

# Habits Of Emerging Elite Bowlers #1

*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:*

- 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 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.*

## **#1 BA emerging jackaroos, state side, Alley shield, BV open pairs.**

- Train with the number of bowls you have when preparing for team events.
- Shot selection and weight control drills are best for short training sessions.
- Flow state of mind and the impact of music on relaxation.

Website column [www.lachlantighebowls.com](http://www.lachlantighebowls.com)

### Training habits of elite bowlers #1

- No need for intimidation as a capable bowler you can beat anyone.
- Losses don't matter in the long run, gradual progression is the key to success.
- Dedication is the secret ingredient to elite performance.
- Play against elite competition as often as possible.
- Note the other players who train wisely

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

**Coach Lachlan Tighe, 2023**