



PERFORMANCE SOCCER CONDITIONING

A NEWSLETTER DEDICATED TO IMPROVING SOCCER PLAYERS

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Monitoring Recovery A Simple Tool for Coaches/Parents

Brendon Huttmann, Strength and Conditioning Coach, Pittsburg Pirates

Brendon Huttmann was named the Pirates Major League Strength and Conditioning Coach on October 24, 2011. He spent the previous four seasons in the same capacity with the Los Angeles Dodgers.

Prior to joining the Dodgers, Huttmann spent five seasons (2003-07) in the Cleveland organization. Additionally, in 2002, he worked for the United States Olympic Committee (USOC) prior to the 2002 Olympics with athletes preparing for the Winter Olympic games. Huttmann is a 2002 graduate of the University of Kansas, where he worked with the Jayhawks baseball team and earned a degree in exercise science and kinesiology. He is a Certified and Registered (CSCS-R) Strength and Conditioning Specialist through the National Strength and Conditioning Association (NSCA).



Brendon Huttmann

INT ADV **T**he ability for an athlete to recover is highly individualized. Each player responds differently to various types of recovery tactics such as sleep, massages, etc. With practice and week end tournaments players are expected to performance at high levels over extended periods of time. The goal for every coach should be to reduce the fatigue level of players while maintaining their high performance level. There are many methods of recovery, but one overlooked area of recovery promotion is sleep. This is important because our bodies perform restoration and repair during this time. Research has shown simple tactics to improve both quality and quantity can have dramatic impacts on both physical and mental performance. Implementing a routine before going to bed, closing the curtains, and reducing the room temperature can be impactful for the body to reach a fuller and restful cycle.

We currently use a daily evaluation sheet to see how well athletes recover. The athlete fills out this form daily prior to activity. It evaluates a combination of controllable factors like hydration and good nutrition and uncontrollable ones like travel etc. We give points for positive activities and situations and take points away for negative ones. Once filled out, it provides a total score on their recovery. Additionally, this creates awareness for the players regarding their daily habits. This awareness will create positive habits long term.

Table 1 is a modified version of areas of recovery that would apply to the young, developing player during the playing season. A coach or parent can look at this and get a feel for the good and not-so-good activities a young athlete does. This will help to create positive awareness for overall health and well begin, the more goods, the better.

Table 1

Controlled Recovery Factors

Hours of Sleep

More than 8 = Ideal; Around 7 to 8 = Good;
Around 6 = OK; Less than 6 = Not Good

Meals per Day

4 to 6 = Ideal; 3 = OK; Less than 3 = Not Good

Hydration (last urine sample)

Clear = Good; Yellow = Not Good; Dark = Immediate Action
Advised

Current Muscle Soreness

None = Ideal; Mild = Good;
Moderate = OK; High = Not Good

Uncontrollable Recovery Factors

Day Match after Night Match

Yes = Not Good; No = Good

Temperature

Greater than 95° = Not Good;
Less than 45° = Not Good;
Between 46° & 94° = OK

Things You Should Do

Active Cool Down

Yes = Good; No = Not Good

Nap

Yes = Good; No = Not Good

Post-Workout Protein Shake

Within 30 min of Activity = Good;

After 30 min of Activity = OK; Never = Not Good

Breakfast within 1 Hour of Waking

No = Not Good; Yes = Good

Caffeine

2 Or More Occasions per Day = Not Good; None = OK

More Information Please! Contact Brendon at brendon.huttmann@pirates.com