

# Training Habits Of The Elite

*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:*

**- What drill do you think is the best for a short training session?**

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

- Four bowls between T and ditch starting from the T and working back to Maximum
- Practice your routines for game day
- Jack and two bowl drill and game simulation
- Back end stuff
- One jack one bowl training is effective
- Maximum 60 minutes straight training
- Singles – jack and two bowl, grouping, drawing off the impossible shot (front toucher), drives at small targets
- ‘Perfect end drill’ for short sharp training sessions (roll jack, three bowls within M/L, drive out a small target with 4<sup>th</sup> bowl)
- Weight consistency drills are the best to practice when only having a short amount of time to practice
- Best drills – 72 bowl tests, draw to ditch, drive over mat at the other end of green, grouping drill
- 45-minute session on a specific skill that needs work
- Jack 18 inches from ditch drill, add weight and subtract weight drill (1.5M space)
- Best drill is grouping drill
- Mentality of thinking ‘now that I have nailed it, I have figured it out and my opponent is in trouble’
- Game awareness and match understanding are skills that can be learned that are underrated
- Always put process before outcome
- To be the best, you must take the opportunity when it presents itself. They don’t come around often
- Let the bowls do the talking especially when you don’t necessarily fit into a team’s culture

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- Discipline to train and train hard is the fundamental skill to development
- 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)
- Back yourself to win the game if it is level at half time. Think that you have learned from the first half and you'll play better because of it
- Perfect end drill for when there is limited time
- Always put something on the line when playing matches in practice as this will drive the competitive spirit and not just become a roll up
- Best drill for short session is jack and 2 bowl drill
- Short sessions specifically work on rhythm
- The best drill for short training sessions is either the perfect end drill or the bowl covering the jack drill
- Drive and draw drill is the best for when only a short amount of time

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**