

Start here.

b) Overtraining is when an athlete is pushed to hard and for too long and their performance starts to decrease.

A coach should have a plan in place that sets out the goals of each training session, the week, the month and the year. They need to be aware of any special events or extra games that are going to be played over the session.

The coach must have a structured training session to avoid overtraining. The intensity, frequency, + duration must be set to meet the needs of the athletes. These needs ~~■~~ should be known to the coach as a pre screening tests should be completed by each athlete as they enter the team. Their basic fitness, skills, strengths + weakness, prior experience and health history must all be given to ~~the coach~~ and known by the coach so he they can ~~in~~ set the training to best meet the needs of the athlete.

The athletes should ~~be~~ keep a diary to record their feelings about the training and ~~that they~~ ^{how} ~~that~~ it can be improved and if it is too demanding. ~~The~~ ~~too~~ At the end of every training session there ~~coach~~ ~~need~~ ^{needs to be} an evaluation of how the players went and how they felt about the ~~at~~ activities.

they did and how they feel about doing them, if they met their needs or not. 1

Coaches need to monitor recovery and how long each player takes. ~~and~~ They need to be aware of any injuries and make they are taken care of immediately, to reduce any secondary injuries and unnecessary time off.

↳ The coach should include variety in training sessions to keep athletes motivated.

⚠ Elite athletes are subject to overtraining as they are expected to perform at high levels.

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