

Training habits of elite bowlers

One of the Victorian members of our pBus bowls squad, Max Goldsmith, did an interesting survey with 23 acknowledged elite bowlers.

All 23 responded which is a compliment to them especially as three are overseas players.

He said to me in an email that, “Having set my goals for the coming year, I decided to reach out and identify what it is at training that makes the elite performers in our sport so great. I reached out to numerous State, National and International players to pick their brains and absorb as much information to adapt into my training regime to reach my goal.”

The eleven (11) questions asked of each elite player 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?

For bowlers these questions might be ones you ask of yourself to find an answer so as to set yourself on a path to further develop your skill capacity.

Does this mean you are elite, or a champion being able to answer the questions?

Elbows- attitude, all about practicing habits

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No, not necessarily.

Does the investigation by you of such a quest to question assist your development?

Guaranteed.

Go to it, now, today.

Tread the path that Max has shone a light for many to follow.

Lachlan Tighe, 2020