Team Spare Practice Log

MAKES / ATTEMPTS PER ATHLETE, PER LEAVE

Write makes over attempts in each box (for example 7 / 10). Add across for each athlete's total and divide for their conversion percentage.

Team _____ Coach _____ Date _____ Center _____ Lanes _____

Athlete	10 pin	7 pin	6 pin	4 pin	3-6-10	2-4-5	2-8	3-9	Other write it in	Total & %

Running a 20-minute team spare block: split the team across lanes, give each athlete 5 to 10 attempts per leave, and rotate. Shoot single pins first, then multi-pin leaves.

What to look for: single pins should be close to 100 percent. A low number on the 10 or the 7 usually means the spare system or spare ball needs work, not more effort.

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