



## Podcast: How purposeful practice makes perfect

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**Posted On:** July 19, 2021

The final episode in our series of performance podcasts is out today – and the subject is purposeful practice.

Our men's and women's captains Gavin Evans and Kelly Sibley are joined by Head Coach Alan Cooke and Head of England Performance Matt Stanforth for the discussion, covering how performance athletes practise effectively to help them improve.

[Click here to listen to the podcast](#)

This is the fifth and final instalment in our podcast series – episodes have been released weekly in the run-up to the Tokyo Olympics and discuss how elite athletes are created and prepared so they can deliver their best performances on the international stage.

### Previous podcasts

[Episode one: England selection](#)

[Episode two: England Skills Awards](#)

[Episode three: Progressing through the England pathway](#)

[Episode four: Pitchford, Cooke and Evans on the performance pathway](#)

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