

Solitary training

How apt in 2022 to have a program called 'solitary training' given our Coronavirus concerns.

In May 2016 I added four separate sessions called Solitary Training onto the website.

I refer you back to all four documented programs as they have relevance still in 2020.

Again in 2018 I added two more columns with practical content on solitary training.

This column is just more material and ideas for you the bowler or coach to consider.

Purpose

If you are committed enough to train by yourself, consider:

- Your strengths - list and evaluate & reinforce as training
- Knowing what singles skills are necessary to advance
- Knowing what team position skills / roles are necessary to advance too
- Audit your delivery skills at some training sessions
- Appraise some skill defects for further work, and have as part of any session
- See your defects moving to be strengths with regular training

(*Always* use two sets of four bowls, eight deliveries, to maximize efficiency of solitary training and choose those sessions from here that enables you to train for no more than an hour to 90 minutes.)

THOUGHTS ON DELIBERATE PRACTICE

Lessons

'How do extraordinary achievers get to be so great at what they do? Research published recently showed the best performers rated practice alone as the most important aspect of their activity.

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Elite performers, even those who perform in teams and groups, describe practice sessions with a group as ‘leisure’ compared with solo practice, where the real work gets done.

(Might I say that Elbows & now pBus never use training as leisure; we socialize afterwards because training at intensity, with deliberate practice, is what is needed to be much much better).

Elite athletes in team sports spend unusual amounts of time on solitary skill practice.

In many fields, according to research, it is only when you are alone that you engage in what is referred to as a ...**DELIBERATE PRACTICE**; which is identified as the key to exceptional achievement.

When you practice deliberately you identify the tasks or knowledge that are just out of your reach, strive to upgrade your performance, monitor your progress and revise accordingly.

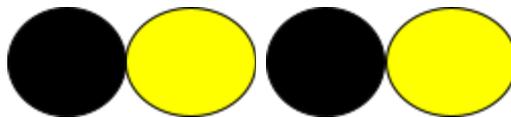
Practice sessions that fall short of this standard are not only less useful – they’re counterproductive. They reinforce existing habits and mechanisms instead of improving them.

‘Deliberate Practice’ is best conducted alone for several reasons

- It takes time and concentration.
- Other people can be distracting.
- It requires an intense motivation which may often have to be self generated.
- Importantly, it involves working on the task most important to you, personally, only when you are alone. If you want to improve what you’re doing you have to be the one generating the move. In a group session you’re only generating the move a percentage of that time together.

Weight appraisal

Requiring different weighted deliveries to bowl over each of the 4 different mats or CDs placed halfway up the green, up and back to a jack on a 2m mark.



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PRACTICAL GAME SIMULATED SESSIONS

(You should bring out eight bowls, two sets, onto the green for this session as you compete against yourself, or one set versus the other set with you as the sole bowler.)

Session: game of BH v. FH with your 2 sets of bowls

- 2 end game where 4 FH deliveries compete against your 4 BH delivered bowls: alternate deliveries on each hand.

Session: game against perfect opponent

- 2 end game where you use one set of bowls to set a head as opponent's delivered 4 bowls
- now deliver your 4 bowls to compete against that head, practice whatever you decide needs reinforcing
- leave the mat and walk to the head
- on completion of end one set up a head in that same spot, again, it can be a different configuration;
- to use time effectively, with your own bowls deliver back as near behind the mat as possible
- deliver 4 bowls again to compete against that set head with their 4 bowls

Session: game against yourself, the anxious competitor

- 2 end game where you use one set of bowls as the opponent who can deliver all 4 bowls
- you though, the anxious competitor, only have two bowls, the first delivery and the last bowl delivered;
- 'anxious' delivered the first delivery of the end, now you play as the opponent having to deliver all 4 bowls ;
- 'anxious' come back after awaiting 4 deliveries before getting the chance to address the head situation with that last bowl;

These exercises are intended for the time no one else is around at the club.

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However, if you are there when others are around and want still to train by yourself, have the discipline, the motivation to do your own thing. Once done, now, you can join in with other bowlers at the club, if their invite still stands as you probably again delivered excess of 100 bowls in this hour / ninety minute solitary session.

Lachlan Tighe, July 2022.