

# Pre-Match Warm-Up & Gear Checklist

## SECTION A — 5-Minute Injury-Smart Warm-Up

Perform this routine before any match to reduce injury risk and increase consistency.

### Static-Free Mobility (1–2 minutes)

- Neck turns (5 per side)
- Shoulder circles (10 per direction)
- Wrist mobility (10 each)
- Hip openers (5 per side)

### Light Footwork Activation (1 minute)

- Side shuffles (20 seconds)
- Mini split-step practice (20 seconds)
- Quick forward–back steps (20 seconds)

### Paddle Activation (1–2 minutes)

- Controlled dinks cross-court
- Controlled dinks straight
- Soft volleys
- Controlled third-shot drops (5–8 repetitions)

### Warm-Up Notes:



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## SECTION B — Pre-Match Gear Check

Avoid last-minute mistakes. Perform this check before stepping on court.

### Paddle

- Correct paddle selected
- Grip condition checked
- Overgrip dry and secure
- Edge guard intact

### Footwear

- Court-appropriate shoes
- Laces/straps secured
- Traction adequate

### Essentials

- Water bottle filled
- Electrolytes (optional)
- Towel
- Wristbands / headband (optional)
- Spare overgrip
- Phone on silent

### Safety

- Sunscreen
- Sunglasses or visor
- No jewelry that may cause injury

### Gear Notes:



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### SECTION C — Mental Readiness

**I know today's Skill Focus**

**I know today's KPI Target**

**First-5-Points Plan ready**

**Communication plan clear (for doubles)**

**Reset phrase ready (e.g., "Bounce... breathe... reset.")**

**Mindset Notes:**



### Final Confirmation

**Warm-up completed**

**Gear checked**

**Hydration ready**

**Mindset clear**

**Partner aligned (if doubles)**