



RECOGNIZE TO RECOVER

Presented By THORNE

# METHODS OF RECOVERY

Recovery is an important component to the design and application of periodization in soccer. An extensive schedule of practice and games, in addition to other stressors outside of the sport can compound the level of fatigue experienced by an athlete. U.S. Soccer's Recognize to Recover initiative promotes achieving balance between training and competition with both recovery and rest to help ensure athletes are physically and mentally prepared to perform.

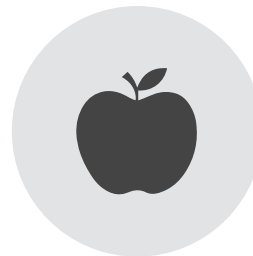
## Factors that affect Athletes' Fatigue and Recovery:



Practice & Games



Sleep



Nutrition & Hydration



Travel



Employment and/or School

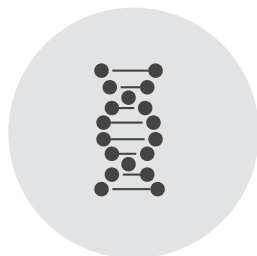
# Fatigue & Recovery



Recovery Interventions



Social Life



Genetics



Psychological & Physiological Factors



Environmental Conditions

Recovery is usually the period between the end of one practice and the start of the next. Sleep, nutrition, and hydration should make up the foundation of an athlete's recovery to counteract fatigue, reduce the risk of injury, and help drive the body's adaptive responses to exercise. There are a variety of recovery interventions available that can be utilized by an athlete to help boost their recovery process.



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**ACTIVE RECOVERY**

## ACTIVE RECOVERY

involves low to moderate-intensity exercise that can be carried out after practice and games (also referred to as “cooling down”) or be a separate bout of physical activity held on a rest day. The duration of active recovery can be 15 to 30 minutes of land-based or water-based exercise, or a combination of the two. Active recovery on land can be continuous light aerobic work, or light resistance training – such as body weight strength exercises – all of which can be completed outdoors or at a local gym. Active recovery in water can include activities, such as swimming or simulated running in-place or jogging along the length of the pool.



**DYNAMIC AND STATIC STRETCHING**

## DYNAMIC AND STATIC STRETCHING

Two styles of stretching that are frequently incorporated into warm-up and cool-down periods, respectively. Dynamic stretching is performed by moving a limb in a slow and controlled manner through its full available range of motion. The motion can be repeated several times with small increases in the speed of movement as the available range of motion increases. Static stretching entails selecting a target muscle that is slowly lengthened and held in a comfortable range for 15 to 30 seconds. As the position is held, the feeling of the stretch diminishes, and the athlete can move gently into a deeper stretch and hold again



**FOAM ROLLING**

## FOAM ROLLING

An emerging recovery method with several proposed physiological effects, similar to those of massage, that may assist in recovery and reduce muscle soreness. During foam rolling, individuals use their own body mass on the foam roller to exert pressure on the affected muscle group. A standard foam rolling protocol can be 20 minutes of foam rolling, performing different exercises targeting the muscle groups most used in soccer, including quadriceps, hamstrings, gluteals and gastrocnemius. For each muscle group, roll as smoothly as possible for two 45-second bouts on both the right and left legs.



**HYDROTHERAPY**

## HYDROTHERAPY

Also known as water immersion recovery, hydrotherapy consists of covering part of the body, or the whole body, in water. Community pools and showers at home both provide adequate means of utilizing hydrotherapy. Simply being submerged waist deep in a pool allows hydrostatic pressure to act on the body by displacing fluid from the lower body to the upper body, which is purported to enhance recovery. Another hydrotherapy recovery technique is contrasting water temperature, which consists of alternating immersion in cold and hot water and can be easily done in a shower at home. Simply alternate between cold and hot temperatures for 1 to 2-minute intervals for 2 to 3 cycles, ensuring water is in contact with the lower back and legs.



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## SAMPLE TRAINING & GAME SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Foam rolling	Foam rolling	Rest Day	Team Practice	Team Practice	Game	Rest Day
Team Practice	Team Practice					Foam rolling
Active recovery; 10 min light jogging		Rest Day	Dynamic and static stretching		Hydrotherapy; pool-based water immersion	Dynamic stretching
Static stretching						Active recovery; 30 min bike ride
				Static stretching		
						Contrast hydrotherapy
<b>WORKLOAD</b>	<b>VERY HIGH</b>	<b>HIGH</b>	<b>MODERATE</b>	<b>LOW</b>	<b>VERY LOW/RECOVERY</b>	

### REFERENCES

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