

## Elite Habits Com, AO Singles #22

*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.*

## #22 International, Commonwealth Games, AO Singles

- Has never been big on specific practice, but is really focused and intense when playing practice games.
- Drive and draw drill is the best for when only a short amount of time.
- Mental toughness and staying calm are the keys to playing well. Don't let the emotions get the better of you and always stay calm as it helps to make good decisions
- Learn to draw yourself out of trouble, it is all good and well to have a drive, but being able to draw out of trouble will set you apart from the pack.
- Knowing that you have done all the hard work makes it so much more satisfying when it comes off and success starts to happen.

**Coach Lachlan Tighe, 2023**