

Active Rest and Recovery

It is that time of year when the competitive soccer season has finished and players and teams at every level are preparing for off-season training, indoor leagues, etc. It is important to take some time at this point for recovery from the season before the madness starts up again. Soccer players have been consumed with the sport virtually every day for months and it is time for a little break.

Active rest is crucial to avoid burn out, yet stay fit. Active rest refers to doing any physical activity at a relatively low to moderate intensity and allowing time to let nagging injuries heal. Active rest could involve finishing up rehabilitation and physical therapy, going for a hike with friends, or going for a bike ride. It could be laps in the pool, a light jog, or a pick up game of basketball. The important thing to remember is to have fun, take some time for yourself, and get away from the sport for 2-4 weeks. For some players and coaches this will be extremely difficult to do, but it is absolutely necessary to avoid burn-out, overtraining, and to mentally prepare for the long off-season of training, weight lifting and skill development that will lead up to the next competitive season.