



## Soccer: Preparing for Tournaments

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Soccer requires extensive energy expenditure during training and competition, including sprinting, endurance training, jumping, power and flexibility. These exercises can severely test the body and mind during intense games, especially at tournaments where athletes may be playing two to three games each day. To make sure your athletes' mental and physical drive doesn't end before the tournament does, use these mind/body recommendations as a guideline for preparing your team for continuous play.

### Practice Preparation

- Taper training to lower-intensity drills: light ball work, light running, team communication exercises, slow-motion execution of plays, etc.
- Keep game-day mental intensity strong and players focused on their roles
- Encourage players to rest muscles, get plenty of sleep and drink plenty of fluids

### FOOD FUEL

Carbohydrate is the primary source of energy for every athlete. A low-carbohydrate diet or skipping meals will result in fatigue and poor performance. The following recommendations may vary according to athlete's body weight:

#### BREAKFAST

- 2-4 waffles with fruit and light syrup, 1 scrambled egg, 8 oz orange juice or
- Oatmeal with fruit and low-fat milk, 2 links low-fat sausage, 8 oz orange juice

#### PRE-GAME LUNCH

- Turkey sandwich, large apple, oatmeal raisin cookie, 8 oz low-fat milk or
- Peanut butter and jelly on bagel with banana, granola bar, 8 oz low-fat milk

#### TOURNAMENT SITE

- Gatorade, sports energy bars, assorted fruits, bagels, chewy granola bars, string cheese

### FLUID FUEL

Fluids regulate body temperature in both hot and cold weather, help prevent heat-related injuries like dehydration and can lessen the occurrence of "butterflies." In addition, a properly formulated sports drink provides carbohydrate and electrolytes for fast rehydration and improved performance. Here are some guidelines to follow:

WHEN	HOW MUCH FLUID	CONSUMPTION TIPS
Pre-Game	20 oz fluid prior to game	During warm-ups keep a sports bottle on-hand
During Game	4-8 oz every 15 minutes (as game permits)	Break to the sidelines when possible (out-of-bounds ball, injury, substitutions, etc.); the goalie can place a squeeze bottle in the goal itself
Half-Time	20 oz at half-time	Sit in shade when possible and drink fluids
Post-Game	At least 20 oz after game	Drink fluids to prepare muscles for next game in the tournament
End-of-Day	64 oz by close of day	Keep drinking from end-of-game until bedtime (try to consume at least 64 oz throughout the day)

### Mental Preparation

Coaches can prepare athletes by meeting one-on-one throughout the season and motivating the athlete by discussing his/her role in achieving team goals. A player who feels that he/she is essential to the team's success will show it on the sidelines and the field.

Remember, tell your team, "Rest muscles, focus mentally, eat high-carbohydrate foods, drink fluids and good luck!"