



# Florida Elite Soccer Academy

## PLAYER EDUCATION

### NUTRITION

The information on the following pages is useful when educating players on nutrition, preparation and recovery.



## **PREPARATION TO TRAIN**

### **Sleep**

Sleep is the foundation of everything we do. Sleep will impact on both your physical abilities and mental focus in training and game days. Make sleep a regular part of your training regime and try to get 7-9 hours every night.

### **Diet**

You must eat before you train. Eat a carb/protein pre-training meal in the morning for breakfast such as porridge, milk and honey, or scrambled eggs, beans and toast, or cereal, fruit and yoghurt.

### **Hydration**

Dehydration will cause a decline in physical and mental performance. Drink with your pre-training meal and before and during training. Aim to consume 200ml per 15-20 minutes of training.

### **Warm up/Activation**

It is important your muscles and joints are fully prepared for training. Getting your muscle fibers firing through warm up, activation, and mobility exercises will improve training performance and reduce the risk of injury.

### **Alignment**

Perfect posture will dramatically decrease your potential for injury. Asymmetries and imbalances create the need for movement compensation. Remember, "Prevention is better than cure."

## **TRAIN FOR PERFORMANCE**

### **Training Intensity**

Training at high intensity will allow you to maintain and improve your aerobic capacity; the main component of Soccer fitness. Achieve as many minutes as possible above 90% exertion during a high intensity training session to maximize fitness benefits.

### **Strength**

Strength is a key element of fitness and injury prevention in soccer. Perform at least two strength sessions in the gym or at home per week, covering the major lower and upper body muscle groups.

### **Speed and Power**

Combining your strength/power work in the gym with sprint circuits and plyometric in training will increase your speed and power. Lower body weight training/stabilization exercises prior to training leads to greater muscle activation and performance gains.

### **Body Composition**

Achieving an ideal body composition of skinfolds < 60mm and maximizing lean muscle mass will improve Soccer specific fitness. Excess body fat will result in a decreased aerobic capacity, reduced sprint performance and an increased risk of injury.

## **RECOVERY**

### **Cool Down**

Your cool down is the first step in the recovery process. Perform low intensity activities such as jogging and walking followed by stretches of all the major muscle groups. This will allow your muscles to return to their normal temperature and length.

### **Diet**

Post training nutrition will help refuel your body, restore hormone levels, and jumpstart the recovery and repair process. Consume a recovery snack followed by a carb/protein meal to maximize training benefits and reduce injury risk within 20 minutes of the workout.

### **Water Therapy**

A hot/cold contrast bath or shower post training will promote recovery by increasing the blood flow to the muscles. If you are playing more than one game per week use cold water therapy (ice bath) which will reduce muscle inflammation and soreness.

### **Compression**

Compression garments are a key element in the recovery process. Research suggests that compression garments worn immediately after a match significantly reduces muscle damage.

### **Rest/Sleep**

Resting after training and getting adequate sleep is essential for recovery and performance. It is also fundamental to health. Regulate your sleep patterns and get at least 7-9 hours a night. Sleep will recharge your batteries for the next day's training.



## CARBS “ENERGIZERS”

Carbohydrates are the key to success in training, matches and recovery. They are the most important food source when taking part in high intensity training routines.

Carbohydrates are stored in the muscles and liver as a substance known as “glycogen.” The amount of stored glycogen has a direct effect on performance.

Carbohydrates should make up 60-70% of the athlete’s diet.



The result of low carbohydrate levels are general tiredness, lack of concentration, early fatigue in games/training, reduced training intensity and training gains, and increases the chance of injury and slower recovery.



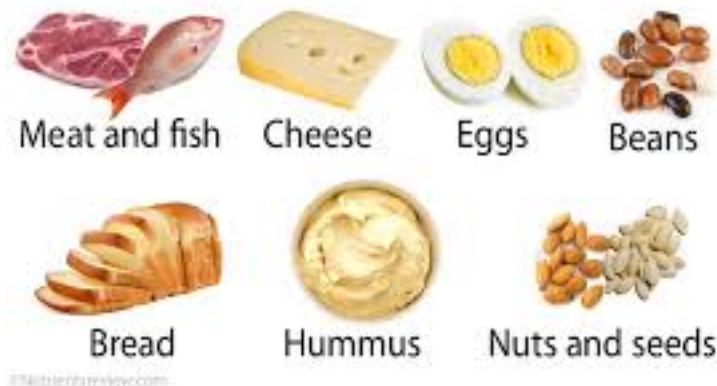
# PROTEIN "BUILDERS"

"Builders" or foods high in protein are the key for building muscular strength and power.

Professional Soccer players need more protein due to intense training and matches to ensure repair, recovery, and the growth of muscle tissue.

Protein requirements should be met by following a balanced diet including quality lean protein foods in all meals and snacks throughout the day

## Foods High in Protein



Research has shown that the intake of protein combined with carbohydrates enhances recovery and adaptation to training.



## VITAMINS & MINERALS “PROTECTORS”

“Protectors” are an extremely important part of a Soccer player’s diet. They play a vital role in energy production and in supporting the body’s immune and nervous system.

Antioxidant vitamins found in bright colored fruits and vegetables help the body fight against the stresses of exercise and help with recovery from training and matches.



Players should aim to eat 5 portions (400g) of fruit and veg a day.

As an athlete you should eat a wide variety of nutritious foods each day to maximize the health benefits provided by specific vitamins and minerals.



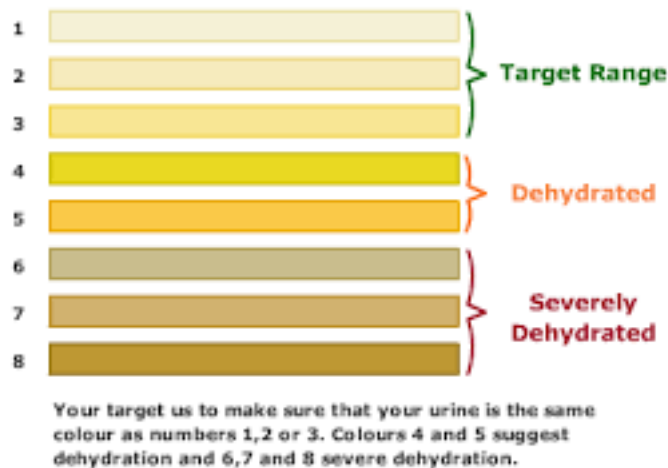
# HYDRATION

## Hydrate for Performance

- Performance will be impaired when as little as 2% of your body weight is lost through dehydration.
- Aerobic capacity will fall by 10-20%.
- Decision making and concentration levels will deteriorate.

## Monitoring your Hydration Status

Weigh yourself before and after training to see how much fluid you are losing. For every 1kg lost, 1-1.5 liters of fluid is required to re-hydrate.



**Check your color of urine. Aim for clear and high volume. Use the urine chart as a guide**

## Hydration Tips

- Drink little and often throughout the day-aim for >3 liters/day
- Hydrate thoroughly before practice and games.
- Drink at every break during practice.
- Choose water, sports drinks, fruit juice, milk and smoothies.
- Always avoid fizzy drinks, tea, coffee, and alcohol.



## **NUTRITION Q&A**

### **HOW IMPORTANT IS PROTIEN TO BUILD MUSCLE AND RECOVERY?**

You can build a house without the correct materials, and the same rules apply with building muscle. Amino acids or proteins are called building blocks because they are used to build muscle. Eat low fat sources of protein such as chicken, turkey, fish, lean beef, low fat dairy products, and protein powders.

### **ARE ALL CARBOHYDRATES THE SAME?**

No. Most carbs you eat should come from unrefined slow digesting sources such as whole grains (whole wheat bread, cereal, oatmeal, brown rice) sweet potatoes and fruit. These carb choices will supply you with long lasting energy. Consume quick digesting carbs during and immediately after training and games, but not before.

### **HOW MANY MEALS SHOULD I EAT PER DAY?**

You should be eating 5-6 times per day which will provide a non-stop supply of protein, carbs, vitamins and minerals. The protein will help repair muscle tissue after training and the carbs will maintain glycogen levels enhancing recovery and keeping energy levels high.

### **SHOULD I EAT THE SAME FOODS EVERY DAY?**

No. You need to eat a variety of foods, especially fruit and veg as these strengthen the immune system and keep the body fine-tuned and healthy. Aim for 3 servings of fruit per day and 3-5 savings of veg.

### **HOW MUCH WATER DO I NEED TO DRINK?**

You need to drink at least three liters of water a day or 6 500ml bottles. Drink with every meal throughout the day and aim for 200ml per 15 minutes during training sessions.



### **WHATS THE BEST THING TO EAT FOR BREAKFAST?**

Without a good breakfast you will not be able to perform at your best. Eat a quality protein such as scrambled eggs along with slow releasing carbs such as whole wheat toast, beans, oatmeal, and fruit.

### **WHAT'S THE BEST POSTTRAINING MEAL?**

Immediately after training you need fast-digesting protein and fast digesting carbs. This will rapidly provide the muscles the protein to recover and the carbs to replenish the glycogen levels utilized during the match/session. Chocolate milk is an excellent source to meet both needs.

### **WHAT SHOULD I EAT BEFORE BED?**

When you sleep, your body is recovering from the exercise you performed that day. Therefore it's important that your body has a supply of slow burning carbs and proteins to aid the recovery process. Eggs, natural yogurt, or walnuts are a great source of protein. Whole wheat bread, high fiber cereals are the best source of carbs. Avoid sugary foods/drinks, or white bread before bed as this will turn to fat.