

RECOVERY

Recovery between training sessions and between games is crucial for athletes to be able to feel and perform their best throughout the soccer season. Restoration and regeneration techniques allow athletes to reach their full potential in relation to physical demands that are placed upon their bodies while playing soccer competitively. With adequate recovery, athletes are less likely to suffer from overtraining or burnout. A good recovery and regeneration program gives athletes the opportunity to recover both mentally and physically.

Types of Regeneration

- Active Recovery
 - Potential benefits:
 - Increased blood flow to recovering muscles
 - Prevent performance decreases
 - Decreased muscle soreness
 - Low-impact technique work
- Passive Recovery
 - Potential benefits
 - Help avoid burnout
 - Mental recovery
 - Improved mood

Passive Recovery Methods

- Hydration: Drink water after workout
 - 16-20 ounces for each pound lost during exercise
 - Sports drink with electrolytes and carbohydrates
- Nutrition: Eat 30 minutes after workout
 - Blend of carbohydrates and protein
- Massage/Manual Therapy
- Hot/Cold Baths
- Sleep
 - 7-9 hours/night
 - Napping
- Psychological strategies
 - Meditation, relaxation, deep breathing



Active Recovery Methods*

- Employed as a post-activity cool down or on days following heavy training loads or competition
- Mobility:
 - Stretching
 - Foam Rolling
 - Self-Myofascial Release
- Activity:
 - Light aerobic work (<60% effort)
 - Walking/jogging, stationary bike, rowing, swimming
 - Corrective Exercise
 - Pool sessions
- Any active recovery methods employed should not further fatigue the body! A sample active recovery plan can be found on the second page of this document.

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Benefits of Good Recovery

- Accelerated adaptation and maximal performance
- Reduction of fatigue late in games
- Decreased injury risk

Signs of Overtraining

- Slower times in training
- Deterioration in execution of plays/routines
- Decreased ability to achieve training goals
- Lack of motivation to practice
- Getting tired easily
- Irritability and unwillingness to cooperate

When are recovery strategies needed?

- When there is excessive overload on an athlete without adequate physical rest
- High frequency of competition
- Monotonous training
 - >3 hours of training/day
 - >30% increase in training load each week
 - > 2 hard training days in succession
 - >1 game in less than 72 hours



What habits can inhibit recovery?

- Delayed intake of carbohydrates and protein following training or competition
- Inadequate intake of carbohydrates
- High intensity exercise during recovery
- Poor sleep quality and/or quantity **The**

Recovery Checklist

After every game:

- Stretch while muscles are still warm
- Drink at least 12 oz. of a sports drink containing protein
- Eat a proper meal within _ hours of competition
- Monitor your urine color
- Get a good night's sleep

Sample Recovery Plan

- Warm-Up
 - 8-minute light aerobic work (bike, treadmill, elliptical)
 - should be at a casual pace
 - 3 sets
 - Bodyweight squat (10x)
 - RDL (6x per side)
 - Side plank (30 seconds per side)
 - Double Leg Hip Lift (10x)
- Mobility
 - 2' per side: shin to wall
 - 1' per side: quad foam roll
 - 1' per side: IT band foam roll
 - 1' per side: groin foam roll
 - 1' per side: hip flexor stretch
 - 1' per side: hamstring stretch
 - 1' per side: calf stretch