

2 hour basketball practice plan

2 Hour Basketball Practice Plan: A Comprehensive Guide to Maximizing On-Court Performance

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Abstract: This article provides a detailed and comprehensive 2-hour basketball practice plan designed to improve skills, fitness, and teamwork. The plan incorporates warm-up, skill development drills, game-specific scenarios, and cool-down activities, catering to various skill levels and age groups. This structured approach ensures efficient use of practice time, maximizing player development and enjoyment. The significance of a well-structured practice plan for overall team improvement is discussed.

Introduction: The Importance of a Structured 2 Hour Basketball Practice Plan

A well-structured 2 hour basketball practice plan is crucial for the success of any basketball team, regardless of age or skill level. A haphazard approach to practice leads to wasted time, inconsistent improvement, and ultimately, decreased performance on game day. This detailed plan provides a framework for maximizing the effectiveness of each practice session, ensuring players develop their skills, enhance their physical conditioning, and build essential teamwork capabilities. The 2 hour basketball practice plan outlined here is adaptable and can be modified to suit specific team needs and goals. The focus will be on balance, incorporating individual skill development, team drills, and strategic play.

Phase 1: Warm-up (15 minutes)

The warm-up is crucial to prevent injuries and prepare players both physically and mentally for the intensity of the practice. This phase of the 2 hour basketball practice plan should include:

Dynamic Stretching (5 minutes): Arm circles, leg swings, torso twists, high knees, butt kicks – these dynamic movements increase blood flow to muscles and prepare the body for more strenuous activity.

Light Jogging and Ball Handling (5 minutes): Players jog around the court while dribbling the ball, focusing on proper form and control. This combines cardiovascular activity with fundamental skill practice.

Passing Drills (5 minutes): Simple two-person passing drills, focusing on accuracy and proper passing techniques (chest pass, bounce pass, overhead pass). This prepares players for the more complex passing drills that will follow.

Phase 2: Skill Development (45 minutes)

This section of the 2 hour basketball practice plan focuses on individual skill development, broken down into three 15-minute segments:

Shooting (15 minutes): Include various shooting drills like free throws, mid-range jumpers, and three-pointers. Focus on proper shooting mechanics, footwork, and follow-through. Drills should incorporate repetition with gradual increases in difficulty. Consider using shooting targets to enhance accuracy.

Dribbling (15 minutes): Focus on ball-handling drills, such as cone drills, figure-eight drills, and crossover drills. Emphasize control, speed, and change of pace. Incorporate defensive pressure to simulate game-like situations.

Passing and Receiving (15 minutes): Practice various passing drills, emphasizing accuracy, timing, and different types of passes. Include drills that require players to read the defense and make quick decisions. Use various passing targets and incorporate movement to enhance complexity.

Phase 3: Team Drills and Game Scenarios (45 minutes)

This crucial part of the 2 hour basketball practice plan emphasizes team play and strategic thinking:

Offensive Drills (20 minutes): Include drills focusing on offensive sets, pick-and-rolls, cuts, and screen setting. These drills should simulate game situations and encourage players to make quick decisions under pressure. Consider using different offensive formations to develop versatility.

Defensive Drills (20 minutes): Focus on defensive positioning, rotations, and communication. Include drills like man-to-man defense, zone defense, and defensive rebounding drills. Emphasize the importance of defensive intensity

and communication.

5-on-5 Scrimmage (5 minutes): A short scrimmage allows players to apply the skills and strategies learned throughout the practice. Focus on implementing offensive and defensive concepts, teamwork, and decision-making.

Phase 4: Cool-Down and Conditioning (15 minutes)

The final phase of the 2 hour basketball practice plan focuses on recovery and conditioning:

Static Stretching (10 minutes): Hold each stretch for at least 30 seconds, focusing on major muscle groups used during the practice. This improves flexibility and reduces the risk of muscle soreness.

Light Jogging (5 minutes): A gradual decrease in intensity helps to reduce heart rate and promotes recovery.

Conclusion

A well-structured 2 hour basketball practice plan is essential for improving player skills, fitness, and teamwork. This plan provides a framework for maximizing the use of practice time, ensuring that each session contributes to the team's overall performance. By consistently following a plan like this, coaches can create a more efficient and effective practice environment, fostering player development and enjoyment of the game. Remember to adapt this plan to your team's specific needs and skill levels, monitoring progress and making adjustments as necessary.

FAQs

1. Can this 2 hour basketball practice plan be adapted for different age groups? Yes, the plan can be adapted for different age groups by adjusting the intensity, duration, and complexity of the drills. Younger players may require shorter drills and more frequent breaks.
1. How can I modify this 2 hour basketball practice plan for different skill levels? Adjust the difficulty of drills by changing the speed, number of repetitions, or the level of defensive pressure. More advanced players can be given more challenging drills.
1. What if I only have an hour for practice? Prioritize the most crucial elements – warm-up, skill development in one area (shooting or dribbling), and a short scrimmage.

1. How important is player feedback in this 2 hour basketball practice plan? Player feedback is crucial. Regularly solicit feedback to identify areas for improvement and adjust the plan accordingly.
1. How can I ensure players stay engaged throughout the 2 hour basketball practice plan? Keep drills varied, incorporate games and competitions, provide positive reinforcement, and ensure players understand the purpose of each drill.
1. What equipment is needed for this 2 hour basketball practice plan? Basketballs, cones, shooting targets, and possibly stopwatches are recommended.
1. How often should we use this 2 hour basketball practice plan? The frequency depends on the team's schedule and goals. Ideally, it should be used consistently throughout the season.
1. Can I use this plan for individual training? Yes, you can adjust the plan to focus on individual skill development, omitting team drills.
1. How do I measure the effectiveness of this 2 hour basketball practice plan? Track player improvement through game performance, skill assessments, and player feedback.

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2 hour basketball practice plan: *Run to the Finish* Amanda Brooks, 2020-03-03 Inspiration

and practical tips for runners who prioritize enjoyment over pace and embrace their place as an average runner. In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves middle of the pack runners -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. *Run to the Finish* is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as Favorite hilarious marathon signs and Weird Thoughts We all Have at the Start Line, Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

2 hour basketball practice plan: *Coaching Basketball Successfully* Morgan Wootten, Joe Wootten, 2012-10-11 Legendary UCLA coach John Wooden once said, "People say Morgan Wootten is the best high school basketball coach in the country. I disagree. I know of no finer coach at any level—high school, college, or pro." Morgan Wootten has retired from coaching, but his knowledge of the game remains unsurpassed and keen as ever. *Coaching Basketball Successfully* contains a wealth of Wootten's timeless wisdom. And, in this third edition, Wootten adds even more value—the coaching experiences, methods, and tactics of his son Joe, a successful high school coach himself. Loaded with insights, instruction, drills, and Xs and Os, *Coaching Basketball Successfully* is the best single resource on making the most of your program, team, and players each season.

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2 hour basketball practice plan: *Sum It Up* Pat Head Summitt, Sally Jenkins, 2014-03-04 Pat Summitt, the all-time winningest coach in NCAA basketball history and bestselling author of *Reach for the Summit* and *Raise The Roof*, tells for the first time her remarkable story of victory and resilience as well as facing down her greatest challenge: early-onset Alzheimer's disease. Pat Summitt was only 21 when she became head coach of the Tennessee Vols women's basketball team. For 38 years, she broke records, winning more games than any NCAA team in basketball history. She coached an undefeated season, co-captained the first women's Olympic team, was inducted into the Basketball Hall of Fame, and was named *Sports Illustrated* 'Sportswoman of the Year'. She owed her coaching success to her personal struggles and triumphs. She learned to be tough from her strict, demanding father. Motherhood taught her to balance that rigidity with communication and kindness. She was a role model for the many women she coached; 74 of her players have become coaches. Pat's life took a shocking turn in 2011, when she was diagnosed with early-onset Alzheimer's disease, an irreversible brain condition that affects 5 million Americans. Despite her devastating diagnosis, she led the Vols to win their sixteenth SEC championship in March 2012. Pat continued to be a fighter, facing this new challenge the way she's faced every other--with hard work, perseverance, and a sense of humor.

2 hour basketball practice plan: *Make It Stick* Peter C. Brown, Henry L. Roediger III, Mark A. McDaniel, 2014-04-14 To most of us, learning something the hard way implies wasted time and effort. Good teaching, we believe, should be creatively tailored to the different learning styles of students and should use strategies that make learning easier. *Make It Stick* turns fashionable ideas like these on their head. Drawing on recent discoveries in cognitive psychology and other disciplines, the authors offer concrete techniques for becoming more productive learners. Memory plays a central role in our ability to carry out complex cognitive tasks, such as applying knowledge to problems never before encountered and drawing inferences from facts already known. New insights into how memory is encoded, consolidated, and later retrieved have led to a better understanding of

how we learn. Grappling with the impediments that make learning challenging leads both to more complex mastery and better retention of what was learned. Many common study habits and practice routines turn out to be counterproductive. Underlining and highlighting, rereading, cramming, and single-minded repetition of new skills create the illusion of mastery, but gains fade quickly. More complex and durable learning come from self-testing, introducing certain difficulties in practice, waiting to re-study new material until a little forgetting has set in, and interleaving the practice of one skill or topic with another. Speaking most urgently to students, teachers, trainers, and athletes, *Make It Stick* will appeal to all those interested in the challenge of lifelong learning and self-improvement.

2 hour basketball practice plan: The Crossover Kwame Alexander, 2014 New York Times bestseller • Newbery Medal Winner • Coretta Scott King Honor Award • 2015 YALSA 2015 Top Ten Best Fiction for Young Adults • 2015 YALSA Quick Picks for Reluctant Young Adult Readers • Publishers Weekly Best Book • School Library Journal Best Book • Kirkus Best Book A beautifully measured novel of life and line.--The New York Times Book Review With a bolt of lightning on my kicks . . . The court is SIZZLING. My sweat is DRIZZLING. Stop all that quivering. Cuz tonight I'm delivering, announces dread-locked, 12-year old Josh Bell. He and his twin brother Jordan are awesome on the court. But Josh has more than basketball in his blood, he's got mad beats, too, that tell his family's story in verse, in this fast and furious middle grade novel of family and brotherhood from Kwame Alexander. Josh and Jordan must come to grips with growing up on and off the court to realize breaking the rules comes at a terrible price, as their story's heart-stopping climax proves a game-changer for the entire family.

2 hour basketball practice plan: 10-Minute Toughness Jason Selk, 2008-10-05 "10-Minute Toughness is a solid mental training program. In fact I feel it is the best of its kind. . . . [It's] what the title says: ten minutes a day that connects your talents and abilities to the outcome you're seeking. As a retired NFL player looking forward, I can see as many applications for the toughness Jason Selk's program brought out of me in the business world as there were on the football field." --Jeff Wilkins, Former NFL Pro Bowl Kicker "The mental side of the game is extremely important. 10-Minute Toughness helps the players develop the mental toughness needed for success; it really makes a difference." --Walt Jocketty, General Manager of the 2006 World Champion St. Louis Cardinals "Jason Selk has spent a tremendous amount of time and energy developing effective mental-training programs and coaches workshops. He is truly committed to helping individuals and teams to perform at their very best, when it really counts." --Peter Vidmar, Olympic Gold Medalist Mental training is a must for high performance both on the field and off. But simply hoping for mental toughness isn't going to build any mind muscles. You need a proven routine of daily exercises to get you where you want to go. 10-Minute Toughness is your personal coach for boosting brainpower and achieving a competitive edge in whatever game you play. With quickness and ease, you'll learn how to master your own mind and psych out your opponents using personalized techniques from one of America's most successful sport psychology consultants. Like no other program available, the 10-Minute Toughness (10-MT) routine gets you ready for the competition in just ten minutes a day.

2 hour basketball practice plan: Learn Better Ulrich Boser, 2017-03-07 For centuries, experts have argued that learning was about memorizing information: You're supposed to study facts, dates, and details, burn them into your memory, and then apply that knowledge at opportune times. But this approach to learning isn't nearly enough for the world that we live in today, and in *Learn Better* journalist and education researcher Ulrich Boser demonstrates that how we learn can matter just as much as what we learn. In this brilliantly researched book, Boser maps out the new science of learning, showing how simple techniques like comprehension check-ins and making material personally relatable can help people gain expertise in dramatically better ways. He covers six key steps to help you "learn how to learn," all illuminated with fascinating stories like how Jackson Pollock developed his unique painting style and why an ancient Japanese counting device allows kids to do math at superhuman speeds. Boser's witty, engaging writing makes this book feel

like a guilty pleasure, not homework. Learn Better will revolutionize the way students and society alike approach learning and makes the case that being smart is not an innate ability—learning is a skill everyone can master. With Boser as your guide, you will be able to fully capitalize on your brain's remarkable ability to gain new skills and open up a whole new world of possibilities.

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2 hour basketball practice plan: Sprawlball Kirk Patrick Goldsberry, 2019 Beautifully illustrated and sharply written, SprawlBall is both a celebration and a critique of the 3-point shot. If you want to understand how the modern NBA came to be, you'll need to read this book. --Nate Silver, editor of fivethirtyeight.com From the leading expert in the exploding field of basketball analytics, a stunning infographic decoding of the modern NBA: who shoots where, and how. The field of basketball analytics has leaped to overdrive thanks to Kirk Goldsberry, whose visual maps of players, teams, and positions have helped teams understand who really is the most valuable player at any position. SprawlBall combines stunning visuals, in-depth analysis, fun, behind-the-scenes stories and gee-whiz facts to chart a modern revolution. From the introduction of the 3-point line to today, the game has changed drastically . . . Now, players like Steph Curry and Draymond Green are leading the charge. In chapters like The Geography of the NBA, The Interior Minister (Lebron James), The Evolution of Steph Curry, and The Investor (James Harden), Goldsberry explains why today's on-court product--with its emphasis on shooting, passing, and spacing--has never been prettier or more democratic. And it's never been more popular. For fans of Bill Simmons and FreeDarko, SprawlBall is a bold new vision of the game, presenting an innovative, cutting-edge look at the sport based on the latest research, as well as a visual and infographic feast for fans.

2 hour basketball practice plan: Triphasic Training Cal Dietz, Ben Peterson, 2012-06 What is Triphasic Training? It is the pinnacle of sports performance training. Created by world renown coach, Cal Dietz, Triphasic Training breaks down dynamic, athletic movements into their three components (eccentric, isometric, and concentric), and maximizes performance gains by applying stress to the athlete in a way that allows for the continuous development of strength, speed, and power. Who uses Triphasic Training: Everyone! From elite level athletes to absolute beginners, the triphasic method of training allows for maximal performance gains in minimal time. For that reason professional athletes from all backgrounds seek out Coach Dietz each off-season to train with his triphasic system. Coach Dietz has worked with hundreds of athletes from the NFL, NHL, and MLB, as well as several dozen Olympic athletes in track and field, swimming, and hockey. What the book is about: Triphasic Training was originally a digital book with over 3,000 hyperlinks and 6 hours of video lectures, showing the reader exactly how to perform every exercise and apply the training methods. To ensure that you do not miss out on this valuable component, inside your book you will find a web link to a downloadable PDF that contains all of the hyperlinks and videos from the original digital book. The PDF is laid out to allow you to easily follow along as you read the book. Simply scroll in the PDF to the page that you are reading in the book and it will have every hyperlink and video that is on that page. The book contains over 350 pages, divided clearly into 2 parts: the "why" and the "what". The first three sections go through the physiological basis for the Triphasic method, undulated block periodization, and general biological applications of stress. The authors will explain how to incorporate the Triphasic methods into existing programs, with complete descriptions on adapting it to virtually any scenario. Sections 4 through 7 are devoted entirely to programming, with over 3,000 exercises and 52 weeks of programs for numerous different sports. Included in the programming section are: Over 3,000 exercises, each hyperlinked to a video tutorial that shows you exactly how to perform the exercise. 5 separate 24-week training programs built for either 6 day, 5 day, 4 day, 3 day, or 2 day models. Over 6 hours of video lectures by Coach Dietz further explaining the Triphasic Training method. These lectures go even deeper into the physiology and application of what he does with his elite athletes. Over two dozen tables showing exactly when and how to modify exercises to ensure continuous improvement in your athletes. Peaking programs for football lineman or skill players, baseball, swimming, volleyball, and hockey players (among others). A complete 52 week training program for football.

2 hour basketball practice plan: *Jump Attack* Tim S. Grover, 2014-06-03 Legendary trainer Tim Grover's internationally acclaimed training program used by the pros, including Michael Jordan and Kobe Bryant—now completely revised, updated, and expanded, with 100 new photos. Since 1989 when Tim Grover began training Michael Jordan, hundreds of elite competitors have turned to Grover to become stronger, faster, and more powerful, both physically and mentally. From Jordan to Kobe Bryant to Dwyane Wade and countless other superstars, Grover's revolutionary methods have made the best even better, year after year. In *Jump Attack*, Grover shares the revolutionary program he uses to train the pros. A fitness bible for athletes around the world, this three-phase, twelve-week program has been completely updated with new exercises and workouts as well as cutting-edge information on training, nutrition, longevity, injury prevention, and more. Devised for explosive power, quickness, endurance, and agility, this intensely challenging workout pushes athletes out of their comfort zones, tests their capacity to go harder, and turns "I can't" into "Just try and stop me." You don't have to be an elite athlete to benefit from Grover's program—but you can attain the mindset of a champion through the physical program outlined in this complete plan. Says Grover: "This is how my pros do it. If you want to become more explosive, stronger, and faster, if you want to jump higher and improve your overall athletic performance in any sport, this is exactly how we do it today: This program is the difference between jumping and taking flight."

2 hour basketball practice plan: *Introduction to Probability* Joseph K. Blitzstein, Jessica Hwang, 2014-07-24 Developed from celebrated Harvard statistics lectures, *Introduction to Probability* provides essential language and tools for understanding statistics, randomness, and uncertainty. The book explores a wide variety of applications and examples, ranging from coincidences and paradoxes to Google PageRank and Markov chain Monte Carlo (MCMC). Additional application areas explored include genetics, medicine, computer science, and information theory. The print book version includes a code that provides free access to an eBook version. The authors present the material in an accessible style and motivate concepts using real-world examples. Throughout, they use stories to uncover connections between the fundamental distributions in statistics and conditioning to reduce complicated problems to manageable pieces. The book includes many intuitive explanations, diagrams, and practice problems. Each chapter ends with a section showing how to perform relevant simulations and calculations in R, a free statistical software environment.

2 hour basketball practice plan: *Every Shot Counts* Mark Broadie, 2014-03-06 Columbia Business School professor Mark Broadie's paradigm-shifting approach that uses statistics and golf analytics to transform the game. Mark Broadie is at the forefront of a revolutionary new approach to the game of golf. What does it take to drop ten strokes from your golf score? What part of Tiger Woods' game makes him a winner? Traditional golf stats can't answer these questions. Broadie, a professor at Columbia Business School, helped the PGA Tour develop its cutting-edge strokes gained putting stat. In this eye-opening new book, Broadie uses analytics from the financial world to uncover the secrets of the game of golf. He crunches mountains of data to show both professional and amateur golfers how to make better decisions on the course. This eagerly awaited resource is for any player who wants to understand the pros, improve golf skills, and make every shot count.

2 hour basketball practice plan: *Volleyball Skills & Drills* Kinda Lenberg, American Volleyball Coaches Association, 2006 Eleven of the nation's top coaches from the American Volleyball Coaches Association share the insight that helps build championship teams and Olympians. More than 90 drills reinforce instruction and help players advance.

2 hour basketball practice plan: *Coaching* Ralph J. Sabock, Michael D. Sabock, 2005 *Coaching: A Realistic Perspective* is the ideal textbook for anyone who is preparing to coach athletics. All aspects of the profession are addressed in a clear and straightforward manner, presented with advice gained from decades of experience. The expanded and updated eighth edition examines the qualities of successful coaches--presenting tools for self-evaluation, recruiting, off-season planning, player and parent expectations of coaches, potential problem areas, and the balance between a coach's work life and personal and family life--a topic often overlooked in other

textbooks.

2 hour basketball practice plan: *Refuge Recovery* Noah Levine, 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. *Refuge Recovery* is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. *Refuge Recovery* includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful *Refuge Recovery* system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

2 hour basketball practice plan: *The Great Mental Models, Volume 1* Shane Parrish, Rhiannon Beaubien, 2024-10-15 Discover the essential thinking tools you've been missing with *The Great Mental Models* series by Shane Parrish, New York Times bestselling author and the mind behind the acclaimed Farnam Street blog and "The Knowledge Project" podcast. This first book in the series is your guide to learning the crucial thinking tools nobody ever taught you. Time and time again, great thinkers such as Charlie Munger and Warren Buffett have credited their success to mental models—representations of how something works that can scale onto other fields. Mastering a small number of mental models enables you to rapidly grasp new information, identify patterns others miss, and avoid the common mistakes that hold people back. *The Great Mental Models: Volume 1, General Thinking Concepts* shows you how making a few tiny changes in the way you think can deliver big results. Drawing on examples from history, business, art, and science, this book details nine of the most versatile, all-purpose mental models you can use right away to improve your decision making and productivity. This book will teach you how to: Avoid blind spots when looking at problems. Find non-obvious solutions. Anticipate and achieve desired outcomes. Play to your strengths, avoid your weaknesses, ... and more. *The Great Mental Models* series demystifies once elusive concepts and illuminates rich knowledge that traditional education overlooks. This series is the most comprehensive and accessible guide on using mental models to better understand our world, solve problems, and gain an advantage.

2 hour basketball practice plan: *Coaching Youth Tennis* American Sport Education Program, 2008 To assist you with your team-management skills, the book includes practical content on coaching matches and developing season and practice plans that promotes tennis as a team sport. A convenient activity finder culls over 30 activities from the book into one section with page numbers for easy reference, while an expanded chapter on rules and equipment presents new youth modifications recently adopted by the USTA. The official handbook of USTA Jr. Team Tennis, *Coaching Youth Tennis* serves up coaching know-how that's sure to be a winner with you and your players.--BOOK JACKET.

2 hour basketball practice plan: *Red* Michael Hall, 2015-02-03 A blue crayon mistakenly labeled as red suffers an identity crisis in this picture book by the New York Times–bestselling creator of *My Heart Is Like a Zoo*. This funny, heartwarming, colorful picture book about finding the courage to be true to your inner self can be read on multiple levels, and it offers something for everyone. Funny, insightful, and colorful, *Red: A Crayon's Story* is about being true to your inner self and following your own path despite obstacles that may come your way. *Red* will appeal to fans of *Lois Ehlert*, *Eric Carle*, and *The Day the Crayons Quit*, and makes a great gift for readers of any age! *Red* has a bright red label, but he is, in fact, blue. His teacher tries to help him be red (let's draw strawberries!), his mother tries to help him be red by sending him out on a playdate with a yellow classmate (go draw a nice orange!), and the scissors try to help him be red by snipping his label so

that he has room to breathe. But Red is miserable. He just can't be red, no matter how hard he tries! Finally, a brand-new friend offers a brand-new perspective, and Red discovers what readers have known all along. He's blue!

2 hour basketball practice plan: The Little Book of Talent Daniel Coyle, 2012-08-21 A manual for building a faster brain and a better you! The Little Book of Talent is an easy-to-use handbook of scientifically proven, field-tested methods to improve skills—your skills, your kids' skills, your organization's skills—in sports, music, art, math, and business. The product of five years of reporting from the world's greatest talent hotbeds and interviews with successful master coaches, it distills the daunting complexity of skill development into 52 clear, concise directives. Whether you're age 10 or 100, whether you're on the sports field or the stage, in the classroom or the corner office, this is an essential guide for anyone who ever asked, "How do I get better?" Praise for The Little Book of Talent "The Little Book of Talent should be given to every graduate at commencement, every new parent in a delivery room, every executive on the first day of work. It is a guidebook—beautiful in its simplicity and backed by hard science—for nurturing excellence."—Charles Duhigg, bestselling author of *The Power of Habit* "It's so juvenile to throw around hyperbolic terms such as 'life-changing,' but there's no other way to describe The Little Book of Talent. I was avidly trying new things within the first half hour of reading it and haven't stopped since. Brilliant. And yes: life-changing."—Tom Peters, co-author of *In Search of Excellence*

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