

What generates greatness: Genes or guidance?

Is it training or talent that generates greatness?

Have you every wondered why some people seem to naturally excel while other fumble over their own feet? If you have ever spent more time on the ground than on the court or field you know how frustrating it can be to try your best and still not excel, while someone else breezes by with much less effort.

Is it genetics, a natural talent, or is it simply that they are better trained? ASAPScience explains that the appearance of natural ability may actually be in your genes. However, there may be more to athletic ability than genes. So there is hope for the rest of us.

Read the full, original story: [What generates greatness: Genes or guidance?](#)