

### ***Repetition and Structured Practice***

The game of lacrosse provides an apt analogy. Lacrosse is an intricate, high-speed game filled with split-second, spontaneous decisions. But that spontaneity is possible only when everyone first engages in hours of highly repetitive and structured practice — perfecting his or her shooting, cradling and passing, and running plays over and over again — and agrees to play a carefully defined role on the field.

### ***Spontaneity is not random***

How good people's decisions are under the fast-moving, high-stress conditions of rapid cognition is a function of their training, rules and rehearsal.