

Elite Training Habits Alley Shield #6

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.

#6 National, State side, Alley shield

- Jack and 2 bowls test, 40 bowl tests all recorded
- Sunday would be when to draw up a schedule
- 3 training sessions each week, 3 cardio sessions, 1-2 weights sessions
- Most important skills are consistency, variety in shot type and ability to convert the big ones when needed
- Important mental skill is the ability to be able to switch off to enable hyperfocus
- Act as confident as possible at all times (not cocky but confident)
- If you have twice as much training under your belt than your opponent there is a likelihood that you'll win. The more you play, the more you learn.
- Never ever think about the outcome of a game. Think about the process, think about the controllable variables and what you can do to perform as good as you can.
- Learn the ability to focus for long periods of time
- Keep the attitude up and don't act irrationally. Each shot at a time
- Learn to use the whole mat
- Constant positive emotion shifts the world in your favour.
- Get technique to a fail proof state where nothing can go wrong
- Learn how to hold bowls up and get them to turn more

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