

YOUNG ATHLETE READINESS & INJURY-PREVENTION CHECKLIST

QUICK DAILY CHECKS FOR COACHES & PARENTS — SIMPLE, FAST, EVIDENCE-INFORMED

QUICK LOAD MONITORING

- ☐ How hard did the last session feel? ☐ Easy ☐ Moderate ☐ Hard
- ☐ Any sudden jump in training load (intensity or volume)?
- ☐ Muscle soreness lasting more than 48 hours?
- ☐ At least one lighter recovery day since the last hard session?

FAST MOVEMENT-SCREEN (2–3 MIN WARM-UP CHECK)

Squat:

- ☐ Knees track over toes
- ☐ No collapsing inward
- ☐ Even weight on both feet

Single-Leg Balance:

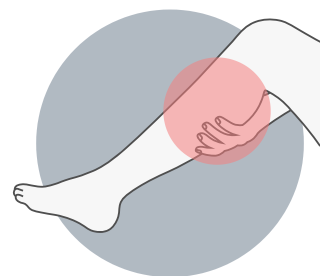
- ☐ Holds 10 seconds each side without major wobble

Lunge / Step-Up:

- ☐ Hips stay level
- ☐ Smooth control up and down

General movement cues:

- ☐ No limping, stiffness, or favoring one side
- ☐ No grimacing or hesitation in warm-up drills



RECOVERY INDICATORS

- ☐ Feels energized, not heavy or flat
- ☐ Slept 7–9 hours and feels rested
- ☐ No unusual muscle tightness or joint niggles
- ☐ Mood seems normal (no irritability or withdrawal)
- ☐ Hydration good (light-colored urine; drank regularly)

WEEKLY REVIEW (OPTIONAL)

- ☐ Any sessions missed due to soreness or fatigue?
- ☐ Trends: ☐ Improving ☐ Stable ☐ Worsening
- ☐ Any small issues needing physio review?

NOTES / OBSERVATIONS
