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Coaches' implementation of training load and maturation monitoring practices

Coach learning

- Formal youth athlete courses and higher education qualifications aid in constructing new knowledge
- Informal learning through experience, social interaction and reflective practice

Club environment

- Interdisciplinary collaboration, integration and expertise sharing between coaches and the support staff
- Non-formal CPD programmes support monitoring competency

Coach behaviour

- Communication and relationship between coaches and support staff improves the interpretation of monitoring data
- Monitoring data supports coaching practice and decision-making