



MyBowlingCoach.com

Your
Perfect Game

***No matter your skill level or experience,
MBC will boost your average!***

LESSON TITLES AND CONTENT				
Physical	Physical cont.	Physical cont.	Physical cont.	Mental
4, 5, or 6 Step Approach: Chosing Approach Technique for Improved Scoring	Match Your Stance to Your Game	Finish Your Swing Every Shot	Timing	Affirmations
4, 5, or 6 Step Approach: Understanding the Four Step Delivery	Matching Your Arm Swing and Footwork for Great Timing	Generating More Power	Two Releases For Success	Conquering Psych Outs Q & A (Part 1)
4,5, or 6 Step Approach: Know Your Approach and Perfect It	Precision in Your Start for Consistency and Rhythm	Get a Great Start	Using Power and Velocity	Conquering Psych Outs Q & A (Part 2)
A Good Start Equals Good Timing	Releases	Getting Started with the Four Step and Five Step Approach	Vary Your Tempo to Adjust to Different Lane Conditions	Coping With Success
Accuracy and How to Achieve It	Repeat Your Swing Shape in 3 Zones for Consistency	Groove Your Forward Swing for Great Performances		Focus and Concentration
Approach Balance and Posture for a Good Finish	Shape of the Swing	Groove Your Swing for Great Accuracy	Rhythm and Routines (Part 2)	Focus and Routines
Arm Swing Back View	Stance Fundamentals	Hinge Start vs. Pushaway Start	Self-Acceptance	Getting Prepared to Compete
Arm Swing Direction	Taking Care of Your Wrist	How a Good Start and Good Timing Work Together	Self-Talk and Mindset	Goal Setting
Arm Swing Side View	The Asymmetrical Sport of Bowling	How To Determine Your Starting Position	Setting Effective Goals	How to Build Confidence (Part 1)
Arm Swing Tempo	The Components of a Good Arm Swing	Identify Early, Late, and Perfect Timing For You	Ten Ways to Beat the Heat of Competition	How To Build Confidence (Part 2)
Balance Your Stance for Optimum Performance	The Finish Position	Importance of a Firm Sliding Leg	The Match Before the Match	How to Generate Positive Self-Talk
Body Position for a Balanced and Strong Finish	The Four Keys to a Great Stance	Increasing Your Power	The Mental Game 5-Step Plan	Impact of Pressure
Clear, Precise Positions for Your Stance	The Importance of Balance and Power for Women	Keys to Achieving Accuracy	The Pre-Shot Routine	Internal vs. External Thinking
Connect the Dots for a Great Swing	The Keys to a Good Arm Swing	Keys to Footwork Tempo	The Rule of 15	Introduction to Mental Imagery
Drift Issues? Check Your Bowling Thumb	The Keys to a Good Finish	Manage Your Axis Tilt, Rotation, and Rev Rate	Thought Stopping	Introduction to Self-Talk
Early Timing Symptoms and Cures	The Proper Ending - A Good Release and Finish Position	Match Your Pushaway and Footwork	What Can Help You Concentrate?	Keys to Effective Goal Setting
Feel Effective Swing Transition for Better Ball Roll	The Release	Match Your Right Leg Finish to Your Game		Mental Hurdles Q & A (Part 1)
Finding the Perfect Stance For You	The Six Movements in Bowling	Thumb Position and Finger Turn for a Medium Release		Mental Hurdles Q & A (Part 2)



MBC training sessions are broken into three categories: Novice, Skilled & Elite Levels. One subscription gives you access to all three levels!

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Mental cont.	Lane play	Lane play cont.	Equipment	Practice / Learning
Mental Imagery	Adjusting to the Changing Lane	The Short Range Plan for Performance	Ball Core, Cover, and Pin	Be Open To Learning
Mental Imagery's Many Functions	Adjusting to the Lane Condition	Tips for an Effective Practice Routine	Bowler Accessories	Developing Feel
Planning Your Mental Game - Internal and External Focus	Adjusting Your Speed and Loft to the Lane Condition	Tough Fun	Bowling Ball Fit, Cover, and Pin	Game Plan for Improvement
Pre-Shot Preparation	Advanced Release Positions and Matching Them to the Lane	Tournaments Are For You	Choosing the Proper Ball Weight	Have More Fun
Relaxation Techniques - Music and Humor	Advanced Speed and Loft Adjustments	Using Your Practice Before Competition Wisely	Equipment Basics	Importance of Seeking Out a Good Coach
Rhythm and Routines (Part 1)	Ball Motion	What It Takes to be a Good Teammate	Match the Ball Cover to Your Game and the Lane	Increase Your Awareness
Rhythm and Routines (Part 2)	Basic Spare Shooting	What To Do In Practice	Matching Ball Core, Cover, and Pin to the Lane Condition	Master Plan: Manage Your Increasing Choices for Optimum Performance
Self-Acceptance	Body Angle	You Are Your Own Coach	Proper Ball Fit Using Tape	Master Plan: Organize Your Game for Overall Improvement
Self-Talk and Mindset	Bowling in a PBA Experience League		The Proper Grip	Master Plan: Plan Your Work, Work Your Plan
Setting Effective Goals	Converting Spares		Understanding Ball Cores and Pin Positions	Match Play Challenges and Strategies
Ten Ways to Beat the Heat of Competition	Converting the 10 Pin			Planning For Success
The Match Before the Match	Finger Pressure in the Release			Practice Plan
The Mental Game 5-Step Plan	Keys to Playing Lanes			Preparation is the Key to Winning
The Pre-Shot Routine	Match Your Hook to the Lane			Scoring Strategy
The Rule of 15	Spare Shooting Using the Seven Key Pins			Sharing Information in Team Play
Thought Stopping	Targeting Choices			The Bowling Pyramid
What Can Help You Concentrate?	Targeting Choices (Part 2)			The Learning Process
	The Five Adjustments			The Master Plan