

# Recovery Menu



## Activity Summary

<b>TIMING:</b>	20-25 mins
<b>WHAT:</b>	Mindful Activity
<b>WHEN:</b>	Pre-Season Activity, Rainy Day
<b>WHO:</b>	Group, Pair, Individual

### ACTIVITY SUMMARY

This is a simple activity to ensure that young players are getting periods of rest and recovery into their schedules. In this activity, players create their own 'recovery menu' with different ideas for rest and recovery. If you feel comfortable,

you can also do your own recovery menu and share it with your players.

### SET-UP AND GEAR

- Coloured pens or pencils & paper.
- Indoor space.
- Something the players can lean on to complete the activity.

### INTENDED OUTCOMES

- Empower players to proactively manage their well-being.
- Create a tangible and practical resource (the recovery menu) that players can refer to whenever needed.

## Activity Outline

**5 mins  
(set-up)**

As a team, talk with the players about the importance of recovery and that the aim for this activity is to create their own 'Recovery Menu'. Things to go on the menu are simple and enjoyable activities they can do to make sure they are balancing out all the training/exercise/schoolwork etc, allowing their mind/body to recover and adapt. Rest and recovery is about more than lying in bed; it's important to fill their time with activities they enjoy.

**10-15 mins**

Design your own recovery menu

- Starters (Things that take 5 mins)
- Mains (Things that take 20 mins +)
- Desert (Things that take 10-15 mins)

### Example

*Starter:* Drink a glass of water, get up and stretch, bring a snack to training.

*Main:* Meet a friend for a swim, do some drawing, have a bubble bath/long shower.

*Desert:* Bring the dog for a walk, have a tasty snack, enjoy some chill time, get to bed early, etc.

These are just examples; anything that your players find enjoyable is a great addition to their recovery menu.

## Activity Outline

5 mins

### Pair & Share

Once all the players have completed the activity or at the next training session, ask the players to partner up and do either a walking or jogging warm-up. As they jog around with their partner, players can share what's on their recovery menu. This will help them articulate what they enjoy doing and when they might do those activities.

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## Tips & Tricks

- This activity works really well with the 'Fill Your Cup' (training & recovery) activity.
- Tell the players that they can decorate their menu and stick it up somewhere in their room, so that when they need to relax, they just need to check their menu!

### PILLAR INSIGHTS

Fun recovery activities offer a break from the structured demands of training and school, promoting a balanced and sustainable approach to sports and education. This, in turn, will help foster long-term enjoyment, participation, and commitment to sport.



#### BIOLOGICAL

During physical activity, the body experiences stress and strain. Relaxation and down-time is crucial for young players' bodies and minds to repair and come back stronger.



#### PSYCHOLOGICAL

Young players are often juggling a lot between school and sport; they are constantly learning and developing. This activity is a helpful tool to encourage players to develop strategies for dealing with stress and challenges.

# Recovery Menu

## Check-in

### Starters

Things that take 5 mins

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Mains

Things that take 20 mins +

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Desert

Things that take 10-15 mins

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_