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An athletes coach should be aware of the athletes physical and mental conditions to ^{help} prevent overtraining. Overtraining is when the athletes body becomes over fatigued ~~to~~ due to excess training and not enough recovery. Overtraining can take weeks or months to recover from. The factors a coach should consider to avoid overtraining are:

- Intensity of training. If the intensity is too high the athletes body and energy supplies will not be able to cope with the demand.
- Volume of training. An athlete requires rest to recover from injuries and restore energy and hydration. If volume of training is too high they do not get this period to recover.
- Variety of training. Variety is key to training sessions as athletes can become bored, burnt out and un motivated to train anymore resulting in negative performance.
- Motivation of athlete. The athlete has to constantly be motivated to train, otherwise it will impact their performance. Motivation should be positive in terms of rewards and feedback as negative motivation can have a negative impact on an athletes performance.

Overtraining can be judged by a decrease in the athletes performance over a number of games or training sessions, withdrawal and irregular behaviour towards others or teammates and the athlete complaining about the training or bringing attention

to problems such as muscle soreness.

These are the factors that a coach should consider and be aware of in order to avoid overtraining of an athlete.

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