



RECOVERY for Soccer

Foundations 4 Success

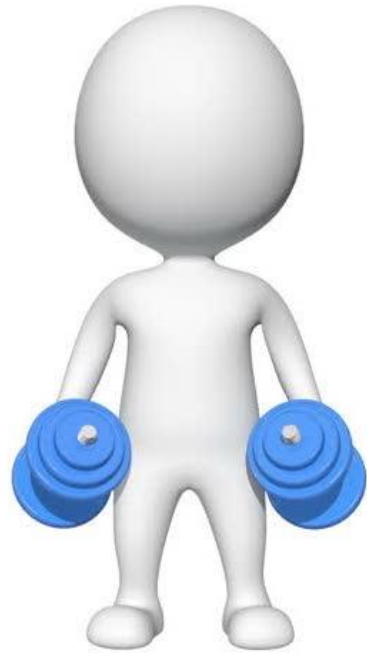




★ FUEL



★ RESTORE



★ TRAIN



★ PERFORM

RECOVERY



WHAT is it?

Goals:

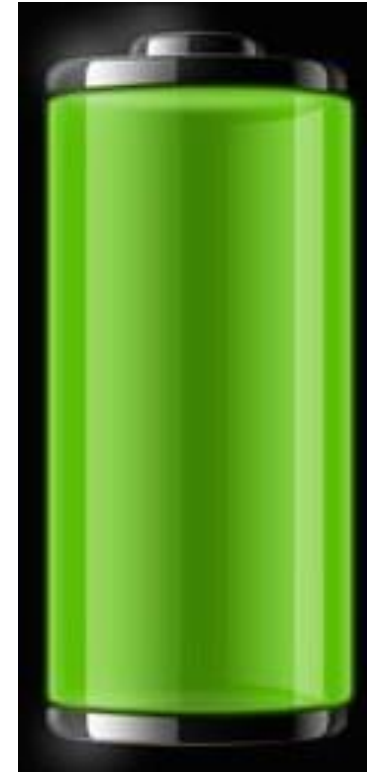
- Understand about the importance of recovery
- Rest & recovery is required to perform to your highest potential
- Learning recovery methods provide long-term health benefits later in life
- Recovery is **INDIVIDUALLY** based, education on different methods important
- Understanding of what works best for you is key to optimal recovery



Purpose:



RECHARGE
the athlete's
BATTERIES



Purpose:

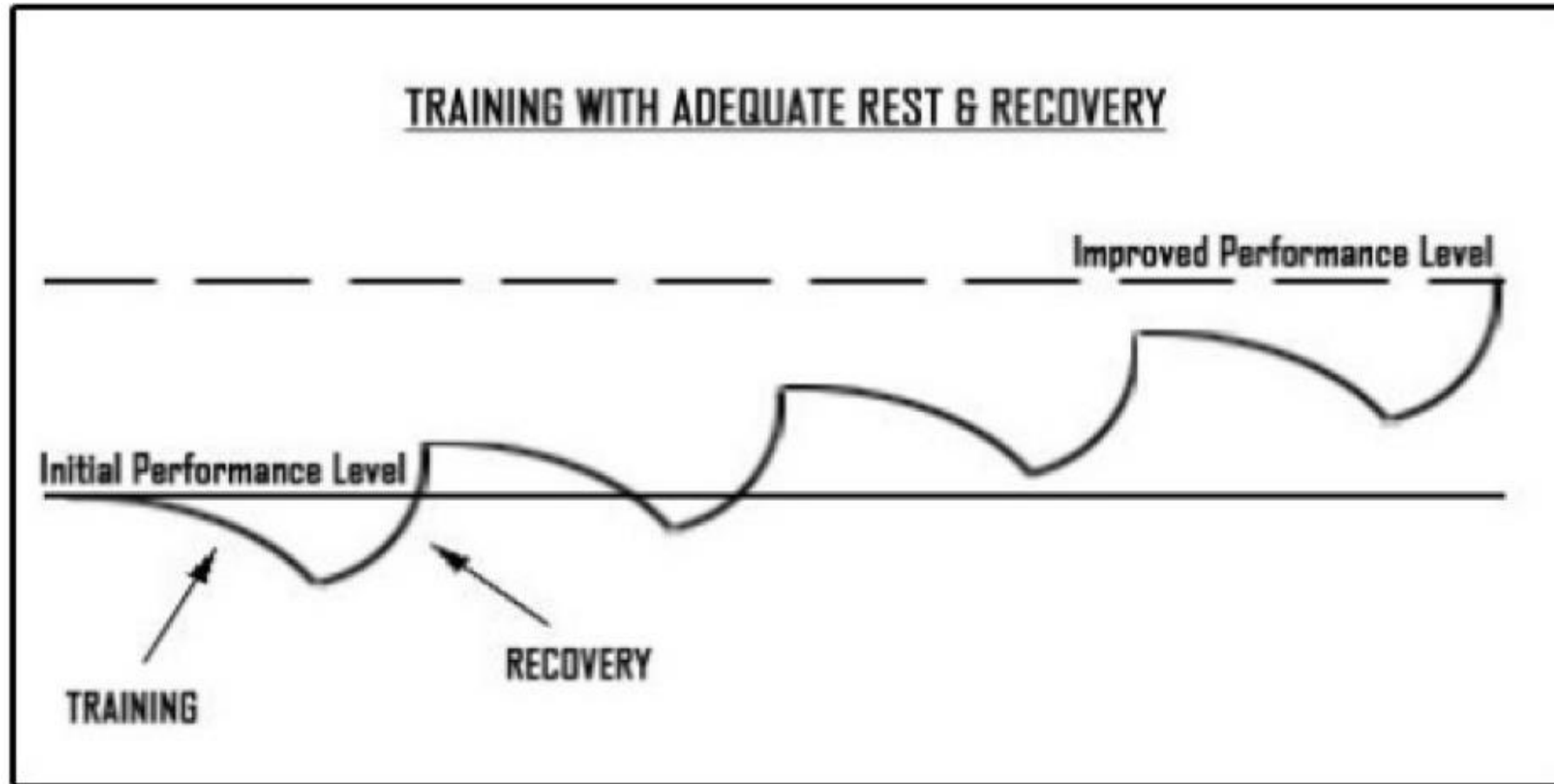
- to return the body to homeostasis - replenish energy stores
- help maintain athletes mental well-being
- decrease severity of Muscle Soreness (DOMS)
- help repair muscles and cells
- **IMPROVE** soccer performance – ability to **TRAIN/PLAY** hard the next day

Supercompensation & Recovery

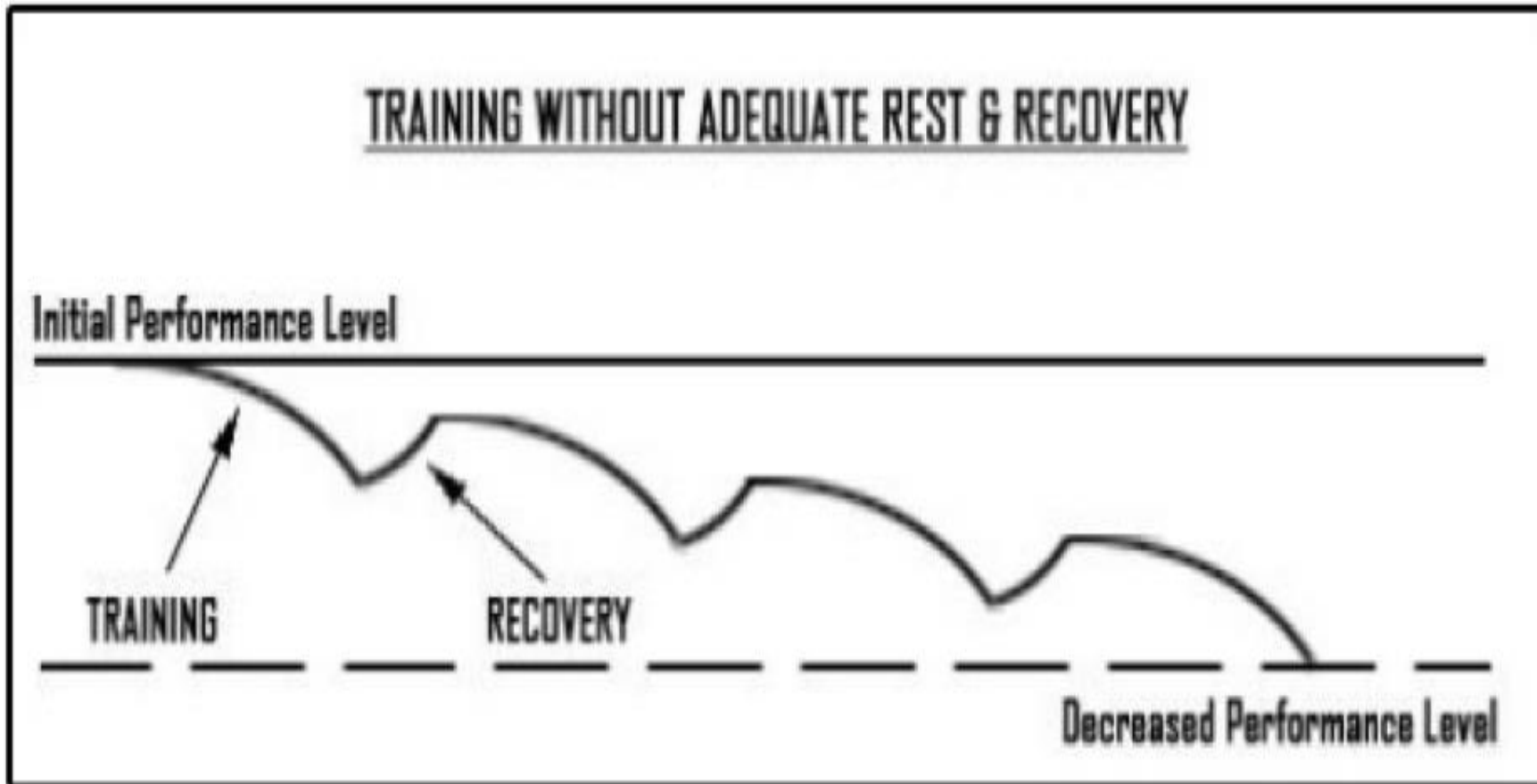
4 Step process:

- Step 1: Training/Match stress
- Step 2: RECOVERY phase
- Step 3: SUPERCOMPENSATION phase
- Step 4: Loss of supercompensation – application of NEW training stress

Training with Adequate Rest



Training without Adequate Rest



Recovery Methods

Cool Down

Consists of:

- Active Recovery
- Static Stretching

GOAL:

- Return muscle to proper ROM
- Decrease occurrence of Muscle Soreness (DOMS)



Stretching

AIS

- Active Isolated Stretching
- requires 8 – 10 foot length in rope
- BREATHING is important, remember to exhale during the stretch (RELAX)

PNF Stretching

- Proprioceptive Neuromuscular Facilitation
- can be performed with a teammate
- 3 methods

Foam Rolling

- requires foam roller
- alternatives: softball, lacrosse ball, tennis ball
- helps to decrease density & increase blood flow
- improves mobility and ROM
- reduce scar tissue and tissue adhesions
- improves quality of movement

Cold Water Immersion

- Cold water immersion effective in post exercise recovery
- increases blood flow
- helps reduce inflammation



Cold Tub

- Water temp: 10 – 12°C
- Time: 5 min cold water, 3 min break, 5 min in cold water

Contrast Bath

- Water temp: Cold (10 – 12°C) Warm (38 – 40°C)
- Time: 60s in warm water followed by 60s in cold water
- 5 cycles totaling 10 min
- start with warm water, finish with cold water

Sleep



WHY is it important?

Benefits?

- Most important component of regeneration/recovery
- Athletes 13 – 24yrs of age require 9 – 10 hours of sleep per night
- Allows for physical repair and growth
- It's FREE!!

Improves:

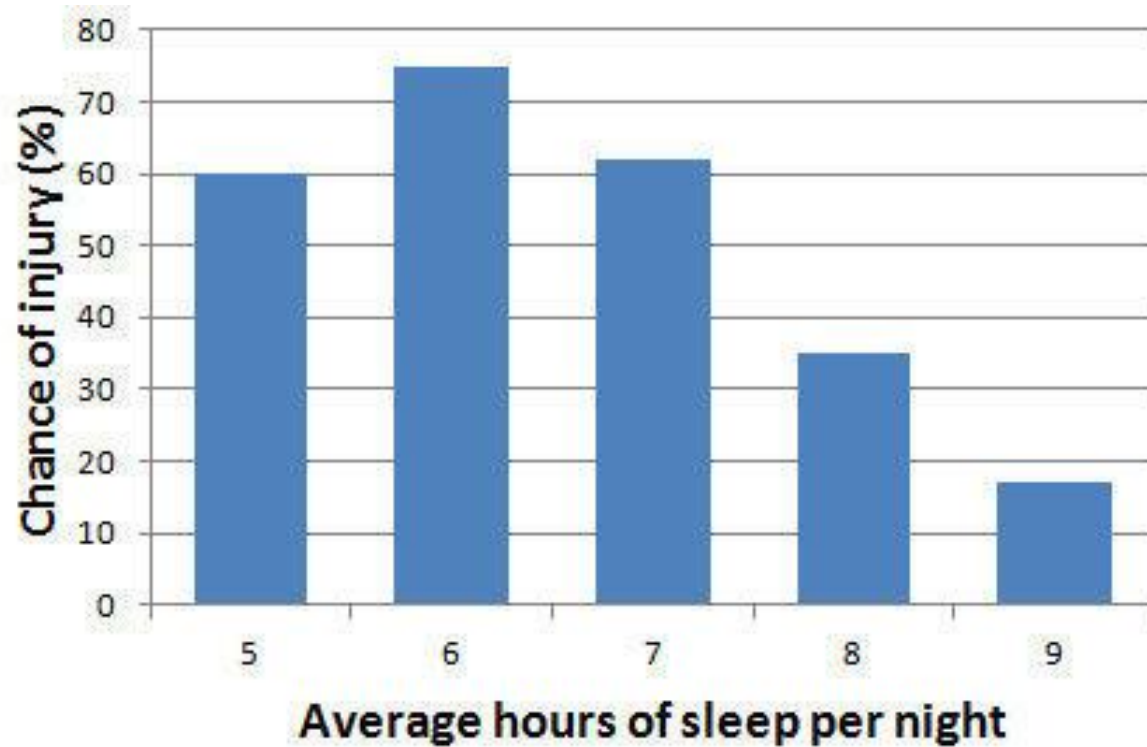
- Motivation
- Recovery of Leg Strength
- Sprint Performance
- Athletic Performance



Lack of Sleep

- Effects immune system
- 7h or less sleep per night at higher risk of getting cold
- Reduced reaction time
- Decreased cardiovascular performance
- Reduced ability to process information, effects decision-making
- Decreases muscle recovery
- Overtraining

Sleep & Injury Prevention



Athletes who average < 8 hours of sleep per night have 1.7x greater risk of being injured than those who sleep > 8 hours

Sleep Habits

Environment:

- Turn off all electronic devices/screens
- QUIET – No TV
- Dark
- Cool
- Comfortable
- Bed for sleeping only
- Minimize amount of fluids consumed before bed (limit interruptions due to bathroom breaks)
- Taking a hot shower before bedtime

Sleep Habits

Timing:

- go to bed within a 30-minute window each night
- wake up within a 30-minute window each morning
- keep sleep patterns consistent!!

Napping:

- refreshes mood
- improves alertness and aspects of mental/physical performance
- 30-minute early afternoon nap to make up for lost sleep

Importance of Recovery?



RECHARGE your **Batteries!!**