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Bowling: Still Cool After All These Years

By Dylan Miles

Bowling is a game we associate with our childhood and teenage years. Even our parents remember

bowling when they were young. Many people continue to bowl throughout their lives. Bowling is for the young and the old.

In fact, bowling has been around in one form or another for thousands of years, because it is one of the most exhilarating ways to pass an afternoon or weekend. The moment when your turn comes is exciting: you cool and dry your palms for the perfect grip; you choose your ball, not too heavy, not too light; you pause, take a deep breath, and then you take one step, then two, and then you are off, you release the ball and the momentum carries it down towards the pins, until it strikes!

Tips for improving your game

Concentration

This is the most vital aspect of a good bowling game, but also the most difficult. Bowling takes place at a bowling alley where there is always lots of activity. But you have to learn to tune out and tune into your game.

Posture

Your body position is also important to get right. Stand tall, but not stiff. Your legs should be slightly bent, your head high, but loose.

The Best Ball

It's you and your ball out there, so make sure you choose your ball well. It shouldn't be too heavy and it shouldn't be too light. It needs just the right amount of weight that you can comfortably control.

Have Fun!

Bowling: Still Cool After All These Years

The final and most important part of improving your bowling game is to have fun. A good bowler is a bowler that knows how to have fun. Taking it all too seriously will definitely spoil your game, and your ball will most certainly end up in the gutter.

Dylan Miles, journalist, and website builder, lives in Texas. He is the owner and co–editor of

<http://www.fastsports.info>

on which you will find a longer, more detailed version of this article.

Comfortable Bowling Shoes Can Make Your Game

By Anne Morris

There are really only two needed items to play the game of bowling. The first is the ball and the second is the bowling shoes. You don't need to own either of these as it is standard practice to rent them at the bowling alley. However it won't take you long to realize that most serious bowlers have their own ball and bowling shoes.

The reason for that is fairly simple when it comes to the bowling shoes. And if you have ever used rented bowling shoes, you probably can well understand why. If the bowling shoes do not fit properly then it is distracting. If you have your own pair of bowling shoes then they become an extension of your feet, they fit properly and feel good and you get used to their little quirks and the way they glide on the lane.

If you are new to bowling you may not even realize that special shoes are mandatory. They are because of the gliding motion one makes when approaching the lane and releasing the ball. Regular tennis shoes cannot give that glide.

In fact, when it comes to bowling shoes, each shoe is designed differently as they function independent of each other. One shoe is glossy smooth so it gives the bowler a flawless glide. The other shoe has a stickier sole so it acts as a brake to stop the glide.

This is why bowling shoes not only come in various sizes but also come in a designation of left and right. A right handed bowler will want the brake shoe on the opposite foot than a left handed bowler would wear it.

If you have to rent your bowling shoes at the alley, chances are you will not get to select left or right handed bowling shoes. This is another major reason that anyone who loves to bowl on a regular basis will purchase their own shoes.

Bowling is one of the most popular games in the world and it is a game of utmost precision. Your bowling shoes must be lightweight and fit properly so that you can tell right away if your stance is off. If your foot happens to be positioned improperly, it can ruin the chance for a strike.

Bowling: Still Cool After All These Years

Bowling shoes today are much more fashionable than in times past. They look more like sneakers. Of course you can still buy the more traditional appearing shoe. In fact, bowling shoes come in a wide variety of styles and colors as it isn't the outward appearance of the shoe, but rather the sole which plays an important part in the game of bowling.

Bowling shoes must be cared for properly and never worn outside of the bowling alley and certainly never worn on the street. You can buy bowling shoes at a major sporting good store or through your local bowling center. You can actually shop online for bowling shoes too. That way you can get an idea of what is available and the price range. But it is always best to try them on before you buy. You can't really tell how well they are going to feel and fit until they are on your feet. And since bowling shoes are vitally important to your ability to be able to bowl with precision, you want to take the effort to get the best shoes possible.

Anne Morris provides articles on

<http://www.morebowling.com>

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site

<http://www.central-darts.com>

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