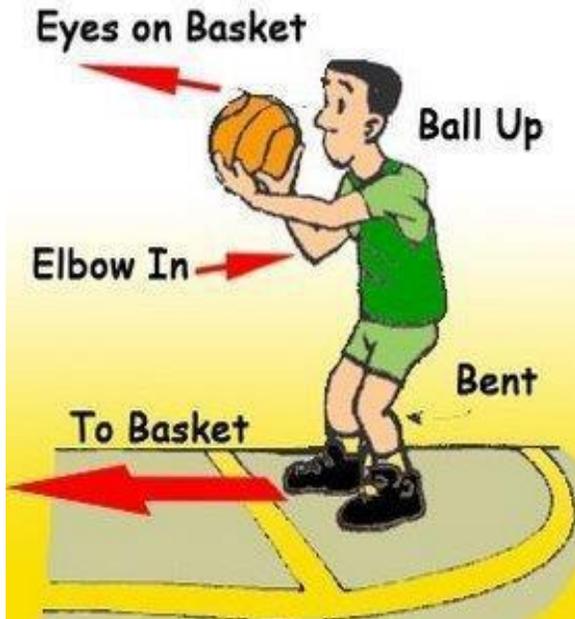# God designed the brain to become more efficient with practice. Scientists call this brain function neuroplasticity!

Say you're learning how to shoot a free-throw. If it's your first time doing it, you don't yet have a pathway for that movement in your brain. When you're first learning, your brain is like a forest full of trees and dense foliage with no clear pathway between point A and point B. Halo Sports

In order to improve your free-throw, you need to refine and strengthen the free-throw pathway in your brain. The way you do that is through practice. Practice gradually widens the trail through the trees (increases the muscle memory in your brain).

Eventually with enough practice, what started as a trail has become a full-blown highway. Now, you're a master, draining almost every free-throw and the movement is completely second nature. This is neuroplasticity. Halo Sports
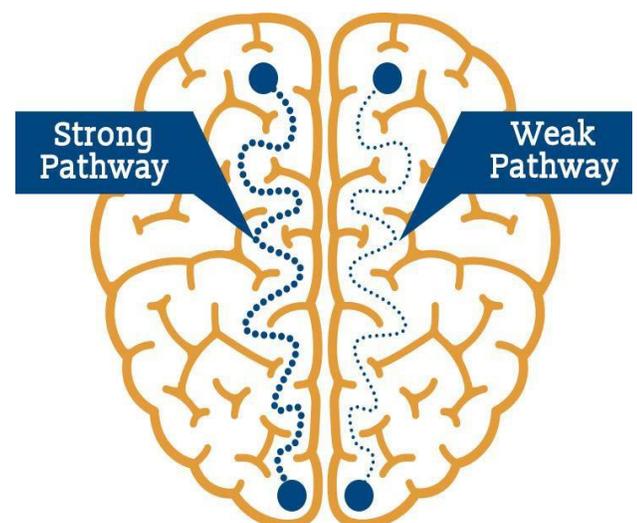
1. Say you're learning how to shoot a free-throw. If it's your first time doing it, you don't yet have a _____ for that movement in your _____. When you're first_____, your brain is like a forest full of trees and dense foliage with no clear pathway between _____A and point B. Halo Sports

pathway   brain   learning   point

2. In order to _____ your free-throw, you need to _____and _____the free-throw pathway in your brain. The way you do that is through practice. Practice gradually widens the trail through the trees (increases the _____memory in your _____).

improve   refine   strengthen   muscle   brain

3. Eventually with enough _____, what started as a trail has become a full-blown highway. Now, you're a master, draining almost every free-throw and the _____ is completely second nature. This is _____. Halo Sports

practice   movement   neuroplasticity

How wide should your stance be?
shoulder wide

For the majority of your golf shots, where should the ball be placed?
In the middle of your stance

Explain lead side and trailing side for right hander?
Left side is lead side
Right side is trailing side