

# Strategies for Maximizing Team Performance

This article shares experiences coaching the U20 Team Philippines' Boys team. We won the overall country boys title, with gold medals in the team and masters events. These insights can help youth and college coaches.



by

FOR  
TEAM  
CE  
h Team

# Understanding the Scope of What Happened

Team Philippines' boys made history. They won the overall country title for the first time. They secured the first team gold in 42 years. The first masters gold in 27 years was also achieved.

Trailing Korea by 209 pins, a 943 final game secured gold by 11 pins. We committed to the process without score-watching.



Tears flowed when we realized our historic win. It was a moment of deep satisfaction.

# Culture Sets the Stage

## Fight to the End

"Laban Pilipinas" means "Fight Philippines."

## Be a Great Teammate

Body language and expressions impact the team.

## Emotional Control

Maintain composure under pressure.

## Open-Mindedness

Accept zonal moves and ball changes.

## Communal Lane Play

Proactive moves yield higher collective scores.

## Avoid Score-Watching

This negatively impacts performance.

## Greatness in Details

Every moment matters, from breakfast to warm-up.

# Preparation is Key

**Knowledge + Practice = Competence**

This leads to confidence and self-efficacy.

**Train for All Zones**

Prepare for statistically likely and unanticipated zones.

**Structured Training Plans**

Developed for medium and long oil patterns.

**Proficiency in Adjustments**

Focus on ball speed, axis rotation, and launch angle.



# Official Practice Philosophy

Only the first 15-20 minutes of practice are relevant. This time yields fresh pattern information. Any time after is irrelevant due to other teams' testing.

A structured plan identifies Plan A, B, and C options. It also eliminates zones without playability. Efficient testing for two patterns is crucial.



We had a minute-by-minute "organized chaos" plan. This prepared bowlers for all possibilities.

# Constant Communication



## Essential for Success

Communication on every shot is vital.



## Communal Lane Play

Bowlers work together proactively.



## Control the Controllable

Every shot matters for the team's movement.





# Relative Lane Play

1

## Understanding Relativity

Bowlers understand teammates' starting points.

2

## Proactive Moves

Allows constant checking and adjustments.

3

## Mathematical Movement

For spares and splits, paired with strike shot moves.

4

## Trust the Process

Crucial for converting challenging splits.



# Staying in the Present

## Move On Immediately

No time to dwell on mistakes; stay in the now.

## Maintain Emotional Control

Remaining present aids individuals.

## Communal Movement

Helps team see pattern transitions.

## In-Competition Meetings

Focused on being a great teammate.





# Convergence

The goal is for convergence to happen. This results in peak team or individual performance. The lane play plan and arsenal sequencing must be clear. Committing to this plan and adapting daily is essential.

# Final Thoughts

Shifting cultural paradigms, constant communication, and lane play focus led to historic achievements. Bowlers and coaches can apply these lessons.



## About Joe Slowinski

Joe Slowinski is a USBC Gold Coach. He works with bowlers globally. He coaches international teams and has won multiple awards.