

Inefficient training

Here we are 2019, and still we have an outdated approach to steering ourselves to an elite level of sport.

I watched a state player train not long ago and his endeavour was faultless, as was his skill.

However it was inefficient.

Inefficient first because he had no coach to supervise the session.

Inefficient in that he spent half his time walking up and down the green, the misses made were not instantly corrected, and he changed ends and thus conditions every end.

But you may say he is preparing for pennant where there are only two bowls.

As a coach I am not preparing a player for pennant. I am aiding the progress of all the skills to elevate them to a higher level.

What is it we are not learning from profile sport, the coach, the player.

Had I been coaching that player:

- Even before our first session, I would expect him to set some goals,
- And expect him to agree on a specific time weekly to train,
- There would be an agreed stated purpose for the session,
- We would have set a time limit of an hour,
- Then worked at one length this session,
- On one specified hand, with him using eight bowls so as to get repetition, repetition, repetition.

Nearly all of us follow AFL footy in Australia or certainly in my home state Victoria and are aware of the lament on goal kicking inaccuracy.

Compared to yesteryear, full forwards today, spend bugger all time practicing goal kicking.

Champion goal kickers used to do 50 shots per training session though they may only get 4-6 scoring opportunities in a game.

That is what bowlers don't understand.

That is what the coaches are not doing for the bowlers.

And it would seem the good young bowlers, even those from an earlier vintage / generation do not understand what intense training is all about.

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They all simply play game after game. Just throwing bowls does not make you a better bowler, as much as training to acquire a high standard in all the skills evident in the sport of bowls.

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