

### ***Training habits of elite bowlers #16***

*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.*

## #16 International, BA emerging jackaroos, state side,

- Experiment Tuesdays (different lengths and shots), drills Wednesdays, Saturday morning before the game is finding rhythm.
- Doesn't plan for sessions, but has goals surrounding weaknesses that are to be met before he finishes.
- Measures every bowl on a 'plot sheet' to find his usual distance from jack on the draw shot at different lengths.
- Most important skill is being able to replicate a bowl.
- Best drill is grouping drill.
- Mentality of thinking 'now that I have nailed it, I have figured it out and my opponent is in trouble'.
- Game awareness and match understanding are skills that can be learnt that are underrated.
- Always put process before outcome.
- To be the best, you must take the opportunity when it presents. They don't come around often.
- Let the bowls do the talking especially when you don't necessarily fit into a team's culture.
- Discipline to train and train hard is the fundamental skill to development.
- Stop preparing to lose, approach things with the mentality that you won't lose. (Don't bring chalk 'for if I have to mark', don't even consider being available in the afternoon of a bowls event).
- Back yourself to win the game if it is level at half time. Think that you have learnt from the first half and you'll play better because of it

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

**Coach Lachlan Tighe, 2023**