Recovery kinetics during a 3-day floorball tournament

**Introduction**

- Floorball high intensity sport; sprinting, change of direction, acceleration & deceleration
- Tournament – high physical loads & little recovery time due to high number of games in short time period
- Increased injury risk with multiple games played a week
- Recovery crucial - Total Quality of Recovery (TQR) suggested for monitoring recovery

**Aim:** Explore the feasibility and sensitivity of the TQR as a recovery monitoring tool during a 3-day floorball tournament.

**Methods**

- 11 elite Dutch female floorball athletes during 3-day tournament
- Monitor: TQR2 on a 6-20 scale (fig.1) every 2 hours

**Results**

- Fig 1. Total Quality of Recovery scale
- Fig 2. Total Quality of Recovery during 3-day floorball tournament

**Discussion & Conclusion**

-> The TQR scale seems feasible and sensitive to monitor recovery kinetics during a 3-day tournament

- Base for future research in recovery kinetics around tournaments, these should take into account the time of the day at which the game is played.
- Recovery-enhancing strategies should be developed to optimize recovery kinetics.

**Practical implications:**

- Individual coaching based on their recovery, optimal performance of athletes

**References**


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