



# PLAYER RESOURCES 2017

## Post Match Recovery Strategy

# PLAYER DEVELOPMENT JOURNAL

## POST MATCH RECOVERY STRATEGY

*This information is adapted from the Australian Sports Commission, Sports Coach resources.*

Basic recovery practices that can be completed by a team participating at any level are listed below.

This routine has been structured so that the body can be rehydrated, energy stores can be replenished and muscle can be repaired at an improved rate.

1. Take a short walk or jog and complete a static stretch routine after training or a match.
2. Start drinking cool carbohydrate and protein drinks (*e.g. low fat chocolate milk*) immediately on entering the change rooms. This should continue throughout the recovery session.
3. Players should bring food to eat **within 30 minutes after the match**. Appropriate types of food include carbohydrate and protein snacks e.g. sports bars, salad and meat sandwiches.
4. Some players have difficulty eating soon after matches; therefore a meal replacement drink (*e.g. Sustagen or Protein Plus*) may be useful.
5. A post-match meal (*two to three hours post-match*) should consist of high glycaemic index carbohydrates. Good examples of these dishes are rice dishes, pasta and/or white bread with protein (*e.g. meat, chicken*).
6. Ensure a good night's sleep occurs after training or matches to aid rest and recovery.