

Training Habits Of Elite, Jackeroos #8

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 do 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.

#8 BA Emerging Jackaroos side, BV open pairs, Junior Gold Nugget

- Jack and 2 bowl drill and game simulation.
- Practice each weakness until you are completely comfortable with it
- Start each session with a jack and 2 bowl drill.
- Jack and 2 bowl drill is best when only short amount of time.
- Concentration and dedicated focus is key mental skill
- Don't get phased by the small stuff.
- Practice is the key to success, especially developing weaknesses.
- Learn to win ugly, keep it close when things aren't going your way.
- Reflecting on the losses are what makes you a great player.
- To be the best, you must strive to be the best in everything you do.
- Always be kind and supportive of everyone.
- Smile at those who are trying to get into your head.
- Always play to your strengths.

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