

Elite Training Habits Alley Shield #18

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.

#18 International, Commonwealth games, alley shield

- 40 bowl test, jack and 2 bowl test, drive-draw drill are his favourite
- Drill circuits and bowls pyramids are also great.
- Always put something on the line when playing matches in practice as this will drive the competitive spirit and not just become a roll up.
- Plans sessions around skills needed for the next big event he is going to play.
- Make practice so difficult that the game feels easy in comparison.
- Out-practice your opponent to achieve the most success.
- Always be conscious of missing in the right areas and always giving the bowl a chance.
- Develop an alert system for when things are going wrong (making the mistake 2 times in a row).
- Regularly audit your delivery to refine it and identify what you do when you are playing well, compared to when you aren't playing well, so you always have a reference to come back to.
- Always physically warm up before practicing or playing (will give you a head start over your opponent).
- Work on your fitness to give you the 1% advantage over your opponent in a long game.

Coach Lachlan Tighe, 2023