CONTENTS

Foreword by Dan Heath  xi

Introduction: The Power of Practice  1

RETHINKING PRACTICE  21
Rule 1 Encode Success  25
Rule 2 Practice the 20  29
Rule 3 Let the Mind Follow the Body  32
Rule 4 Unlock Creativity . . . with Repetition  36
Rule 5 Replace Your Purpose (with an Objective)  40
Rule 6 Practice “Bright Spots”  44
Rule 7 Differentiate Drill from Scrimmage  48
Rule 8 Correct Instead of Critique  52

HOW TO PRACTICE  55
Rule 9 Analyze the Game  58
Rule 10 Isolate the Skill  62
Rule 11 Name It 66
Rule 12 Integrate the Skills 68
Rule 13 Make a Plan 72
Rule 14 Make Each Minute Matter 76

USING MODELING 83
Rule 15 Model and Describe 86
Rule 16 Call Your Shots 87
Rule 17 Make Models Believable 92
Rule 18 Try Supermodeling 95
Rule 19 Insist They “Walk This Way” 96
Rule 20 Model Skinny Parts 99
Rule 21 Model the Path 101
Rule 22 Get Ready for Your Close-up 104

FEEDBACK 107
Rule 23 Practice Using Feedback (Not Just Getting It) 109
Rule 24 Apply First, Then Reflect 114
Rule 25 Shorten the Feedback Loop 117
Rule 26 Use the Power of Positive 121
Rule 27 Limit Yourself 126
Rule 28 Make It an Everyday Thing 128
Rule 29 Describe the Solution (Not the Problem) 130
Rule 30 Lock It In 133

CULTURE OF PRACTICE 139
Rule 31 Normalize Error 143
Rule 32 Break Down the Barriers to Practice 148
Rule 33 Make It Fun to Practice  154
Rule 34 Everybody Does It  159
Rule 35 Leverage Peer-to-Peer Accountability  162
Rule 36 Hire for Practice  165
Rule 37 Praise the Work  169

POST-PRACTICE: MAKING NEW SKILLS STICK  173
Rule 38 Look for the Right Things  176
Rule 39 Coach During the Game (Don’t Teach)  180
Rule 40 Keep Talking  183
Rule 41 Walk the Line (Between Support and Demand)  185
Rule 42 Measure Success  188

CONCLUSION: THE MONDAY MORNING TEST  193

Appendix A: Teaching Techniques from Teach Like a Champion  205
Appendix B: Sample Practice Activities  229

Notes  241
Acknowledgments  245
About the Authors  249
Summary of Rules  251
Index  255