

Elite Habits Australian C of C #15

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.

#15 International, Australian CoC, state side

- Practice weaknesses routinely.
- Repetition until he is happy with how he is bowling for a specific skill.
- Practices by setting up heads with other bowlers or playing a singles match against himself using 2 sets.
- Delivery confidence is the most important mental skill.
- Learn to switch on and off when needed to preserve focus.
- Use the mat as a trigger (switch on and off when approaching the mat).
- It isn't the number of good bowls you can play; it is the ability to bounce back when the big shots are needed.
- Build on the never say die attitude, back your ability and focus.
- Beating opposition on the draw will win 99 times out of 100. They can't get the big shots every time.
- People try to drag you down when you reach the top, take it as a compliment and keep taking forward strides.
- Relentless consistency is the ingredient to success.
- Playing in as many high-profile events as possible is the way to fast track progress.
- Singles events are often the biggest challenges, but teach you the most.
- Try to replicate match scenarios as closely as possible when training.
- Always finish training on a good note (small goals).

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

Coach Lachlan Tighe, 2023