

RECOVERY

Points Checklist

Use a variety of self-initiated, proactive recovery strategies from each area. Target 8-15 recovery points within the 24-hour recovery period.



SLEEP RESTORATION

- 3 pts:** Achieved 8+ hrs sleep last night
- 2 pts:** Nap during day 20-30 mins
- 1 pt:** Used sleep aids (eye mask/ear plugs)



PSYCHOLOGICAL

- 3 pts:** Listen to Smiling Mind App
- 3 pts:** Visualisation: 8 mins
- 3 pts:** Future-self Awareness: 8 mins



NUTRITION & HYDRATION

- 1 pt:** High protein snack within 30 mins of training
- 1 pt:** Whole foods within 90 mins after training
- 1 pt:** Meet daily hydration target.



MASSAGE

- 3 pts:** Self-myofascial release: Foam roller 20 mins
- 2 pts:** Deep tissue 30 mins
- 1 pt:** Spiky ball planter release 8 mins



HYDROTHERAPY

- 3 pts:** Pool/Beach: 20 mins
- 2 pts:** Cold water immersion: 12-15°C / 8-12 mins
- 1 pt:** Hot water immersion: ~37°C / 8-12 mins
- 1 pt:** Contrast therapy: 30 sec cold > 30 sec hot / 4 mins



COMPRESSION

- 2 pts:** Compression boots
- 2 pts:** Garments / Socks: Worn during sleep
- 1 pt:** Garments / Socks: Worn during travel

MOBILITY / STRETCHING

- 3 pts:** Yoga/Pilates: 20 mins
- 2 pts:** Stretches with aids: 20 mins. Eg: resistance bands, mobility stick, ankle incline board.
- 1 pt:** Hip Mobility Sequence



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