

Anatomy of a Conventional Fit

Key principles

1. Fingers are inserted into the second joint
2. Thumb is seeded all the way into the bowling ball, up to the base of the thumb
3. Good beginning grip
4. Lower revolution rate at point of release
5. Ball reaction is smaller and allows the bowler to focus on other aspects of their physical game



Revision #1

Created 4 February 2025 17:33:45 by Admin

Updated 4 February 2025 17:36:39 by Admin