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A coach should consider in order to avoid overtraining should be the intensity, sets, reps and how quick there maximum heart rate can go back to normal. ^{a coach} should consider how much each individual can handle as if he ^{isn't} careful enough can cause injury or reoccur an injury and it may take longer to heal or it will never fully heal properly. A coach to avoid overtraining is to look at what the player physically looks like ^{if} weather they are exhausted, tired, feel sick, pale and how they are ~~the~~ positioned (body shape)