

Training Habits Elite AUS U25 #13

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.

#13 International, Aus U25 side, state side

- Keep a good balance. Practice Tuesday, Thursday. Play Saturday and Sunday is either state games, club games or break days.
- Gym sessions are great to keep the mind and body focused and healthy for events.
- 72 bowl tests are a great challenge to gauge how you are playing.
- Always consider weather conditions when reflecting on a training session. Not every day will be championship level bowls.
- Good idea to find your comfortable pace when playing drives. You need to hit them before you get results.
- Best drills – 72 bowl tests, draw to ditch, drive over mat at the other end of green, grouping drill.
- Always be a positive beacon for the team, never get angry at others and always have the never say die attitude.
- Picture the shot when you are low on confidence and really use all your senses to focus.
- Be a good person first and foremost, this will get you far in sport.
- Find people that believe in you and are going to push you to be your best.
- He wishes he knew that the result doesn't matter, it is how you respond when it happens.
- To be the best, you have to believe that you are the best and that nothing can stop you from achieving your goals.
- Always have a winning mindset, you can do whatever your mind allows you to dream of.
- Having a fundamentally perfect delivery is another key to success, find someone that will work on it until there is nothing left to pick at.
- Learn how to use the hurting moments for good (close losses, errors that cost the game) these will either drive you down or spur you on to be better and work harder.
- Find role models that you can surround yourself with.
- Greatest advice was “don't get the shot too early, if there is a shot to be played, don't let the opposition have two cracks at it.”

Website column www.lachlantighebowls.com
Training habits of elite bowlers

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

Coach Lachlan Tighe, 2023