One of the goals of a coach is to get his or her athletes to peak at the optimal time i.e. competition. There needs to be a balance between training and recovery to achieve this desired effect. If recovery is not addressed, the player’s training may suffer, potentially to the point of overtraining, and the athlete will not be prepared for competition. Just as practice plans are written out, a recovery plan also needs to be written out or at least taken into consideration. Additionally, recovery plans should be individualized for each athlete. No two players are the same and what works for one may not work for the other. As Webb (2013) states, “recovery strategies will vary among athletes depending upon the type of fatigue, current levels of training and non-training stress, and capacity to cope with the stressors” (p. 70).

As a high school girl’s basketball coach, my role in finding a balance with training, competition, and recovery is imperative. Nowadays, there are so many of my athletes that compete in a sport year-round or go from one season to the next with very little time off. It is not uncommon at the start of basketball season to have an athlete who begins injured due to overtraining from another sport. Basketball is the longest season of any of the high school sports; therefore I make sure I take recovery into consideration. For example, I continually stress to my team (educate) the importance of staying hydrated during practice and competition (interexercise), as well as postexercise, which usually comes in the form of chocolate milk or a sports drink. Additionally, we utilize weight training one day per week in season, never the day before a game, and practices after games are set-up to get the girls moving, nothing too strenuous, in order to help their bodies recover. I also have to account for non-basketball stressors i.e. final exams. During that week, we will reduce practice times to get the girls to focus body and mind for a shorter period and then get back to studying. After all, they are students first. As a coach, I take recovery very seriously especially in coaching girls since, “girls are at a greater risk of overuse injuries in high school sports” (“Study: Girls”, 2015).

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