Stages of Learning

* Planning/Preparation – Cognitive
* Practice – Associative
* Automatic – Autonomous

Principles of Training

* S – Specificity
* P – Progressive
* O – Overload
* R – Reversibility
* T – Tedium
* F – Frequency
* I – Intensity
* T – Time (duration)
* T – Type

Principles of Effective Practice

* S – Specific
* M – Measurable
* A – Achievable
* R – Realistic
* T – Time
* E – Exciting
* R - Recorded