

What Kind of Training Does it Take to Become a World-Beating Athlete?

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So you're fired up from watching the action at the Tokyo Olympics, and ready to sign up your toddler for year-round travel judo so she can start racking up those 10,000 hours?

Hold that thought.

A new study [published in Perspectives in Psychological Science](#) wades into the long-standing debate about skill acquisition and talent development – a debate that, over the past two decades, has spilled out of psychology departments and elite sports institutes and into the broader public discourse.

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