

Diagnostic Assessment Tool

READY POSITION (stance)

- Needs to move stance forward
- Needs to move stance back
- Stance position (location on lane) inconsistent
- Grip palming
- Push away missing
- Push away out of sync
- Other

Overall rating of Ready position (5 best)

1	2	3	4	5
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Comments

ARM SWING

- Arm swing too high
- Arm swing too low
- Forces arm swing (too much muscle)
- Arm swing inconsistent

Overall rating of Arm swing

1	2	3	4	5
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Comments

APPROACH

- 3 step/4pstep
- Excessive speed
- Mechanical or methodical
- Walking crooked

Overall rating of Approach (5 best)

1	2	3	4	5
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Comments

SYNCHRONIZATION/ RHYTHM/TIMING

- Lift inconsistent
- Lift too vertical
- Lift absent
- Release inconsistent
- Explosion point of legs and arm inconsistent

Overall rating of Rhythm/timing (5 best)

1	2	3	4	5
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Comments

Diagnostic Assessment Tool

FOLLOW THROUGH POSITION

- Not holding position
- Difficulty holding follow through due to center of gravity (top heavy)
- Over extends follow through
- Trailing leg not anchored
- Shoulders turned (body not square to pins)
- Arm cuts across body
- Arm arches away from body
- Back position too upright, not reaching
- Sliding leg needs to bend more to get lower for release

Overall rating of Rhythm/timing position (5 best)

1	2	3	4	5

OTHER COMMENTS RELATED TO THE ASSESSMENTS