

Training Habits Of Elite Bowlers #19

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.

#19 International, Commonwealth Games, World bowls, AO Singles

- Training specifically for upcoming events in the particular discipline that is coming up.
- Always include a drill in each session when planning it. Sometimes intensive drill sessions are appropriate.
- Record drills for BA requirements.
- Best drill for a short session is a jack and 2 bowl drill.
- Developing a solid pre shot routine is key to getting far in the sport.
- Completes 3 personal training sessions each week with at least 1 cardio session.
- Learn to have thick skin and be a mental fortress when under the pump.
- Always test yourself and experiment with training to make yourself adaptable in all situations, no matter how unusual it may be.

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

Coach Lachlan Tighe, 2023