

International Habits Of Elite #17

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 to bowl, 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.

#17 International, Australian side, state Singles, AO 4's

- Drills, drills and more drills at the pressure of a game.
- Perfect end drill for when there is limited time.
- Plans drills each month with the goal of completing 20 drills each month including 2x Jack and 2 bowl drills each week. Pick 2 others and that makes up the drills for the week.
- Develop the ability to play the shots when it matters and back yourself to get it. Find the right mindset for you when playing those kinds of shots.
- Always think about what you are doing and think 'will it make the boat go faster?'
- Surround yourself with role models and knowledge and tap into it as much as possible.
- Maintain a good life and bowls balance, don't make it a chore to go and train.
- Whenever you play a game in practice, make it against someone better than you. Never play against people that won't challenge you.

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

Coach Lachlan Tighe, 2023