Overtraining / Under Recovery

Athlete / Coach Check List

Symptoms:

- Unexplained decrease in performance (Train Smarter) ☐
- Loss of appetite or change in eating habits ☐
- Depleted energy reserves ☐
- Sleeping patterns altered ☐
- Stressed Out ☐
- Tiredness ☐
- Weakness ☐
- Pain in Joints ☐
- Legs feel heavy ☐
- Dark-Coloured Urine (Dehydration) ☐
- Pale Skin Colour ☐
- Weight Loss ☐
- Repeated injuries ☐
- Repeated infections / illness ☐

Players Body Language

- Slumped Posture ☐
- Pale Facial Expressions ☐
- Washed out eye colouring ☐
- Bending over to recover from efforts ☐
- Unexplained bad technique ☐

Psychological Indicators

- Low Motivation Levels ☐
- Poor Concentration ☐
- Lack of Self Confidence ☐
- Unexplained levels of aggression ☐
- Not enjoying their sport ☐
- Giving up two easy on challenges ☐