### Train to Compete Objectives (19-22)

*All skills and tactics are the same as Learn to Compete, however athletes move into the later stages of consolidation or refinement.*

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<tr>
<th>Cycle of Action</th>
<th>Skills</th>
<th>Skill Variations</th>
<th>Cue Reading + Decision Making</th>
<th>Tactics or Skill Emphasis</th>
<th>Athletic Abilities</th>
<th>Competition</th>
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### Training Programs

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