



NUTRITION INFORMATION



PRE-GAME

Meals should be consumed 2-3 hours prior to any kind of exercise

Morning of game:

- Avoid Milk
- Sandwich/Bagel with Fruit and/or juice
- Avoid Soda

Lunch/Pre-game meal (2 hours before kickoff)

- Complex Carbs (Rice/Pasta)
- Lean Protein (Chicken/Fish)
- Vegetables and Fruit
- Water



POST-GAME

The first 30 minutes after exercise has concluded is a key window of opportunity for nutrition

Concentrate on:

- Liquid replacement (Water)
- Electrolyte replacement (Gatorade/Powerade)
- Protein ingestion (Choc Milk/Protein Shake)

The next 24 hours:

- Consume more Complex Carbs (Rice/Pasta/Potato)
- Protein (Chicken/Fish/Beef)
- Vegetables and Fruit
- More Water !!



INJURY PREVENTION





- A pre-season physical examination is always a good idea, mapping your fitness in order to set targets
- Use well-fitting cleats and shin guards — there is some evidence to suggest that molded and multi-studded cleats are safer than screw-in cleats
- Poor field conditions can increase injury rates, be aware of your surroundings and notify your Coach of any concerns
- Use properly sized synthetic balls — leather balls that can become waterlogged and heavy are more dangerous, especially when performing headers for example
- Fixed goals should be used whenever possible. Mobile goals should be attempted to be anchored
- Hydrate adequately — being thirsty should not be the metric used for if fluids are needed.
- Pay attention to weather alerts, especially in relation to excessively hot and humid weather, here in Florida to help avoid heat stroke/sickness
- Maintaining proper fitness is key — injury rates are much higher in athletes that are not adequately prepared physically.
- After a period of inactivity, progress gradually back to full-contact soccer. Activities such as aerobic conditioning, strength training, and agility training should be used during this time period
- Be aware of overuse injuries — more is not always better ! Many sports medicine specialists believe that it is beneficial to take at least one day off per week as well as one seasonal period off each year. Try to avoid the pressure that is now exerted on many young athletes to over-train. Listen to your body and decrease training time and intensity if pain or discomfort develops. This will reduce the risk of injury and help avoid "burn-out"
- Speak with a sports medicine professional or athletic trainer (provided by the FWFC) if you have any concerns about injuries or soccer injury prevention strategies

PLAYER
PERFORMANCE
PSYCHOLOGY





Key things to focus on in order to improve your mental game either when training or playing in an Elite environment:

- **Stop Overthinking and Dwelling On Why You Make Errors:** During a game, it is much more important to immediately focus on the next play than discover (in that moment) why we made an error. In training, it is much more important to work on fixing our errors rather than dwelling on the fact that we made them. A short sharp evaluation process (preferably during a break in play/training) is welcome, however do not dwell and overthink when this happens. Fix your errors by upping your level of play !
- **To Help With Focus, Calm Your Mind:** Before a game, a player should have a process/system that works for them in order to allow their mind to achieve singular focus when it comes to the task at hand. Namely the game/training session we are about to take part in. To mentally transition away from your "normal life" and into your "sports/competition zone" is very important. A tip to help here is to create a buffer after your last activity before you leave to go play soccer. Don't just rush out of the house. Sit quietly for 10-15 minutes and clear your mind out. Visualize how you want to play in the upcoming practice or game. You'll feel the calming effect this has on your mind, and you'll play better. This time may be used on your travel to practice/games. Music can be a wonderful tool to help clear the mind and focus.
- **Use The Inverse Relationship Formula:** This formula links in with point 1 written above. Instead of concentrating on what is going wrong, focus intently on what you can control. Put extra effort into the physical demonstrations that you can change. Run faster, jump higher, work harder. You'll instantly become more athletic. Hence the term inverse. As one side of the equation goes up (your physical activity), the other side goes down (your over-thinking).
- **Take Each And Every Opponent Seriously:** Too often we tend to think to our self, *"This opposing team is weak. This will be an easy game.."* At this point you are at a massive mental disadvantage.. At the very least you put yourself into a mental hole that will take some digging to get out of. By telling yourself that it will be an easy game, you are allowing your standards to drop (both physically and mentally) meaning that if the time comes where you need to "up your game" it will not be possible.. Your mind has signaled to your body, *"You can take it easy. This isn't worth your attention!"* If you feel that you are slipping down that path, then create alternate targets to attain. This might relate to personal performance, such as *"I'm not going to lose a single challenge all game today"* Stay focused at all times as good habit !