

# Check-in Diary



## Training and recovery

**TIMING:** 20 mins  
**WHAT:** Paper & Pen  
**WHEN:** Daily, in their own time  
**WHO:** Individual

### SET-UP AND GEAR

- Pen and paper

### INTENDED OUTCOMES

- Players explore finding the right balance between training and recovering for themselves.

### ACTIVITY SUMMARY

This activity is one that the players will do in their own time, but it can be supported and encouraged before or after training. Developing the habit of checking in with their bodies encourages young players to tune into how they are feeling and the impact exercise can have on them.

## Activity Outline

**2 mins (set-up)** Players will complete their check-in diaries in their own time after each training session or game. However, to kickstart them at the beginning, you can handout the worksheet at the end of training and ask them to complete the following questions then and there. Encourage them to pick up a notebook or copy to use as their check-in diary.

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**5-20 mins** Please see worksheet below.

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**5-10 mins** **Optional - Pair and Share**

At the beginning of the next training session, players can buddy up and do a warm-up discussion jog, where they talk about if they completed their check-in diary and discuss what they wrote down.

## Tips & Tricks

A great way to support this activity is at the beginning of training; you can begin by asking them how their check-in diaries are going, if they noticed anything that surprised them etc.

### PILLAR INSIGHTS

A daily training and check-in diary can be a powerful tool for young players. Encouraging players to listen to their bodies is the best way to help them find their sweet spot between exercise and recovery.



#### BIOLOGICAL

Every player is different; so it's important that they find their own balance of how much training and exercise feels right for them. As players might be at different stages of puberty and development, try to remind them that we all exercise and recover differently, so it's not a good idea to compare themselves to others.

### Worksheet

## Check-in Diary

Today's Date: \_\_\_\_\_

Type of exercise (training, game, run, final, friendly etc.)

\_\_\_\_\_

How did/do I feel?

\_\_\_\_\_

How were/are my energy levels?

\_\_\_\_\_

What was/is my mood like?

\_\_\_\_\_

How am I feeling now?

\_\_\_\_\_

Did I drink enough water?

\_\_\_\_\_

Did I have enough to eat?

\_\_\_\_\_

\* You can copy these questions into a small notebook and complete the questions after every training session or game.