

b) A coach should look at the current training schedule and assess the amount of days there are of training over recovery. If there is not enough recovery days the coach should reduce training to allow the athletes to completely recover and minimise the risk of overtraining. The coach should also look at the methods used in training the athletes, ensuring after a drill or activity they have time to rest and rehydrate. There should also be proper warmups and stretches to reduce injuries and warm downs at the end of the training session.

The coach should consider getting a sports psychologist and physiotherapist to give players check ups on their mental and physical state. The coach could also look at his coaching style, if it is autocratic the coach should look to change to a more democratic approach to get all participants involved, work hand in hand and get feedback from the players too see how they think their schedules are and what needs to be improved. These measures can assist the coach in over-training the athletes.

Additional writing space on back page.