

## **The Keys To Success In Bowls**

### **QUESTION**

Lachlan:

I am at a point where I feel I can commit to being much, much better as a bowler, even to the extent of getting identified as an elite bowler.

What do you see in elite bowlers that sets them apart as they aspire to being elite bowlers?

### **RESPONSE**

Hi:

Sounds to me like you are thinking about setting your sights higher on success in bowls. Good for you.

You compete against good level bowlers at Division One already and within those ranks you happen to have a handful of current and former national players. As good as these players are they had to make a commitment to achieve that standard, that status and for some the word champion is apt to describe them as bowlers.

#### Why are they champions ?

It would not surprise me at all if they did many of the points I make as follows:

- Plan, evaluate and set new goals as meet each level of standards.
- Develop leadership skill.
- Committed not involved
- Stick to the basics (of skill excellence)
- Identify areas / skills that require attention to excellence
- Plan of action to improve those areas
- Decision making skills refined
- Develop the will / program in practice to train at an intensity of best performance
- And also eliminate disruptive elements that can hinder performance levels
- Develop self confidence by stretching skill levels
- Honest - mirror & window analogy- seek feedback, appraise themselves
- Foster a positive attitude toward team mates
- Use coach / others to develop new ideas for performance

**Website menu- Q&A**  
**Success in Sport (bowls)**

- Know their skills and when to use them
- Know and use relaxation techniques
- Seek a role model (not necessarily within the sport) to emulate
- Self-development opportunities
- Work on all forms of skill beyond technical

**Lachlan Tighe, 2017**