

factors of training, conditioning and application; when he gives his best at all times in every work period until stopped by inevitable fatigue. A letdown in any one of the three factors affects the other two and leaves its scars in spite of subsequent effort.

A close study of the fatigue and improvement curves plotted in this research series leads to the unmistakable conclusion that the practice of spurting and resting leads to higher development, and to an increase of consistency in performance. The spurter's record climbs the vertical line of ability in Figure 17, page 47 because of training. The horizontal base line is lengthened showing greater endurance and quicker recovery. The diagonal line of performance indicating application derived from healthy emotional drive is improved by consistently putting forth maximum effort.

Tiredness from True or False Fatigue

Tiredness may come from true or false fatigue.

The cure for tiredness from true fatigue is rest.

The cure for tiredness from false fatigue is work.

The pattern of the fatigue curve shows a decline in return from efforts as fatigue inhibits efforts. If a man uses his abilities at their best, as fast and as long as possible, he becomes truly fatigued and should rest. The idea of the Spartan and the "show must go on" may be fallacious if the returns are erratic, confused, and unpredictable. When the tensions of fatigue make us awkward in skills and in learning, then both the coach and player are wasting time and efforts. The cure for tiredness from true fatigue is rest.

The fatigue curve illustrates the factors of production to be ability, endurance, and emotional drive. A weakness in any one of these three factors induces tiredness too quickly. The weakness causes false fatigue and the answer is the correction of that weakness through work. This is in contrast to the true fatigue which comes when all factors are strong and operating at their best. If we lack ability we should work at training in the improvement and acquisition of skills. If we lack endurance we should find if we have healthy structures and if so we should work to condition ourselves. If we lack emotional drive, we should work in the application of our abilities and endurance to like our game and to play it better.