

## **Trained Habits**

I was utterly gob-smacked recently to hear an overseas Commonwealth Games 2014 representative totally reject the need for any sort of training.

Where do we get these people?

Or how the hell are they selected to represent their country?

Skills and habits can be trained to be better.

Recent coaching and observing of players performing at club, regional, state and international levels allows me to note and experience both the motivations and barriers of various players to perform even better.

I take heart from those who have excelled in sport as they provide us with insights as to how to perform better.

A few legendary footballers and coaches have recently commented on the models for training and success in competition. And though the models equally apply to our sport bowls; well we seem to ignore it as usual.

To help you who read my columns these are some of those comments I then translate into relevant bowls pictures:

Never allow your opposition to know you feel miserable about your game or your performance on the green.

Performance says more about how you prepared through training.

Set standards and be unforgiving in their application as it is a quest to get the best from every bowler in our relevant teams.

Measure each player against that person's ability / skill, and don't expect anything more as a coach of the player than those abilities / skills of each player.

The priority: get the basics done well; which may be as simple as mat length (ML) draw bowling.

## ***Website menu – coaches corner***

### ***Trained Habits***

A game plan: the player and team need one that is clear, explained, trained and is known to all as being successful, it wins.

And finally the footballers comment on the necessity to have game related habit-making skills.

Trained, of course.

[www.lachlantighebowls.com](http://www.lachlantighebowls.com)

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