

## Training Habits of the Elite Q5, Most Important Skill

*As mentioned before, 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.*

*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 do you deem to be the most important skill in bowls?***

Below are the responses to the above question with player names deleted for privacy.

- Most important skill is composure and mental strength.
- Find what attitude you play your best in and strive for that attitude each time you play.
- Most important skills are consistency, variety in shot type and ability to convert the big ones when needed.
- Most important skills are correction and consistency.
- Technique is vital.
- Efficient technique is the key to success.
- First bowl effectiveness is the key. Get this specific bowl no matter what the format to be impeccable (get known for first bowl effectiveness).
- Good idea to find your comfortable pace when playing drives. You need to hit them before you get results.
- Delivery confidence is the most important mental skill.
- Most important skill is being able to replicate a bowl.
- Discipline to train and train hard is the fundamental skill to development.
- Always be conscious of missing in the right areas and always giving the bowl a chance.
- Has never been a big on specific practice, but is really focused and intense when playing practice games.

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.**