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b) There are many factors a coach must consider in order to avoid overtraining. For example, tapering. Tapering slows down the intensity and amount of

training ~~is~~ before an event, this gets the athlete in prime condition for it. When motivation is low, overtraining is often a complaint, a bit of variety can help athletes stay motivated and still in shape. However a coach should be wary of these ideas, because reversability ~~can come~~ can make an athlete lose his strength and flexibility very fast. When progressive overload principle is applied, athletes must be comfortable with the amount and intensity of training before making it more intense, otherwise it could result in overtraining. Massed practice involves more training and less rest, this could lead to overtraining. Warm up and cool down are vital in avoiding overtraining. Recovery tactics, such as cryotherapy help ~~release~~ to get rid of build up of lactic acid in the muscles. Hydrotherapy is safe ~~and it~~ and it helps recovery. Massages can relax an athlete so they are not overtrained. Meditation also relaxes the psychological side of the athlete, so they don't always have training on their mind. Keeping this in mind coaches should still try to work their athletes hard enough to make them game fit, but not so hard that they are overtrained and get injured.

Additional writing space on back page.