

We have noted the tiredness of a novice in our game and often the anxiety and tension that come from misunderstanding and lack of ability. We need to train him. We can recall the cold sweats and the tiredness which overwhelmed us when we were first trying to learn to drive an automobile.

We have noted the boy who quickly tired, seemed unable to get his breath, and was awkward because he was not conditioned to carry on in the demands of early season or after a prolonged layoff.

We have noticed the boy who tired quickly because he was not interested nor enthusiastic, who may have disliked the game and had no desire to play. He may have been tired from lack of motivation or incentive, from physical hunger or some mental or social difficulties.

The player who is master of the skills, is perfectly conditioned, has lots of emotional drive and does his best becomes tired from true fatigue. He needs rest.

The player who has little ability, less endurance of healthy structures, and no emotional drive gets tired from false fatigue. He needs work. He should be trained, conditioned, and helped to apply himself and that requires a coach with training, condition, and patience.

We have seen people accused of lacking courage and fight. Maybe they didn't have the skills. Maybe they weren't conditioned. Maybe they weren't inspired. Of course they were tired from false fatigue. They needed intelligent work.

The person who studies or works one hour and does well, will not accomplish twice or four times as much if he studies two or four hours. This will help the coach who may think he can teach four times as much in four hours as he can in one hour. After the first hour his emphasis must of necessity swing from the factor of training into the factor of conditioning. If the skills are carelessly practiced with poorer application, the gain in endurance may be neutralized by sloppy skills, inefficiently executed. There is a happy balance of practice and perfection not always achieved. We can learn to partially distinguish true from false fatigue and to decide when work or rest is indicated.

In athletics we lean to the overwork idea with the value of rest being assured. In many activities the tendency is toward overrest and the loss of ability, endurance, and application.