

Practice In Bowls

Practice in bowls is crap.

Some bowlers get 20 years of experience whereas other bowlers get one year of experience repeated 20 times annually.

I drafted this column about a fortnight back; since then I have joined with Rowan in Elbows squad twice a week to train his game plan as skip for us as a pairs unit.

Last week we had a clown who is in our top side actually say he could not believe we two training in readiness for a future game. Poor Rowan was miffed by the guy - me, I looked at the guy with disdain as he may be a top side player at our club, but he has never got on a podium at an elite level, so fellow kindred spirits reading this, don't give pricks like him any oxygen.

Darryl Fitzgerald, Canadian assistant national coach, wrote to me recently supporting the notion that a ratio of 80% training time to 20% playing time will lead to technical skill improvement.

Continuous improvement comes via training especially that of a purposeful nature.

Bowlers who get out there on the green 4-5 times per week to play in season are simply maintaining their present skill levels. Our guy above is one of these. Nothing more, trust me.

Practice is done to improve your bowls' skill. I shall expand on the concept of deliberate practice in my next article.

Some keen bowlers and the national squads are the exception to traditional practice followers. These keen or elite bowlers may spend up to four hours in a session. Oops! Even Olympians and professional sports people only handle maximum two hours of intense practice before taking a break for a resumption later in the day.

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TOPIC: Practice in bowls

If you have the passion and then a purpose for your bowls, the journey and the commitment to serious practice is far easier because it all has a reason to you.

Lachlan Tighe, 2019