FAILING TO PREPARE IS PREPARING TO FAIL



Optimal preparation will ensure maximum performance and good health.

FUEL UP

- Make time for breakfast the most important meal after around 10 hours without food.
- Aim to get: 1) Most of your energy from carbohydrates, like bread, pasta and rice
 - 2) Some protein from chicken, fish, nuts, yoghurt, etc
 - 3) A small amount of fat
- Keep a food diary what you ate, when, how much. Look for trends and use your common sense to make improvements, or speak to your coach.

Before the game

4 hours before High carbohydrate meal (low in protein and fat) to provide

energy for the game e.g. beans on toast, cereal and banana

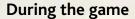
plus fluids (water, juice, etc).

2 hours before Snack, e.g. yoghurt and cereal bar or a drink like

Nutra-Life Restore.

40 minutes before Start your warm-up (Get Ready section) and keep topping

up your fluids.



Throughout Take on fluid at every opportunity, whenever there's

a break in play.

Half-time Continue to drink and if energy levels are low, consider an

energy gel or small banana.

After the game

Straight after Get a drink and as a team, jog slowly across/around the pitch. Then, as a

group, stretch the muscles of the front and back of the thigh, the calves, groin and gluteal muscles. Hold each stretch for at least 20 seconds and repeat

Within 30 minutes Eat a snack containing a mix of carbohydrate and protein (e.g. a sandwich

and banana).

Within 2 hours Get a proper meal e.g. pasta with tuna, Chilli con Carne.

HYDRATE

- Drink little and often if you're thirsty you're already dehydrated.
- Use water for your hydration throughout the day and a drink like 'Restore' before and after play.
- Have your own drink bottle and drink regularly from it don't share with others.

KIT BAG ESSENTIALS

- Boots, spare socks, jandals, waterproofs, warm layers.
- Shin pads, tape.
- Cap/hat, sunscreen, drink bottle.
- Snacks muesli bars, fruit, etc.
- Towel, basic first aid provisions.





