

Elite Habit Tips To Success, Q11

As mentioned on the website previously, 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:

- If you were trying to teach someone what it takes to become the best, what would you tell them to 'fast track' their progress?

Below are the responses to the above question with player names deleted for privacy:

- Note the other players who train wisely.
- Surround yourself with the people you want to become.
- Get technique to a fail proof state where nothing can go wrong with it.
- Learn how to hold bowls up and get them to turn more.
- Reach out for advice and development.
- Develop the clutch gear.
- Always play to your strengths.
- Find what suits you and find your method of development.
- Always give it 110% because there is nothing worse than getting to the end and in reflection saying that you could have done more.
- Mental game, work ethic, fitness, time management, responsiveness in communication.
- 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."
- 'There is no elevator to get you to the top, you have to take the stairs.'
- Hard work is the key to all success in sport.
- Don't judge any bowl you play, learn from every bowl you play.
- Don't measure your success on being selected for anything, measure your success on your work ethic, dedication and enjoyment. It is a sport after all.
- Relentless consistency is the ingredient to success.
- Playing in as many high-profile events as possible is the way to fast track progress.
- Back yourself to win the game if it is level at halftime. Think that you have learnt from the first half and you'll play better because of it.

Website column
Training habits of the elite Q 11

- Whenever you play a game in practice, make it against someone better than you. Never play against people that won't challenge you.
- Always physically warm up before practicing or playing (will give you a head start over your opponent).
- Work on your fitness to give you the 1% advantage over your opponent in a long game.
- Always test yourself and experiment with training to make yourself adaptable in all situations no matter how unusual it may be.
- Treat a win and a loss the same. Reflect, learn and act with respect.
- Develop a list of 1%ers that you can always reflect on, use when things aren't going as good as you had hoped. A master checklist of what can get you back in the right direction.
- 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.
- Knowing that you have done all the hard work makes it so much more satisfying when it comes off and success starts to happen.
- Always debrief on performances and debrief on why some goals may not have been reached.
- Don't play social bowls. Always play to win and don't let your mind relax to the point of bad habits creeping in.

This website will provide all twenty three (23) player responses over the year 2023 in the WHAT'S NEW menu.

That is a lot of interviews and a wealth of information to all we bowlers, and coaches, and as good an insight as to how you the bowler can adjust your thinking, your approach to markedly improve your game based on this knowledge.

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

Coach Lachlan Tighe, 2023