

# Training Habits of Internationals #21

*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.*

## **#21 International, Commonwealth Games, world bowls**

- Two main training philosophies, Match practice against quality players with something on the line and practicing with a bowl 20-30cm in front of the jack and aiming to draw shot. He doesn't finish the drill until he has drawn 4 bowls in a row in this distance
- Plans training around his upcoming events and competitions, usually completing drills relevant for the skills he will be using in the game based on his position.
- The best drill for short training sessions is either the perfect end drill or the bowl covering the jack drill.
- Shot selection and mental toughness are the key ingredients for a successful bowls career.
- Have routines specifically around preparation for an event. Preparation makes all the difference at the top level.
- Build your self-confidence by doing the hard work on the training track.
- Surrounding yourself with the right people and mentors is the best way to ensure the best development and learning in the shortest amount of time.

## **Coach Lachlan Tighe, 2023**