Training & Match Recovery Guide

INJURY PREVENTION & PLAYER CARE

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CHECK | SUPPORT | PROTECT

1 IMMEDIATELY AFTER ACTIVITY

Cool Down
Use a short, gradual cool-down and allow breathing and heart rate to settle.

Rehydrate
Begin replacing fluids soon after activity. Water is suitable for most youth sessions.

Refuel
Choose a familiar meal or snack containing carbohydrate and protein, then return to normal balanced meals.

2 THE FIRST FEW HOURS

Eat Normally
A balanced meal with familiar foods is usually more useful than special recovery products.

Keep Drinking
Drink regularly with meals and snacks rather than trying to consume a large amount at once.

Check How You Feel
Report pain, dizziness, illness or unusual fatigue to a responsible adult or coach.

3 RECOVERY FOUNDATIONS

Sleep
Consistent sleep routines support learning, growth and recovery.

Easy Movement
Light activity can help players feel less stiff. Recovery should not create extra fatigue.

Rest Days
Build lower-load or rest periods into busy weeks, especially around matches and travel.

4 SIMPLE RECOVERY CHECK

- [ ] I have eaten since training / the match
- [ ] I have had fluids
- [ ] I have told an adult about any pain or illness
- [ ] I know when my next training or match is
- [ ] I will prioritise sleep tonight

KEY MESSAGE: Recovery for young players should be simple: eat, drink, sleep, report problems and manage the next workload sensibly.

General recovery information only. It is not individual medical, nutrition or rehabilitation advice. Persistent pain, significant symptoms, suspected injury or illness should be assessed by an appropriately qualified healthcare professional.