**Shooting Spares With 95% Plus Proficiency**

**Bowling Spares Made Easy: The 3-6-9 System for All Bowlers**

Picking up spares is a crucial skill for bowlers of all styles, ages, and ball speeds. Whether you're a beginner or an experienced bowler, mastering spares can significantly improve your scores. The 3-6-9 spare system is a simple yet effective method to help bowlers of any type make consistent adjustments. In this article, we'll break down the system, provide tips for various bowling styles, and explain how it can be applied to bowlers of all skill levels and approaches.

**Understanding the 3-6-9 Spare System**

The 3-6-9 spare system is based on lateral adjustments to your feet on the approach, using your strike target as a reference for all spare shots. By moving your feet either left or right, depending on the spare you're targeting, you can align yourself to hit any pin combination. This system works for bowlers of all skill levels and is an excellent foundation for spare shooting.

**Setting Up Your Strike Alignment**

To begin, establish your initial strike alignment. For most bowlers, this means placing the toe of your sliding shoe (left shoe for right-handed bowlers) two boards to the right of the center guide dot (the 18 board) and aiming at the second arrow (10 board). This alignment serves as your starting point for making adjustments.

Once your strike alignment is set, follow these rules for spare adjustments:

* For spares on the right side of the lane, move your feet left.
* For spares on the left side of the lane, move your feet right.

**3-6-9 Adjustments for Key Pins**

The system simplifies spare adjustments by assigning specific movements based on the key pin in the spare combination. Always use a jump off point usually between the 3rd and 4th arrow as your reference point. Here are the recommended adjustments:

* Move right 3 boards for the 2 pin.
* Move right 6 boards for the 4 pin.
* Move right 9 boards for the 7 pin.
* Move left 3 boards for the 3 pin.
* Move left 6 boards for the 6 pin.
* Move left 9 boards for the 10 pin.

**Tips for Effective Spare Shooting**

To use the 3-6-9 system effectively, follow these tips to refine your approach:

1. **Align Your Body Properly:** Point the toes of your shoes toward the key pin in the spare combination. This alignment helps square your hips and shoulders to the pin, improving accuracy.
2. **Walk a Straight Path:** Avoid drifting left or right on the approach. A straight walk ensures your ball follows the intended line to the spare.
3. **Maintain Consistent Ball Speed:** Deliver the ball at the same speed you use for strikes. A consistent speed improves your control and accuracy.

**Adapting the System for Different Styles and Bowlers**

The 3-6-9 system is versatile and works for bowlers of all styles, speeds, and skill levels. Here's how to adapt it for various types of bowlers:

**For Straight Bowlers**

Straight bowlers benefit greatly from the 3-6-9 system because it provides a clear framework for adjustments without relying on ball movement. Focus on precise alignment and keep your walk to the foul line as straight as possible. Using a spare ball can also improve accuracy, especially for corner spares.

**For Hook Bowlers**

Hook bowlers can adapt the system by adjusting their strike target to account for the ball's natural curve. For corner pins, flatten your release to minimize hook, ensuring the ball travels a straighter path.

**For Two-Handed Bowlers**

Two-handed bowlers produce high rev rates, which can make spare shooting challenging. Using a plastic or low-friction spare ball helps control ball motion and improves accuracy for corner spares.

**For Bowlers with Slow Ball Speeds**

Bowlers with slower ball speeds may notice more hook due to increased lane friction. Adjust your starting position slightly to compensate for this. A spare ball is also useful for reducing hook and maintaining accuracy.

**For Bowlers with Fast Ball Speeds**

Bowlers with higher ball speeds will find the system effective, as the increased speed naturally reduces hook. Focus on consistent alignment and smooth delivery to make the most of the 3-6-9 system.

**Common Challenges and Solutions**

Even with a reliable system like 3-6-9, some bowlers may encounter challenges. Here are common issues and how to address them:

* **Drifting on the Approach:** If you tend to drift left or right, practice walking a straight path. Use lane markings or a piece of tape on the approach to guide your steps.
* **Inconsistent Ball Speed:** Focus on a smooth, controlled arm swing and avoid overexertion. Consistent ball speed improves accuracy and reliability.
* **Difficulty Adjusting for Hook:** A spare ball or flattened release can help control excessive hook, especially on corner pins.

**Additional Tips for All Bowlers**

To maximize your spare shooting potential, keep these additional tips in mind:

* **Understand Lane Conditions:** Lane oil patterns can affect your ball's movement. Adjust your positioning and ball choice based on the conditions.
* **Practice Regularly:** Spare shooting requires consistent practice to master. Dedicate time to working on spares during practice sessions.
* **Use Proper Equipment:** A well-fitted spare ball can make a significant difference in accuracy and control.

**Why Spare Shooting Matters**

Spare shooting is a fundamental aspect of bowling that often determines your overall score. While strikes are exciting, consistent spare shooting ensures you make the most of every frame. By mastering the 3-6-9 system, you can improve your accuracy and become a more confident and consistent bowler.

**Conclusion**

The 3-6-9 system is a simple and effective method for improving your spare shooting abilities. Whether you're a beginner or a seasoned bowler, this system provides a reliable framework for making adjustments and increasing your confidence on the lanes. By understanding pin formations, practicing proper alignment, and maintaining consistent techniques, you can raise your scores and enjoy the game even more.

If you're having trouble with the 3-6-9 system or want to refine your skills further, consider consulting a certified bowling instructor for personalized advice. Thank you for visiting bowlingball.com, and we wish you success and fun on the lanes.