



Name: _____

Why Recovery Matters

Recovery helps your body and mind reset so you can perform your best. You train hard and you need to recharge.

Step 1: When Do I Need Recovery?

Think about your week.

When do you feel most tired or overwhelmed?

(Check or fill in)

- After practice
- After tournaments
- After school days
- Before competition
- Other: _____

Describe one time you usually need recovery:

Step 2: What Helps Me Reset?

Circle or write 2–3 things that help you feel calm, focused, or recharged:

- Deep breathing (2–5 minutes)
- Listening to music
- Quiet time alone
- Stretching
- Going for a walk
- Talking to someone

- Taking a break from screens
- Other: _____

Step 3: Build My Recovery Plan

Turn your ideas into a simple plan.

After (practice/tournament/etc.), I will:

It will take about: _____ minutes

Step 4: In-the-Moment Reset (Between Plays)

When something doesn't go well, I will:

- Take a breath
- Let it go
- Refocus on the next play
- Other: _____

My reset phrase (optional):

Step 5: Reflection

After using your plan, check in with yourself.

How did I feel after using my recovery plan?

What worked well?

What could I adjust?
