

# 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:

## Pre-Match Warm-Up & Gear Checklist

### 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)**