

## **Time, The Essence Of Performance**

### **Playing Time**

Research shows that bowlers only delivered a bowl 9% of the time they were out there on the green competing.

The breakdown of the time was approximately:

Delivery of bowls	9%	
Walking to head, changing ends		24%
Other available time	67%	

A favourite coach of mine, Danny Simmons, as club head coach informs his players of 21:210.

The 21 minutes is approximately the amount of time a Victorian pennant player has for the process of his overall deliveries for that afternoon of competition.

The 210 minutes is about the length of time for each pennant competition game. Meaning these pennant players are only in the process of delivering bowls 10% of the afternoon.

### **Pre Delivery Time**

I first surveyed time taken for a pre-delivery routine as far back as 2000 with the commencement of the squad of bowlers I coached.

From my coaching of international players / teams to 2010 Games, I gauged numerous bowlers pre-delivery routines and the time taken as a means of observing their behaviour in the contest.

The players time for pre-delivery ranged from a quick 2.0 seconds to a patient 18.4 seconds, though the best bowlers in the world were taking between 9.5 to 11.5 seconds to do their repetitious pre-delivery routine.

Interestingly the best bowlers all stay down for a follow through between 3.0 to 3.5 seconds.

Exceptions always occur though and the two men's single finalists in the 2018 Games are that exception and would take, at a maximum, 3 seconds to deliver.

*Website menu: Facts, measures & knowledge  
Facts to base your performance measure on*

**Training & Competition weekly ratio**

Coincidentally, just this week I was asked by a player to advise on the amount of time they should give over to training in any given week of bowls season.

Playing games as practice is NOT Training.

Many bowlers are out on the green in season up to 20 hours weekly. Playing games mostly, which amounts to about 16 hours, with 4 hours practice with club mates, not even teammates.

My ratio for preparation using that 20 hours would be about:

Competitions	8 hours;
Training with club team	3 hours;
Separate individual training	3 hours;
Coach supervised training	6 hours

**Time on the green when not bowling**

In those fours team games you can switch on when not bowling by immersing yourself in the contributions of the fellow teammates, being aware of opponents behaviour, energizing the team, rehearsing your excellent deliveries in readiness for your next effort.

Here in my home state of Victoria we have weekly pennant club competition in the form of fours. We have all experienced playing in a team of four. At the higher levels you get to deliver your two bowls about every eight minutes. The skill to hone is your focus skill as you have those minutes to go around the world in your mind if not switched on.

Mentally ... where your mind goes everything else follows.

**Lachlan Tighe. 2018**