

MASSAGE

3pts: Self-myofascial:
Foam roller 20mins

2pts: Deep tissue 30mins

1pt: Spiky ball planter
release 8mins

SLEEP RESTORATION

3pts: Achieved 8+ hours
sleep last night

2pts: Nap during day
20-30mins

1pt: Used sleep aids
(Eye mask/ear plugs)

PSYCHOLOGICAL

3pts: Listen to Smiling App

2pts: Visualisation 8mins

1pt: Positive self-talk consistently

Use a variety
of self-initiated,
proactive recovery
strategies from
each area.

Target 8-15
recovery points
within the 24-hour
recovery period.

RECOVERY ON POINT CHECKLIST



BASKETBALL
New Zealand

NUTRITION

3pts: Whole foods within
90mins of training/game

2pts: Meet daily hydration needs

2pts: High protein snack within
30mins of training

HYDROTHERAPY

3pts: Pool/beach recovery session 20 mins

2pts: Contrast therapy 30 sec cold
and 30 sec hot 4 mins

1pt: Cold water immersion
12-15C 8-12mins

1pt: Hot water immersion 37C 8-12mins

COMPRESSION

2pts: Garments/Socks
worn during sleep

1pt: Garments/Socks
worn during travel