind that your performance in playing bowling is hugely dependent on the kind of condition your hands are in. In other words, you have to take good care of your hands, so that you can expect your performance to improve. Make sure that you don't overwork it so that it won't become sore.

73. Things to consider when purchasing a bowling ball.

When it comes to purchasing your own bowling ball, you have to consider a few things. Some of which would include the surface characteristics of the ball, the ball's balance, grip, as well as its overall weight. By considering these factors, you would be able to buy a ball that would suit you best.

74. Purchasing your bowling shoes.

Although you can rent bowling shoes at most bowling alleys, it is still better if you can wear your own. With that, it is time to purchase a pair of shoes for bowling soon. Make sure that you purchase a pair that fits your feet comfortably. Aside from that, it should also have lower heels, so that you won't slide too much in doing your approach.

75. The important items to have for bowling.

A couple of important items that you need to buy for your newfound hobby are your bowling shoes and the bowling ball. However, there are also other products that you can buy for your chosen sport such as bowling gloves, wrist aids, and many more. Some may deem these as unnecessary items, but they can actually motivate you more in playing the game.

76. Clothing.

There is no need to invest lots of money on the kind of clothes that you want to wear for bowling. However, you have to take note that you are wearing something that won't restrict your movements. By

doing that, you are ensuring that you are comfortable, and that, you would be able to make the necessary moves to rack up scores.

77. Aim a spot at the lane.

As a beginner, it is quite normal to aim at the pins that you want to hit. However, as you become more experienced in playing bowling, you would realize that aiming for a spot at the lane can actually work wonders. This is actually how many bowling professionals do it; and, with the right speed, you can manipulate the ball easier.

78. Don't talk to your opponent.

If you are forcing your opponent into a conversation, then you are not practicing good bowling etiquette. This is because, you should be providing him with opportunity to concentrate well. Thus, it is best not to talk with your opponent, especially when he is about to take the approach.

79. When not to practice swings.

Practicing your swing can be done in different times of the day, especially when you are at home. However, if you are waiting to bowl, it is best not to do it. You need to keep in mind that lots of people may be present in the bowling alley. Therefore, if you practice your swings, then you may accidentally hit someone.

80. Never criticize anyone's performance.

Criticizing your opponent's performance is not a good thing to do when it comes to playing bowling. Doing this is not good bowling etiquette, aside from the fact that it can annoy anyone hearing your comments. It is best to stay quite, and only talk when the match has ended.

81. It is not a good idea to use profanity.

Profanity should be avoided at all times, especially in bowling alleys. This is because, lots of people are not used to such kind of language. On top of that, it is very possible for some players to bring their families with them when they bowl; thus, children could hear you using foul language.

82. Have fun, but do not be too loud.

It is important to have fun with your friends when you are bowling. It is a fact that laughing would be a huge part of it. However, you should try not to become too loud whenever you laugh at your friends' jokes. This is because, it can disturb other players in the alley, which is not good.

83. Your thumb.

There would be instances when the bowling ball may suddenly slip from your hand. In most cases, the culprit behind this are not your fingers. This is usually caused by a slippery thumb, which is why you should also put your attention to it, when it comes to conditioning your hands. Make sure that your thumb has just enough moisture, so that it would not be too slippery nor too sticky.

84. How to avoid blisters on your bowling hand.

There are lots of possible causes behind having blisters on your bowling hand. Blisters can cause pain, which is why it is a good idea to avoid them. One of the best ways to avoid blisters is to know the possible

causes behind them. Some of the reasons behind the blisters are the tightly fitted bowling ball holes, poor measurements of the holes, as well as the improper release of the ball.

85. Carrying your own bowling kit.

Carrying a bowling kit can come in handy, in order to ensure that you are always comfortable in playing the game. There are lots of bowling kits that you can find in the market today. When you purchase one though, make sure that it contains everything that you need, so that it would be useful.

86. Choosing between a ball that is too light and a ball that is too heavy.

Wondering about whether a ball that is too light is better than one that is too heavy is quite normal. However, both of them would actually affect your game negatively. This is because, a ball that is too light can make you do things that you should not be doing. On the other hand, the heavier ball can prevent you to do the right things. Thus, it is best if you stick with a ball that is not too light nor too heavy.

87. Get enough exercise.

Getting enough exercise can provide you lots of benefits, including improving your bowling performance. This is because, exercising can make you improve your stamina. Aside from that, it can also help you build more muscles, which ensures that you would be able to carry, swing, and release the ball more effectively.

88. How to pick up the ball.

When it comes to picking up the ball from the ball return, it is very important to do it with both your hands. This is because, picking it up with a single hand, especially with your bowling hand, can tire out your hand unnecessarily. Thus, from now on, you should do it with both hands, so that you can perform at your best.

89. Be patient.

There is no need to be too hard on yourself, if you are not able to improve your performance at a certain period of time. You need to be patient, so that you can reach your goals very soon. Practice more, and invest lots of time in your chosen sport, so that you would soon excel on it.

90. Eat more eggs.

Eating more eggs can actually help you out, when it comes to bowling. This is because, eggs actually contain lots of nutrients, such as albumin, which can speed up muscle recovery and strength. Thus, it is time to eat at least an egg each day, so that you can see improvements on your game.

91. Practice hitting spares.

If you have the time, you should try to practice covering your spares more. This is because, this is where you can really build your skills in playing bowling. Hitting strikes can sometimes be attributed to luck, but spares are not, since you need to be skillful in pulling it off.

92. How to slide more.

Sliding is one of the vital movements that you need to do in playing the game of bowling. However, there may be times when you are not sliding as much as you want. To make sure that you slide more, what you can actually do is to tighten your shoelaces. On the other hand, if you are sliding too much, then all you have to do is to loosen it.

93. Forget about everything.

When you are about to take the approach, you should try to forget about everything. This should include disregarding all the people talking and laughing inside the bowling alley. When you are able to do this effectively, then you can concentrate more and make better scores.

94. Don't doubt yourself.

Always remember that every shot that you have made is stored in your head. This would also include shots that were made by people whom you watched, whether on television and at bowling alleys. Therefore, you already have lots of information in your inventory, which can help you make the perfect move. Don't doubt yourself, so that you can make every shot you throw count.

95. Don't let poor performance get you down.

You have to keep in mind that your game would constantly evolve. In other words, there would be times when you can score at your best, and there are also instances when you score poorly. Don't let poor performance get you down. Instead, consider them as challenges, to get back at your feet and make excellent scores again.

96. Don't think too much.

When you are bowling against a good contender and you can win it by hitting a split or a spare, then you should not think too much of it. Just make a good shot in order to hit a split or a spare. When you think too much, you may become too anxious about it, which can affect your performance.

97. Sleep well.

The night before your bowling game, it is best if you can get enough rest. This is because, getting enough sleep ensures that you have the necessary energy when you play the game. Without sleeping for at least 8 hours, you may have the tendency to become sleepy, which would not do you well.

98. Eat foods that are high in energy.

On the day of your big bowling game, it is best to focus on eating foods that are high in energy. This is because, it is best if you can boost your energy levels when you are playing the game. Aside from preventing fatigue, it would also help you concentrate better.

99. Do not eat too much.

When you are preparing for a bowling game, it is best not to eat a lot of foods. It is actually better to eat more times, but with lesser amounts of food, especially on the day of the game, since it can boost your body's metabolism. With higher metabolic rates, it ensures that you won't feel fatigue and you would be sharp.

100. Learn the angles.

If you want to be more consistent in hitting high scores in bowling, then you should learn the different angles. Hitting the pins on certain angles would increase the probability of throwing strikes. Some angles are best for right-handed individuals, while other angles are more for lefties. Learn about these angles, so that you can improve your game.

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