

Brain Factors Influencing a Bowling Throw

Brain Factors	Positive Effects on the Throw	Negative Effects (Doubt / Peer Influence)
Focus & Attention	Improves precision, timing, and consistency during release.	Distraction reduces accuracy and alters timing.
Motor Memory	Supports smooth and automatic movement execution.	Overthinking disrupts fluid motion and coordination.
Confidence Level	Promotes stable posture and a committed release.	Hesitation can modify force and trajectory.
Emotional Regulation	Maintains calm body control and rhythmic movement.	Stress increases muscle tension and stiffness.
Social Influence	Positive encouragement enhances performance and motivation.	Peer pressure increases self-doubt and performance anxiety.