

1. Lifting the same muscle groups on consecutive days. In football our players really want to have big strong bench presses. Therefore many players on their own decide to continually lift chest on back to back days. Also players do this because they enjoy the pump they get from the bench press. The negative effect you get from this type of lifting is muscle fatigue and a lack of recovery. Rest is just as integral a part of exercise as the actual physical work. Therefore players must realize that in this less is more. As a coach we have to educate our players and parents on good workout plans. Also we need to show them why we believe what we believe. Furthermore we need to run our kids out of the weight room when they go in and lift extra. I would have a mandatory strength and conditioning meeting with players and parents and convince them why we lift the way we do.
2. Kids playing contact football at too young of an age. Many times kids are playing a lot of football games at a young age. This is leading kids to becoming emotionally as well as mentally fatigued at a young age. Furthermore in many cases kids are not able to withstand the amount of punishment a football game requires. Kids have shorter attention spans currently so the younger they are exposed the earlier they grow tired of sports. A way to combat this issue in our community is encouraging kids to play flag football. Also we try to regulate how many games kids play at younger levels.
3. Coaches practice too long especially early in the season. I see coaches wear their teams out in the early portion of the year. They do this through 2 a days and long practices. During this time players lose all strength and mass they gained over the summer. Also the mental and physical fatigue takes a toll on the players. Bear Bryant said if anything under train your team. When players get burned out then they do not want to play anymore. Regardless of how talented they are a coach should always leave his team wanting more. To remedy this we stagger our practices by going shorter early and longer later and really focus on intensity instead of longevity.
4. In the weight room most players over train their quads and under train their hamstrings. It's very funny in the lifting world how individuals want large biceps but really strength and explosion develops from the triceps. In running and speed development everyone focuses on the quad but not the hamstring. The hamstring is where the speed and power develop. Also the hamstring gets injured when individual's quads get so much stronger than their hamstrings. We try to combat this by doing ham string exercises as much if not more than quad exercise. Also we try to post well written articles about lifting inside the locker room.
5. The last way I see overtraining in football are players maxing out their body way too much. Players end up wanting to see how much they lift every day. Players go to countless amounts of combines and testing centers. They exert themselves too much and when they do not see the results they want then they get discouraged. Their bodies grow tired and they cannot perform at a high level. Players must learn to follow periodization workouts and know when to peak and

test. We do our best to only test a few times a year. Also our players don't sleep enough and rest. They go and go and then crash. We try to provide education on this issues.