



How to Pick Up Spares Mini eBook

Michelle Mullen

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How to Pick Up Spares breaks down 51 pin combinations and spare-shot setups for both right-handed and left-handed bowlers. It explains how to set up for the shot using a hook ball, aiming for the strike target, or using a plastic spare ball, which will give the bowler a straight shot. Each example has an accompanying art figure showing where the feet are set up on the lane and the path of the hook ball and straight ball.

The original content in this mini e-book will help you pick up spares more effectively. If you're also interested in developing your complete game, then complement How to Pick Up Spares with Michelle Mullen's *Bowling Fundamentals, Second Edition* (Human Kinetics, 2014), which provides comprehensive coverage on the equipment, techniques, lane play and spare-shooting strategies, and mental training necessary for success on the lanes.

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