

## Elite Training World Bowls #11

*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.*

*Having set his goals for the coming year, our squad player decided to reach out and identify what it is at training that makes the elite performers in our sport so great.*

*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 have you found to be your most effective / successful training regime?*
- How do you plan each training session?*
- How do you record each training session? (stats keeping)*
- What drill do you think is the best for a short training session?*
- What do you deem to be the most important skill in bowls?*
- What mental skills do you think are important?*
- What do you think has been the secret behind your successful career in bowls?*
- If you could share one thing that you wish you had known when starting bowls what would it be?*
- What do you think it takes to become the best?*
- How did you overcome your biggest challenges to achieve what you have achieved?*
- If you were trying to teach someone what it takes to become the best, what would you tell them to 'fast track' their progress?*

*Their responses are paraphrased into digestible chunks that can easily be tried in our routine to find the perfect balance that suits any one of us best.*

*Below is the response from a player selected for today's website column with names deleted for privacy: Including a brief rundown of the player, representation, and their winning achievements.*

## **#11 International, Commonwealth Games, World Bowls**

- Drills 60%, Match play 40% of training time.
- Replicating pressure environments when training to emulate real game situations (scoring, drill %'s)
- 1%ers – exercise, diet, hydration, organization, communication, planning.
- Always plans training sessions to work on weaknesses, play matches where she focuses on those weaknesses.
- Plans training a week in advance (calendar and excel spreadsheet).
- Always gear training towards next major event to be played (singles/team event).
- Solidify your strengths, upskill weaknesses.
- Maximum 60 minutes straight training.
- Training 3 days per week.
- Ramp up training from 3 weeks before the event.
- Efficient technique is the key to success.
- Singles – jack and 2 bowl, grouping, drawing off the impossible shot (front toucher), drives at small targets.
- ‘Perfect end drill’ for short sharp training sessions (roll jack, 3 bowls within M/L, drive out a small target with 4<sup>th</sup> bowl).
- Mental toughness is the most important skill for bowls – 80% mental, 20% skill.
- Get into the poker face every time you play. Be the brick wall that always looks the same and responds the same way. Become habitual. Consistency with composure is key. Same body language and mental toughness no matter what the situation is on the scoreboard or skill execution.
- Rink presence and body language are also imperative to success.
- Secret to success is mental toughness, practicing with a purpose, never say die attitude, fitness, competitiveness.
- 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 give it 110% because there is nothing worse than getting to the end and reflecting saying that you could have done more.

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

### Training habits of elite bowlers

- Mental game, work ethic, fitness, time management, responsiveness in communication.

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**