

# Developing a World Class Youth Development Program: How to Best Spend 10000 Hours

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Developing a World Class Youth Development Program: How to Best Spend 10000 Hours is my article for December 2012. In this installment of Slowinski at-large, I share with readers the neurological process of synaptic pruning and myelination and how this relates to developing world-class skill development. I also share my recommendations on when bowlers should start, how coaches should interact with the athletes as well as the structural and philosophical components of a world-class youth development program.

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