

TrueSportPARENT Recovery



After a practice or game ends, every coach and expert will have different opinions on what youth athletes should do to help their bodies properly recover for the next one.

Generally, all will agree that athletes will recover effectively and efficiently if they have a recovery routine that:

1. **Refuels:** *Eating the right foods after exercising—and even on non-exercise days—speeds up recovery time and minimizes soreness.*
2. **Rests:** *Getting good sleep not only helps muscles rest and repair, but improves energy levels, focus, memory, weight maintenance, creativity, and more.*
3. **Diversifies:** *Having your athletes take time off from their sport after a season to focus on other activities and interests helps prevent burnout.*

Like a good warm-up prepares athletes for the game ahead, a good recovery routine prepares the body to rest up well in the upcoming off days.

What Makes A Good Recovery Routine?

Recovery routines will vary by athlete, sport, and training intensity. A good youth sport coach should take their team through a cool-down at the end of practice. Some additional ways successful athletes help their bodies begin to recover are:



take naps



hydrate



seek adventure



enjoy hobbies



eat healthy



go camping



yoga or stretching



hang with friends

Helping your athletes develop habits they will both buy-into and enjoy will take some experimenting. But when you figure out a routine that works well, your athlete will notice a tremendous difference in the time it takes to feel 100% recovered.

To learn more about recovery for youth athletes, check out:

- [Learn.TrueSport.org](https://www.learnsports.org) for insightful articles and videos full of valuable recovery advice
- [Teach.TrueSport.org](https://www.teachsports.org) for an entire lesson plan surrounding recovery
- [Play.TrueSport.org](https://www.playsports.org) (app available on the App Store and Google Play) or fun recovery-focused games you can play with your athletes