

Elite Habits, What To Know, Q8

As mentioned on the website, 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.

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:

If you could share one thing that you wish you had known when starting bowls, what would it be?

Below are the responses to the above question with player names deleted for privacy:

- Losses don't matter in the long run, gradual progression is the key to success.
- Secret to success is a good coach that invests in his people.
- Surround yourself with the right people. Team success makes more people happy than singles success.
- Be a good sport at all times.
- 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.
- Always be kind and supportive of everyone.
- Never be comfortable in practice (always challenge yourself).
- Enjoy the highs because they don't last forever, enjoy the challenge but also enjoy yourself when you get there. Work hard at it because it doesn't last forever.
- Always relate what you do to your goals.
- Be a good person first and foremost, this will get you far in sport.
- People try to drag you down when you reach the top, take it as a compliment and keep taking forward strides.
- Game awareness and match understanding are skills that can be learnt that are underrated.
- Always put process before outcome.

Website column
Training habits of the elite Q 8

- Stop preparing to lose, approach things with the mentality that you won't lose. (Don't bring chalk 'for if I have to mark', don't even consider being available in the afternoon of a bowls event)
- Maintain a good life and bowls balance, don't make it a chore to go and train.
- Pace yourself and set your sights on the main goals you want to achieve (prepare around the main events).
- Learn to control emotions as this is the major downfall when losing a game. Control the nervous tension.
- Build your self-confidence by doing the hard work on the training track.

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