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“Bowling at a Higher Level”

- Frame 1 – “Show us your style”, bowl like you normally would!
- Frame 2 – Bowl with your opposite hand
- Frame 3 – Bowl like Fred Flintstone “Twinkle Toes”, Tip toe to the line and throw the ball
- Frame 4 – “Baby bowling” – Go the foul line and with two hands throw the ball between your legs
- Frame 5 – Bowl normal – it’s the beer frame – Lowest bowler buys tonight!
- Frame 6 – “Do the bunny hop” – Hop to the foul line on both feet and throw the ball
- Frame 7 – Go to the foul line and throw the ball standing on one leg
- Frame 8 – Place the ball at the foul line, and gently roll the ball with your foot. Don’t try kicking a field goal ... your toes will thank you later.
- Frame 9 – Go to the foul line, turn around and face your friends, take a bow and bowl between your legs backwards!
- Frame 10 – “Bowling in the dark” – Get a buddy and put on a blind fold.
Have your buddy help you to the line and throw the ball blind folded!