

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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