

## Early Eye Alignment

By

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### **Document Purpose**

The purpose of this document is to explain, in detail, early eye alignment.

### **Target Audience**

Bowlers who are over 200 in average. Most of these bowlers are accurate enough to play in a consistent area and are consistent in their releases. However, lane conditions change and bowlers sometimes need to make very big moves. Other times very minute fine tuning adjustments need to be made in order to carry a strike vs. leaving a spare (or a split). At the end of the league or a tournament the lane condition might be completely gone and very steep angles are required to hit the pocket and continue to score well.

These adjustments are a must for any high average bowler over the 200 that wants to get better. These adjustments are sometimes as useful on PBA/Sport patterns as they are house conditions. The adjustments are universal as the lanes are ALWAYS 60 feet in length. Many hours of trial and error have allowed us to come up with this concept. The concepts are easy to understand. They will require some practice by you, the bowler, to properly implement.

## **EARLY EYE**

The purpose of 'early eye' is to use 2 targets that are generally in a 'no-friction' zone. Using 2 targets is better than using one as you can make whatever type of adjustment as required by the lane. By 'feeling' what the lane is giving you and doing, you can be a step ahead of that possible big 4 split or greek church leave. If you make the proper adjustments EARLY and quick enough, your worst case scenario is a makeable spare, probably a weak 10 pin for a righthander or a weak 7 pin for a lefthander.

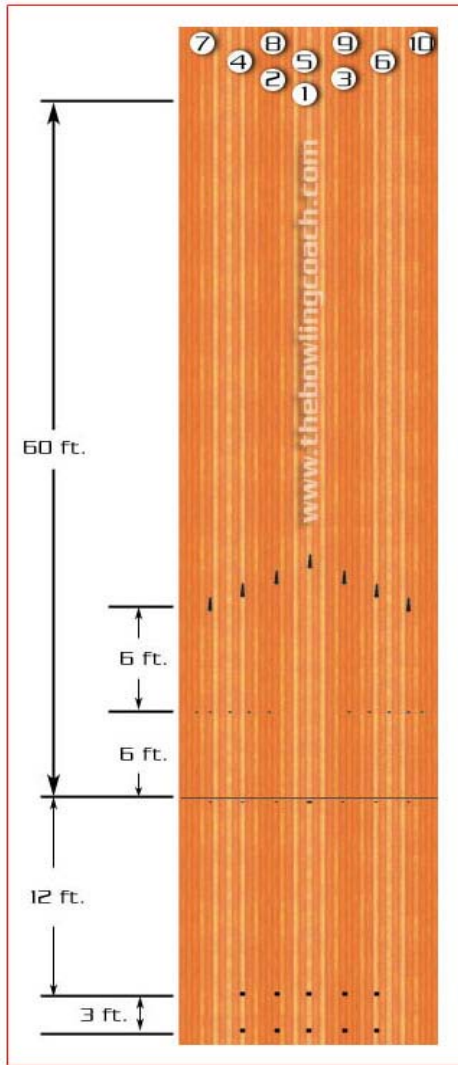
Early eye uses the combination of dots and arrows for alignment. The dots are a closer reference point and easier for bowlers to 'hit'. The result is a more relaxed and pure shot off the bowlers' hand.

### The Lane

Before we start talking about early eye alignment, let's talk about the lane. The lane is 60 feet long and is 39 boards wide. There are 7 arrows at 15 feet from the foul line. They are on boards 5, 10, 15, 20, 25, 30, & 35.

There are 10 dots on the lane. The dots are located 6 feet from the foul line. They are located on boards 3, 5, 8, 11, & 14 on the right and 3, 5, 8, 11, & 14 on the left.

There are dots on the approach and at the foul line. The dots at the foul line are located at boards 5, 10, 15, 20, 25, 30, & 35 board. Below is a picture of a bowling lane:



## Benefits of Early Eye Alignment

1. By using early eye alignment we can see the lanes change in very small increments and STILL continue to strike. We can CONFIDENTLY make small moves OR large moves to adjust to the pocket, change angle to the pocket, or re-align to the pocket.
2. Early eye alignment works off of STRIGHT lines between the dots and the arrows. There is initially not a lot of friction in this area, if played properly. The ONLY reason a ball will go high is because the bowler is not far enough or deep enough into the lane and the ball encounters friction too early. For a righthander it means they are not far enough left. For a lefthander it means they are not far enough right.
3. Breakpoint theory does not apply. Many bowlers use breakpoints as a target or reference point. And breakpoints, by definition, are ALWAYS in a friction zone or drier part of the lane. As a result, breakpoints can change dramatically in a very short period of time. These changes can EASILY confuse a bowler. And adjustments become more difficult. By using early eye alignment system we do not CARE about breakpoints.
4. Once learned, practiced and properly used you will be able to shoot higher scores and sets.

## Basic Early Eye

The basic concept of early eye is to create a left to right launch angle (for righthanders) thru the heads, which are the first 15 feet of the lane. Many bowlers stand in a specific location and throw over an arrow. By missing right or left of the arrow, the launch angle of the ball will COMPLETELY change. Using early eye requires 3 points. They are STAND, DOTS, and ARROWS. And using early eye will not GENERALLY change the launch angle, even if the bowler MISSES the mark by a board.

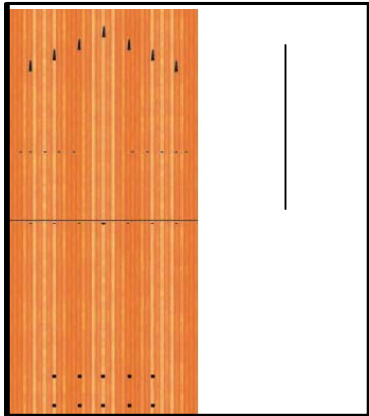
When you are at stance, you look at the arrows and then line up your shot to hit a specific dot. The dot location is not that important, it is a rangefinder. It must be 'natural/comfortable' and not a 'forced' location. The dot location is wherever your eyes 'fall' when looking up/down the lane.

During your first step you keep your target at the arrows. AFTER your first step you move your eyes to the spot at the dots that you already determined.

Here are a few EXAMPLES of Early Eye:

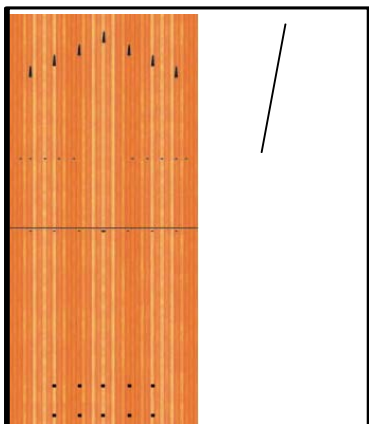
### A Straight angle

Throwing the ball straight up 10 board. Stand 16 or 17 board with the feet, 10 boards at the dots, 8 board at the arrows. Abbreviated as 17-8-4. The reason is that at the arrows it is sometimes difficult to focus on a specific board. The dot number is also the least important number and is written last. In our case we will use the 4<sup>th</sup> dot. Here is what the launch angle would look like on the lanes:



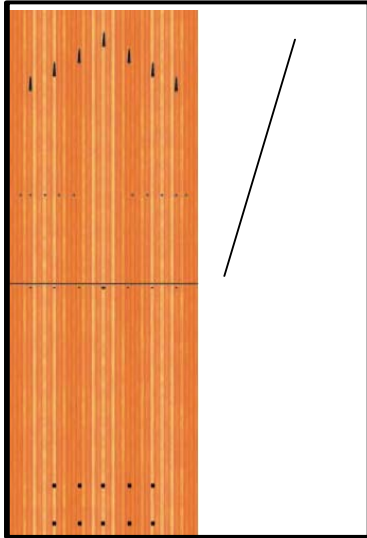
### A Shallow angle

Stand 18 board with feet, 12 board at the dots, 10 at the arrows. Abbreviated as 18-10-4 or 18-10-5, depending on which dot you are going to use. Here is what the launch angle would look like on the lanes:



## A Steep Angle

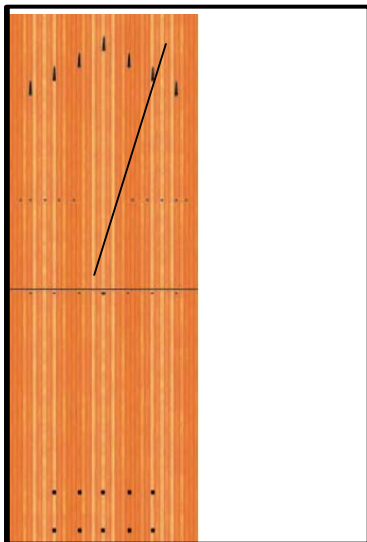
Since we have seen a straight angle and a shallow angle, we will now try a STEEP angle. With this angle we will stand around 22 board, 13 at the dots and 7 board at the arrows. When using steep angles expect the ball to start to change direction almost immediately after it encounters friction. Our writing for this example would be 22-7-5.



The best part of early eye alignment is that we can use it on ALMOST any part of the lane. There is, however, one caveat. They are as follows:

1. Eyes at the ARROWS must NEVER be left of 20 board.

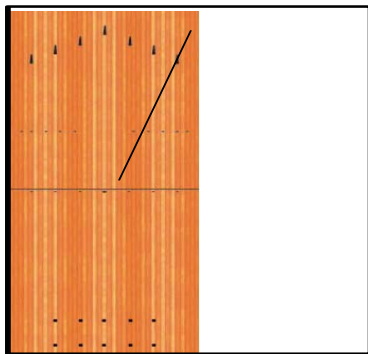
Here is an example line that will NOT usually work with early eye alignment. 33-27-22



This is NOT a good angle for the early eye is that it is difficult for the human brain to process. Many people will tend to tug the ball left of their target or not have a good release. Since there is so much friction, the ball may tend to hook earlier than usual.

Once the bowlers feet move to 35 or 36 board, inside 4<sup>th</sup> and 5<sup>th</sup> arrow angles can be considered. In addition, it may be wise to implement "Fake Eye" or spotting at the arrows. Early eye should no longer be used.

The image below is close to the deepest one should go when using early eye alignment. Note that the spot at the arrows is 20 board. Each bowler will have a comfort zone of the steepest angle they want to see the ball move thru the heads. Some players may think this angle is too steep while others may feel this angle is not steep enough.



### **Early Eye Adjustments**

When we hit our marks and do NOT get a strike, we are given IMMEDIATELY feedback. If the ball hooked too much and left us a 4 pin (for a righthander), we KNOW the track area we are playing is starting to hook earlier than when we started. Our move may be to move a board to the left with the feet, arrows, dots. Base +1, 0, 0.

Ring 10 pins are EVERYONE's worst enemy. Usually they are GREAT shots off your hand. You think it is a strike. You watch the pins hit each other only to see the 6 pin 'rocket' around the 10 pin and miss it. ☹️ The best adjustment for ringing 10 pins using the early eye alignment system is to move your feet one board left and either hit the ball harder or use MORE hand. This move with your feet should change the angle of entry to the pocket enough to kick the 6 pin into the 10 pin and carry that strike.

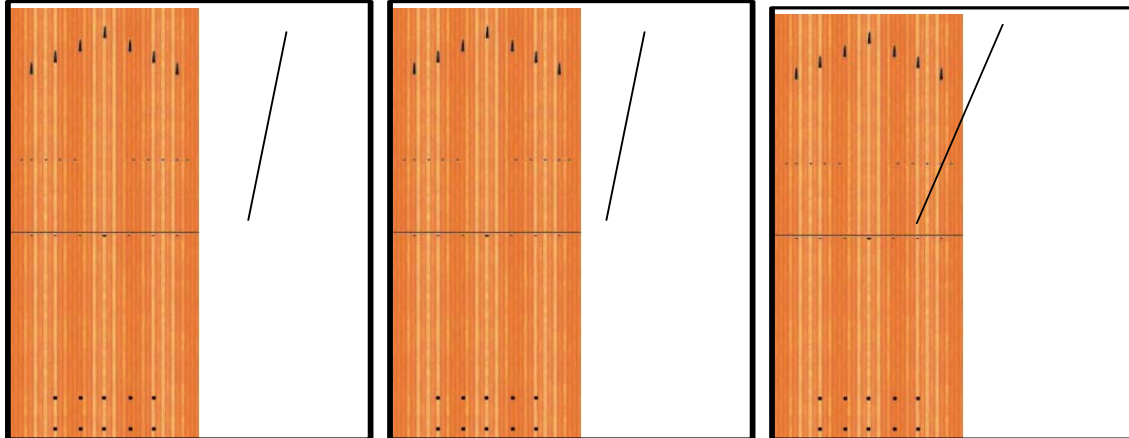
Leaving a 3-6 combination is an immediate 2 board move left with your feet. The angles MUST be opened up if you want to continue to strike. 2, 0, 0. Watch CLOSELY after making this move as you may need to make a parallel move even if you strike after the 2,0,0 move.

As the lanes start to transition, the move may be to make a parallel move to the left. The NEXT move might be to increase the angle thru the heads to stay in the oil. So it might look something like this:

Fresh/Start of night

Transition

Burning



### **How to determine where to spot at the dots**

Draw a comfortable/natural line from the arrows thru the dots to where you are standing. Most bowlers will be standing/sliding 7 boards away from the laydown point of the ball. Draw your angle from your laydown point to the arrows. At the dots, determine which DOT your line will 'intersect'. Do not use a specific board unless you are INSIDE of the 5<sup>th</sup> dot.

If the early eye adjustment is practiced and properly used the bowler will ALWAYS know where the friction zone is they need in order to score well. And that is the difference between a split and a strike. It is also the difference between high and low scores.