

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

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| 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. |



During the game

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| 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

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| 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 twice. |
| 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.

