



Netball Recovery Cheat Sheet








Recover faster • Reduce soreness • Stay game-ready



Try these proven recovery hacks elite players use to:

- ✓ Bounce back faster after training & games
- ✓ Reduce soreness and fatigue
- ✓ Stay game-ready all season

 The #1 Step Most Players Skip	Recovery starts with refuelling + rehydrating within 30 mins of the final whistle – not just stretching!
 Game Day Recovery Timeline (First 24 Hours)	0–30 mins: Light jog, dynamic stretch, snack + water 1–2 hrs: Balanced meal, foam rolling, Hot n Cold Shower, (electrolytes - depending on weather and level of intensity for your session) 6–8 hrs: Light walk/yoga, protein-rich snack 12–24 hrs: 8+ hrs sleep, hydration check
 Easy Stretches	Target: calves, quads, hamstrings, hips, shoulders
 Nutrition Tweaks	Use 3:1 carb:protein. Try banana + protein shake, chicken wrap, or chocolate milk.
 Hydration Hacks	Add electrolytes (not just water). DIY: water + pinch of salt + lemon + splash of juice. Hydration check: Urine should be pale yellow = ✓



Don't leave your recovery to chance:

Grab the full Sports Netball Recovery guide today and play your best every game.
visit - netballstuff.net/recoveryguide

