Special Olympics Bowling Skills Assessment Card

Athlete's Name _____ **Date** _____

Coach's Name _____ **Date** _____

Instructions

1. Use this tool at the beginning of the training/competition season to establish a basis of the athlete's starting skill level.
2. Have the athlete perform the skill several times.
3. If the athlete performs the skill correctly three out of five times, check the box next to the skill to indicate that the skill has been accomplished.
4. Program Assessment sessions into your program.
5. Bowlers may accomplish skills in any order. Athletes have accomplished this list when all possible items have been achieved.

Layout of the Bowling Area

- ☐ Knows where the control counter, lounge area, bowling area are located.
- ☐ Can identify the pit area.
- ☐ Can identify the approach area.
- ☐ Can identify the foul line/foul light and understand their functions.
- ☐ Can identify the ball return.
- ☐ Can identify the automatic scoring equipment.
- ☐ Understands how the balls are returned and the operation of the ball return equipment.

Equipment Selection

- ☐ Understands where to locate shoes and ball.
- ☐ Asks appropriate person for correct bowling shoe size.
- ☐ Selects appropriate weight for a ball.
- ☐ Wears clothing that is comfortable and provides freedom of movement.
- ☐ Returns bowling ball and shoes to appropriate places after game.

Scoring

- ☐ Understands to count pins knocked down.
- ☐ Recognizes strikes and spares.
- ☐ Understands basic terminology (i.e., open, split, strike, spare).
- ☐ Understands method of scoring.

Rules of the Game

- ☐ Shows an understanding of the game.
- ☐ Understands that game consist of 10 frames.
- ☐ Knows which lane to bowl on when alternate lanes are being used.
- ☐ Knows not to cross the foul line when bowling.
- ☐ Knows that pins knocked down when a foul is committed do not count.
- ☐ Knows to bowl only one ball in a frame when a strike is scored.
- ☐ Knows to bowl no more than two balls per frame, unless in the 10th frame where three ball may be permitted.



- ☐ Knows to bowl only when pins are standing.
- ☐ Adheres to the rules of the bowling area.
- ☐ Follows official Special Olympics and ABC bowling rules.

Sportsmanship/Etiquette

- ☐ While participating in bowling, the athlete will exhibit sportsmanship and etiquette at all times.
- ☐ Demonstrates competitive effort while bowling at all times.
- ☐ Takes turns with other team members.
- ☐ Selects and uses the same ball throughout the game.
- ☐ Waits for bowlers on adjacent lanes (one lane right or left of athlete) to finish before bowling.
- ☐ Bowls cooperatively and competitively; cheers for fellow teammates.
- ☐ Maintains knowledge of own score.
- ☐ Helps teammates with their scores.

Retrieving the Ball

- ☐ Observes lane courtesy.
- ☐ Approaches ball return from correct side.
- ☐ Identifies his/her ball.
- ☐ Picks up ball correctly from ball return.
- ☐ Cradles the ball in one arm and moves to starting position on the approach.

Grip

- ☐ Places fingers and thumb in the ball properly.
- ☐ Supports the ball by placing the non-bowling hand under the ball, with elbows in.

Stance

- ☐ Locates starting position on approach
- ☐ Stands appropriately for making spares.
- ☐ Demonstrates proper foot placement—left foot forward if right-handed.
- ☐ Assumes correct stance with eyes focused on bowling pins or target arrows/dots.
- ☐ Holds ball under control with two hands.
- ☐ Holds ball at proper height relative to body position.

Approach

- ☐ Performs pendulum swing without push away.
- ☐ Performs pendulum swing with push away.
- ☐ Performs, with consistent rhythm. three-, four-, five-step approach with push away and pendulum swing.
- ☐ Performs smooth three-, four-, five-step approach with push away and pendulum swing.
- ☐ Delivers ball without going over the foul line.

Delivery

- ☐ Athlete's last step is a slide forward toward the foul line.
- ☐ Ball is delivered over the foul line toward the pins or target mark.
- ☐ Performs two-handed pendulum swing in straddle-standing position.
- ☐ Executes proper follow-through with arm swing.