

Injury Prevention Tips

Coaches:

- Encourage Players to hydrate throughout the day before the tournament.
- Encourage players to drink lots of fluids throughout the tournament (water and/or sports drinks)
- Encourage players to eat healthy foods before and throughout the tournament. (fruits, vegetables, lean proteins, healthy fats and hydrating foods)
- Sub players regularly for breaks/recovery during games
- Adjust game strategies to conserve players energy during hot and humid conditions
- Look for sign of fatigue in players during games (wobbling, heavy breathing, redness/pale looking)
- Have proper warmups and cool downs.
- Have players fit and conditioned before the tournament

Players:

- Get a good night's rest before the tournament
- Hydrate with lots of water before the tournament
- Drink lots of fluids throughout the tournament (water and sports drinks)
- Eat proper foods throughout the tournament (fruits, lean proteins, good fats and hydrating foods)
- Do not over eat prior to a game
- Avoid eating junk food before and during the tournament.
- Ask for a sub when tired/exhausted.
- Listen to your body and pay attention to signs of fatigue or injury.

These are some tips to help your players perform to their best ability while preventing injury/fatigue during the soccer tournament.

Types of foods to eat during a soccer tournament

Complex carbohydrates: Carbs is the main nutrient that fuels moderate to high intensity exercise.

- Examples: Whole grains (whole grain bread), fruits (berries, oranges), and vegetables (sweet potatoes)

Lean proteins: Lean proteins help repair and build muscle tissues.

- Examples: Chicken, Fish, tofu, eggs, low-fat dairy and legumes

Healthy fats: Healthy fats provide our bodies with sustained energy throughout long periods of exercise

- Examples: Avocados, nuts, and seeds

Hydrating foods: Help maintain players hydration levels

- Examples: watermelon, cucumbers and oranges

Types of foods to avoid during a soccer tournament

Processed foods: these types of foods tend to be high in sugar, salt and unhealthy fats which can negatively affect players performance.

- Examples: candy, chips,

Fried and high-fat foods: these can be difficult to digest and can cause stomach discomfort which can impact a players performance.

- Examples: cheeseburgers, pizza, chicken strips

Q&A

When should a soccer player eat before a game?

- A soccer player should eat a nutritious meal 1-2 hours before their soccer game.

How much water should a soccer player consumer?

- A soccer player should consume about 16-20 ounces of water or sports drink 1-2 hours before each games

