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b) A coach needs to consider many factors in order to avoid overtraining, they need to consider their team players, the sport, possible environment conditions, upcoming matches because if a coach overtrains his team they can become less motivated to play, be fatigued or get fatigued ~~easy~~ easier during a game, make mistakes during a game & that doesn't help the team in any way, but if a coach avoids overtraining the team is kept motivated, ~~perform~~ performs their best during games & enjoys playing the sport.