

Elite Training Habits Internationals #9

One of the players in our squad (pBus) did a bit of research during the covid lockdown about elite players and the manner of their training.

Having set his goals for the coming year, our squad player decided to reach out and identify what it is at training that makes the elite performers in our sport so great.

He reached out to numerous State, National and International players (23 in fact) to pick their brains and absorb as much information to adapt into his training regime to reach his goal.

The questions asked each player of interest was as follows:

- *What have you found to be your most effective/successful training regime?*
- *How do you plan each training session?*
- *How do you record each training session? (stats keeping)*
- *What drill do you think is the best for a short training session?*
- *What do you deem to be the most important skill in bowls?*
- *What mental skills do you think are important?*
- *What you think has been the secret behind your successful career in bowls?*
- *If you could share one thing that you wish you had known when starting bowls. what would it be?*
- *What do you think it takes to become the best?*
- *How did you overcome your biggest challenges to achieve what you have achieved?*
- *If you were trying to teach someone what it takes to become the best, what would you tell them to 'fast track' their progress?*

Their responses are paraphrased into digestible chunks that can easily be tried in our routine to find the perfect balance that suits any one of us best.

Below is the response from a player selected for today's website column with names deleted for privacy: Including a brief rundown of the player, representation, and their winning achievements.

#9 International, World singles CoC

- Small first to 11 games at a high intensity – play 3 games each worth some \$\$.
- Match practice is the optimal practice method (play jack where it lies).
- Depending on what event is coming up defines what skills will be worked on.
- Back end stuff.
- Singles means roll up and do grouping drills.
- Leif Selby tip is to, in roll up, first jack roll, throw the jack to the comfortable length and play from there. (play your natural length)
- Find best person you can and have a hit out as best preparation.
- Breathing is a good mental skill, keeps tempo, inhale / exhale, approach mat and squat down, inhale / exhale, find line, inhale / exhale, inhale on swing back, exhale on release.
- Follow process not outcome – control the controllable aspects.
- Put all bowls in the ditch to take some more time and slow tempo.
- Find what suits you and find your method of development.

This website will provide all twenty three (23) player responses over the year 2023 in the WHAT'S NEW menu.

That is a lot of interviews and a wealth of information to all we bowlers, and coaches, and as good an insight as to how you the bowler can adjust your thinking, your approach to markedly improve your game based on this knowledge.

Keep an eye out for the next commentary on elite player training on this website.

Coach Lachlan Tighe, 2023