



Game Day Ready
Soccer Nutrition
&
PreGame Checklist

Eating a well balanced diet will help ensure your body is fuelled to perform at its best!

Meals should include a good source of carbohydrates, lean proteins and antioxidant rich foods. Try to avoid eating large meals right before your game. Eating 3-4 hours before competition will give your body time to digest. In the hour leading up to the game it is recommended that players eat carbohydrate-rich foods that are low in fibre. This will provide the body with a boost of energy needed to perform the activity.



Hydration

Hydrating before and after the game is as important as hydration during the game. Players hydration needs vary depending on the activity, heat and how they sweat. Consuming an appropriate amount of water or electrolytes throughout the day, during the match and after the match will decrease the risk of dehydration.

Post Game Tips

After the game it is important to refuel your body. Consuming Nutritious Snacks, Light Meals and Water will help build and repair muscle. While hydrating will replenish the bodies fluid.

THREE KEYS FOR RECOVERY NUTRITION

- ✓ **HYDRATION**
REPLACE FLUID & ELECTROLYTES
- ✓ **CARBOHYDRATES**
REFILL GLYCOGEN STORES
- ✓ **PROTEIN**
BUILD & REPAIR MUSCLES





Game Day Checklist

Before you head out to the game be sure you have everything your player needs!
 It is also a good idea to bring, a jacket, umbrella, extra socks and shoes, especially on those rainy days.

-  Soccer jersey
-  Shorts
-  Soccer socks
-  Shin guards
-  Soccer cleats
-  Soccer ball
-  Water Bottle