

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):