

IN-SEASON NUTRITION STRATEGIES AND RECOVERY MODALITIES TO ENHANCE RECOVERY FOR BASKETBALL PLAYERS: A NARRATIVE REVIEW

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FOR MORE INFORMATION, SEE THE PAPER ON WHICH THIS INFOGRAPHIC IS BASED, FOUND IN THE FOLLOWING REFERENCE: SPORTS MED (2021). <https://doi.org/10.1007/s40279-021-01606-7>

NUTRITIONAL STRATEGIES



Players should aim for **5-7 g/kg of carbohydrates (CHO)** per day.

Coaches/practitioners should consider:

- Consume, CHO with meals and snacks regularly throughout the day.
- If <8 h between the next competition, consume 1.0-1.2 /kg of CHO every 4 hours to help replenish muscle and liver glycogen stores.



Players should aim to consume **20-24 oz of fluid for each 1 lb of body mass deficit if short rest between sessions, otherwise drink ad lib with meals/ snacks if ≥ 24 hr between sessions.**

Coaches/practitioners should consider:

- Consume beverages and/or food with sodium during the recovery period.
- Players can assess their own hydration status by monitoring thirst sensation, body mass, and urine color.



Consume **1.2-2.0 g/kg of protein per day, at 0.31 g/kg per occasion in order to support recovery**

Coaches/practitioners should consider:

- Consume protein every 4-5 h spreading intake throughout the day.
- Consume 30-40 g of protein prior to sleep.
- Future research is warranted regarding the use of collagen peptides or gelatin to support recovery.



Teams should look to practically incorporate recovery modalities such as hydrotherapy, compression garments, and massage with an individualized approach during the season to promote players' recovery.

Coaches/practitioners should consider:

- Cold-water immersion has the greatest level of support both specific to basketball and generally across a variety of athletes.
- Regular use of cold-water immersion in season to help athletes manage the cumulative fatigue of frequent competitions, travel and training is recommended.
- Lower body compression garments (e.g., tights, socks) should be encouraged post-training or match.
- Wear garments for as long as it is comfortable post-exercise and including night-time sleep. However, do not let garments compromise quality of sleep.
- Sport massage should be short in duration (5-12 mins) and implemented the following day after nighttime competition.



Players should aim for **≥8 h of sleep per night; extra sleep or naps are suggested during congested schedules or after periods of travel.**

Coaches/practitioners should consider:

- Adjusting timing of training and travel to increase time available for players to sleep.
- Consistent training times to reduce bed and wake time variability.
- Regular sleep monitoring, education, and feedback.

RECOVERY MODALITIES

