

# Post-Game Recovery – Physical Reset

Use this page right after your session to cool down safely.

## Cooldown Routine

### Breathing & Heart Rate

1 minute nasal breathing

5–10 deep belly breaths

### Light Movement

Easy walk around the court

Gentle shuffles

Calf pumps

### Mobility & Stretch Focus

Calves / ankles

Quads / hamstrings

Hips / glutes

Lower back

Shoulders / chest

Forearm / wrist

### Notes:

## Post-Game Recovery – Body Scan

Rate discomfort from 0 (none) to 10 (severe).

Shoulder (dominant arm) (0–10):



Elbow (dominant arm) (0–10):



Wrist / Hand (0–10):



Lower Back (0–10):



Knees (0–10):



Ankles / Feet (0–10):



Other Area (0–10):



### Notes on Pain / Stiffness:



## Post-Game Notes – Game Reflection

Capture what you learned today for intentional improvement.

Date:

Court / Location:

Partner / Opponents:

Format:

Score / Outcome:

### **Wins & Highlights:**

### **Mistakes & Patterns to Fix:**

## Post-Game Notes – Next Actions

Turn your match experience into a clear plan for your next session.

Serve consistency (1–10):



Return depth and control (1–10):



Third-shot decisions (1–10):



Dink patience (1–10):



Reset ability under pressure (1–10):



Unforced error control (1–10):



Mindset / composure (1–10):



One clear focus for next practice:



One habit to keep doing:



Overall confidence right now (1–10):

