

When you try to do better something that you cannot do as well as you wish, you practice. You do not just duplicate your actions; or if you do, you do not improve. What you do repeat, instead, is the general response but with some change.

So the next time you are asked to do a drill again, try to do it in a better way. Think about making quick, exact motions so that your mind can tell the fingers what to do. Size up the problem and learn better methods of increasing speed.

1 2 3 4 5 6 7 8 9 10