



## Game Preparation

Proper nutrition can help delay or minimize fatigue, helping a soccer player to perform better for longer, leading to improved results for both the individual and the team.

1. Be fully prepared with the correct foods and drinks before leaving for training or competitive matches. Leave nothing to chance.
2. When travelling away, check the availability of food or the frequency of food stops with the team management and supplement with suitable food snacks where necessary.
3. Take a supply of portable, high carbohydrate foods e.g. cereal bars, fruit, sandwiches, boiled sweets, jelly confectionary, sports drinks.
4. Ensure that you are properly hydrated. Always travel with an adequate supply of fluids, ideally in the form of still sports drinks (Lucozade Sport, Powerade, Gatorade etc). Travel to matches with at least 1.5 litres (or 3 X 500 ml bottles) of drink and consume at least 500 ml two to three hours prior to kick off.
5. Make sure that you don't get too hungry that you end up just eating what is available rather than something more suitable that will meet your requirements.
6. Try to consume small quantities of food frequently rather than large quantities of food all at once.
7. Have a high carbohydrate snack as soon as possible after matches and training.

Suitable foods for travelling include;

- Sandwiches, rolls, French sticks, bagels
- Jaffa cakes, fruit cake, sponge cake
- Cereal bars, muesli bars, low fat energy bars, etc.
- Fresh fruit – grapes, pears, bananas, dates, apples, orange fruits
- Canned fruit with flip top openers – mango is an ideal half time fruit
- Low fat milk shakes, Low fat yoghurt
- Boiled sweets and jellied confectionary
- Sports drinks, water, squash, liquid meal supplements, soft drinks (avoid fizzy soft drinks as these may lead to indigestion.)
- Fresh, canned and dried fruit are all excellent travel foods for soccer players

### Player Checklist

- Soccer Cleats
- Shin Guards
- Gameday Bag
- Soccer Ball

- Team Jersey
- Team Shorts
- Team Socks
- Water Bottle