

Training Habits Of Elite Internationals #20

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.

#20 International, Commonwealth Games,

- “We must be more intense and deliberate with our practice than in our matches.”
- 90% of practice on his own, 10% match practice.
- Whole session of working on weakness (45-60 minutes).
- Works on rhythm, follow through, delivery preparation (routine) and also periods of experimentation.
- Short sessions specifically work on rhythm.
- Intense concentration is the most important mental skill to develop. Learn what works for you when you use your concentration.
- Really focus on developing a fail proof delivery.
- 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.
- Treat a win and a loss the same. Reflect, learn and act with respect.
- Develop a list of 1%ers that you can always reflect on when things aren't going as good as you had hoped. A master checklist of what can get you back in the right direction.

Keep an eye out for the next commentary on elite player training on this website.

Coach Lachlan Tighe 2023