



## **Resources for Coaches found in the Member Dashboard**

This week let's take a look at practice design and making practice more effective. Katie Yezzi's second presentation from the 2020 National Symposium provides great insight into the design of practice. In the second resource, Trevor Ragan connects the dots between deliberate practice, comfort zones and learning. The third resource provides a great summary of the book "Peak" by Anders Ericsson and Robert Pool. Those of you that have more time and want to dive into the topic more should check out the book "Peak".

Also, we want to continue to invite coaches to encourage their athletes to take part in the Train to Win Challenge and the USA Archery Virtual Tournament.

**Resource 1:** [Designing Practice to Maximize Athlete Performance video with Katie Yezzi](#)

**Resource 2:** [How to Become a Better Learner: Jungle Tiger, Deliberate Practice, Taking Action ft. Anders Ericsson](#)

**Resource 3:** [How to Master Anything: PEAK by Anders Ericsson | Core Message](#)

**Resource 4:** [Peak by Anders Ericsson and Robert Pool](#)

**Resource 5:** Train to Win Week 3 – details in the athlete resource section of this week's newsletter

**Resource 6:** [Virtual Tournament](#)