

## Altering Your Physical Game Fast through an efficient error detection technique

Contributed by Joe Slowinski  
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In the August 2012 Slowinski at-large, I discuss an error correction technique that has been demonstrated to help elite athletes make changes to physical execution quickly and effectively. Finally, I present my own case study of implementing this error correction process and the results obtained with one of my bowlers who is preparing for the European Championships in August.

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