

Deliberate Practice Delivers

Mindlessly going through the motions of practice, as we experience at bowls clubs, knowing it won't lead to improvement, makes it all the more important to use that practice time in a deliberate practice / training mindset.

Deliberate practice has no equal when it comes to improving your overall bowls skills. And even better if the sessions are coach driven.

Deliberate practice can be sheer hard work at times. Here is when the coach in attendance can mix the fun as an ingredient in with the effort to get the fundamentals rock solid.

My ingredients for a deliberate practice session would include:

- Specific skill purpose
- Intense concentrated effort
- A measurable outcome
- Fun, fun, fun
- Repetition of the exercise, the drill
- Game related content
- Feedback during and again after the session

I am sure that despite obvious talent the greats in sport, and as we are striving to do in pBus, continue to improve through deliberate practice. The greats never stop improving, which is why they are great.

You bowlers need to know that the performance that succeeds is a result of numerous hours of challenging, intense effort, including the mistakes, of deliberate practice.

Doing skills, drills they cannot currently do, faltering in the effort, yet learning as they go, learning better and differently is exactly the model that great athletes practice.

Deliberate practice delivers. Just look at the Elbows experience in bowls.

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So make it a habit.

Gee, just remembered the Elbows squad motto: attitude, all about practicing habits. A motto, a mantra, that never, never dates.

A feature of habit could be your scheduled routine. Pbus squad train at set times three times per week regardless of weather conditions. Why a routine? Because it helps you in the discipline when practice is tough. Knowing the session time is set you just come and get on with the task at hand.

One barrier many of us face doing intense training, deliberate practice, is that sense of self-judgement, that concern of not being on top of the session, not being up to scratch. Just jump in bowlers and give it a go, relish the challenge. Safuan Said the Malaysian national and also Elbows squad member, was by far my favourite bowler when it came to accepting challenges. He faced them front on, always. He won three world bowls championships with his pursuit of happiness with his bowls, his facing all challenges.

I look over at my beautiful 20-month-old daughter, Sasha or little Titch as I nickname her, and I think she spends so much of her time chasing her curiosity, doing things differently, searching for the solution; she does not know the word can't; she is not embarrassed by her activity. She has attitude. She knows no limits.

To all you adult bowlers, let the kid in you be released, give away your self-critical judgement, any form of embarrassment of failing, simply explore, raise the rung on that ladder of skill acquisition and step up a rung at a time knowing?

Deliberate practice delivers.

Just ask our pBus squad member Robbie Briglia. Why?

Well he did just win this week the Australian indoor singles crown, 2019, that's why.

Lachlan Tighe, 2019

Elbows & pBus
Lachlan Tighe, email l.a.tighe@bigpond.com mob.0409 532 953