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Sommario/riassunto

Motor Learning in Practice explores the fundamental processes of motor learning and skill acquisition in sport, and explains how a constraints-led approach can be used to design more effective learning environments for sports practice and performance. Drawing on ecological psychology, the book examines the interaction of personal, environmental and task-specific constraints in the development of motor skills, and then demonstrates how an understanding of those constraints can be applied in a wide range of specific sports and physical activities. The first section of the book