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Sommario/riassunto

The development of an athlete from basic performance to elite level of accomplishment is a long and complicated process. Identifying and nurturing talent, developing and fine tuning sport skills, and maintaining high levels of performance over the course of a career requires many thousands of hours of training and, increasingly, the input and support of expert coaches and sport scientists.

In this fully revised and updated new edition of the leading student and researcher overview of the development of sports expertise, a team of world-class sport scientists and professional coaches e
