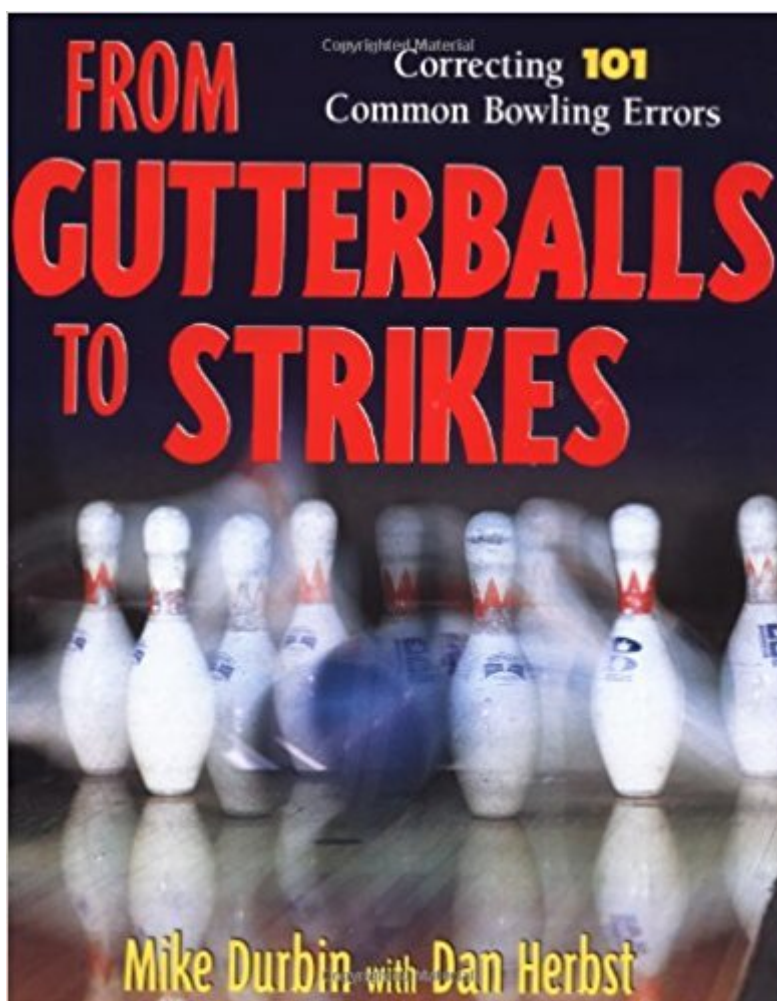


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# From Gutterballs To Strikes: Correcting 101 Common Bowling Errors



## Synopsis

Although there are countless instructional books on how to bowl, there aren't any that tell you something much more important—how to correct what you're doing wrong. Through the expertise of former Professional Bowlers Association superstar Mike Durbin, *From Gutterballs to Strikes* provides bowlers of all levels with quick tips and solutions for correcting 101 of the most common bowling errors. Knowing how to correct mistakes is a vital part of any athletic endeavor; that's why coaches serve such a crucial role. But with the exception of top-level players, few bowlers have the benefit of personal coaching. This book lets Mike Durbin serve as your very own bowling coach. Your game will improve quickly and dramatically with his easy-to-follow corrections to bowling's 101 most common errors—from bad foot position to poor timing to improper arm swing. Mike Durbin is the only bowler to have won the sport's crown jewel, the Tournament of Champions, on three occasions. A 14-time PBA Tour champion, he was inducted into its Hall of Fame in 1984. Durbin now serves as a commentator for ESPN's coverage of the PGA Tour. Dan Herbst is the author of eight sports-instruction books, including *Bowling 200+*, *Bowl Like a Pro*, and *Bowling 300*. He has written articles for *Sports Illustrated*, *USA Today*, and *Bowlers Journal*, among other publications.

## Book Information

Paperback: 167 pages

Publisher: McGraw-Hill; 1st edition (January 1, 1998)

Language: English

ISBN-10: 0809230585

ISBN-13: 978-0809230587

Product Dimensions: 7.5 x 0.5 x 9.1 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 4.4 out of 5 stars 32 customer reviews

Best Sellers Rank: #1,261,782 in Books (See Top 100 in Books) #46 in Books > Sports & Outdoors > Individual Sports > Bowling #14828 in Books > Humor & Entertainment > Puzzles & Games

## Customer Reviews

Mike Durbin is the only bowler to have won the sport's crown jewel, the Tournament of Champions, on three occasions. He has served as a commentator for ESPN and is in the Professional Bowlers Association's Hall of Fame.. Dan Herbst is the coauthor of *Bowling 300*. He writes for *Sports*

Illustrated, USA Today, and Bowlers Journal among other publications..

I did get some good tips from this book, and that made it a worth while purchase . The biggest problem is, there's a lot of fluff added to the book to make it longer. I'm paraphrasing here but here's an example, Tip 15, " Try and root for your team mates during league night",this will help your team out. The book is loaded with useless tips like this. The book would have only been 20 pages long if they edited out all of the padding.It does have a lot of useful information, and that makes it a descent purchase. Just be on the lookout for some of the garbage added, to make his list, 101 tips long !You will shake your head when you read some of them !

I have found this to be a very valuable supplement to my coaching lessons and more basic, comprehensive instructional material. The author is a PBA Hall of Famer with multiple major wins, so you are getting authoritative advice. He also, for a number of years did the popular 'Average Builders' segments on PBA telecasts, so he is experienced at presenting concise and insightful lessons. This book is full of 'pearls', pieces of advice that have been learned through long experience and from competing against the very best in the game. Tips on practice, on spare shooting, on taking care of your equipment, the mental game, and the delivery itself are given in lessons that are from a fraction of a page to a couple pages or so in length. Some tips are fairly standard, others are insights that you may not find elsewhere. Overall, a very practical and worthwhile book.

What could be any handier than a book that references mistakes in your game and how to correct them?!?You start with some select books and DVDs on the game and learn the fundamentals. Then you go out and do your homework by practicing what you have learned. Eventually, you test yourself, perhaps in a bowling league.But what do you do when the test reveals areas for improvement? You assess what areas to improve and pull out your copy of "From Gutterballs to Strikes" and you get the complete picture of why you're making the mistakes and how to correct them.Nothing could round out your collection of bowling texts any better than this book. It lays out the mistakes, one-by-one in numbered fashion, so you can always quickly refer back to that item, and contains illustrations to help.It's well worth the purchase and using it will help emphasize what you learn through practice and through your coach.As always, texts provide the foundation tools to master your game, but a coach will help you objectively assess your game and implement what you've learned so that you can perfect your game.

I bought this book for my brother who has never bowled. After using it as a reference, he is now able to bowl with very little advice from members of our group of friends (very talented and experienced league bowlers). In fact, he has developed a very fundamentally correct and repeatable arm swing! Hopefully he will join us on league shortly.

Five stars all the way!

Good info,,great seller service

Great book

Very happy Thank you!

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