

## Slide Bowling

**Objective:** To develop an initial approach, arm swing, and release pattern for bowling

**Facility:** Gymnasium or open area with a smooth floor surface (e.g., wood or tile)

**Level:** Ages 9 and up

**Time:** 8-10 minutes

**Equipment:** One beanbag and one bowling pin for every participant

**Organization:** Players form pairs. Each pair stands approximately 20 feet apart (distance can be varied based on the ability of the players). A bowling pin is placed in front of each player. One player holds the beanbag.

### Directions:

1. Players line up in front of the instructor and determine which hand they will use to toss the beanbag. The foot on this side is called the “on-side” foot. The other is the “off-side” foot.
2. The instructor demonstrates the four-step approach described below. Students should perform them one step at a time.
  - \* Take a short step with your on-side foot.
  - \* Take a slightly longer step with your off-side foot.
  - \* Take a longer step with your on-side foot.
  - \* Slide your off-side foot way forward.
3. Using a beanbag, demonstrate the arm and body action with each step. Then give each person a beanbag and have them perform this with you one step at a time.
  - \* Hold the beanbag in your on-side hand close to the chest; place the off-side hand along the side of bag.
  - \* On the first step, push the beanbag straight out in front with both hands.
  - \* On the second step, swing the on-side hand down, bending the knees and back slightly.
  - \* On the third step, swing the on-side arm way back behind you.
  - \* On the slide, swing the on-side arm forward and release the beanbag close to floor so it slides.



4. Form pairs and have them practice sliding beanbags to each other.
5. Collect one beanbag from each pair and give each player a pin.
6. The players take turns using four-step approach and sliding the beanbag across the floor, trying to knock down the other player's pin.
7. The opposing player retrieves the beanbag, rights the pin if it was knocked down, and slides the beanbag back trying to knock down the other pin.
8. If desired, keep score for a set number of turns.

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Submitted by Curt Hinson May 2009