

Elite Training Habits World Bowls #14

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.

#14 international, Commonwealth games, world bowls

- ‘There is no elevator to get you to the top, you have to take the stairs.’
- Hard work is the key to all success in sport.
- Always go to training with a focus in mind and something that you want to accomplish in the session.
- Repetition is a big part of her training regime.
- 45-minute session on a specific skill that needs work.
- Singles practice includes setting up practice heads with 2 opposition bowls within a foot and play the end out (first to 11) (no driving) she aims to win within 6 ends to put pressure on herself (repeats until successful).
- Shadow bowls are also another good way to practice for singles as this closely replicates a high-quality game of bowls where you only have 1 shot to execute the skill.
- Jack 18 inches from ditch drill, add weight and subtract weight drill (1.5M space)
- Get comfortable under pressure so you can handle it when it happens.
- Take the time to set yourself up right and get the fundamentals perfect.
- Keep the focus on the mat, always focusing on the bowl you are about to play. Block all other factors out.
- Mindfulness keeps you process focused rather than outcome focused.
- Practice weaknesses in front of people to get comfortable with discomfort.
- Video your delivery every month and nit-pick it to make it great.
- Don’t judge any bowl you play, learn from every bowl you play.
- Don’t measure your success on being selected for anything, measure your success on your work ethic, dedication and enjoyment. It is a sport after all.

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

Coach Lachlan Tighe, 2023