

# Training Habits Of The Elite

## Q3, Recording Training

*As mentioned on the website 11/11/2022, 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.*

*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:*

*How do you record each training session? (stats keeping)*

Below are the responses to the above question with player names deleted for privacy.

- Stat keeping for state purposes (minimum 50% expected).
- Scoring on drills (drawing S/M/L, Yard on shots, draw to ditch, drives) short 4 ends for each skill type to keep it simple and comparable.
- 72 bowl tests are a great challenge to gauge how you are playing.
- Measures every bowl on a 'plot sheet' to find the usual distance from jack on the draw shot at different lengths.
- 40 bowl test, jack and 2 bowl test, drive-draw drill are his favourite.
- Records drills for BA requirements.
- 40 bowl drill within a metre aiming to get mid-high 30's.

This website will provide all twenty three (23) player responses over the year 2023 in the WHAT'S NEW menu.

That is a lot of interviews and a wealth of information to all we bowlers, and coaches, and as good an insight as to how you the bowler can adjust your thinking, your approach to markedly improve your game based on this knowledge.

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

**Coach Lachlan Tighe 2023**