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Sommario/riassunto

<P>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.</P><P>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
