

GET STARTED WITH FOOTBALL NUTRITION

YOUR FREE GUIDE

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FOOTBALL NUTRITION PLAN



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NUTRITION IN FOOTBALL

Football at any level is a game of fine margins. No matter how hard you train, how much you perfect your positional roles, how well you master intricate skills and techniques if you neglect your nutrition you will never reach your full potential.

Your diet directly influences your performance and recovery. If you are serious about progressing within the game of football, you must have an eating strategy to match your personal football ambitions. Without one, you are limiting your chances of progressing.

However, much like a personal training plan, football nutrition is specific to you as an individual. Your plan must cater to your lifestyle, body shape, age, and activity level. There is no one size fits all answer to nutrition.

A personalised football diet plan that provides the right foods in the correct amounts at the right time will lower the risk of illness or injury, whilst providing better gains from your training efforts and recovery. So you can get more physical improvements out of doing the same amount of work in training... it's a no-brainer, right?

But the key is balance...

Eat too much and you'll put on fat, eat too little and you won't provide your body with enough energy to perform at your best.

Just remember:

1. Carbohydrates provide your body with energy to fuel your training and matches. Your football diet must schedule in an adequate supply of the right carbohydrates to cater to your personal needs.
2. Protein-rich foods help you build and repair muscles. The key to a footballer's diet is providing the correct amount of the right proteins, at the optimal time to ensure your body adapts to your training.
3. Your diet should be varied, with a good source of foods from every food group. This will ensure you get vitamins and minerals your body needs.
4. Staying hydrated is one area of nutrition that is often an afterthought. However, intake of fluid around your sweat loss is key to maximizing your performance.

BENEFITS OF A HEALTHY FOOTBALLERS DIET

Providing your body with the right foods will:

- Ensure you get the most out of your training
- Improve your recovery after training and matches
- Help you achieve or maintain your ideal physique
- Reduce the risk of illness or injury
- Give you the psychological boost of knowing you're fuelled for the match
- Allow you to consistently perform at your peak level during matches





ludwigaugustinsson

NUTRITION BENEFITS IGNORED

So with all these benefits, there are still players at all levels of the game that do not take advantage of the huge performance benefits provided by your diet. The main reasons for this are:

- Lack of knowledge about the best foods and drink to add your diet
- Poor cooking ability and skills
- Making bad food choices in supermarkets and restaurants
- Lack of money
- Too busy to plan meals
- Following outdated nutritional advice
- Dependent on supplements instead of nutrient-rich foods.
- Local quality food and drink choices are limited

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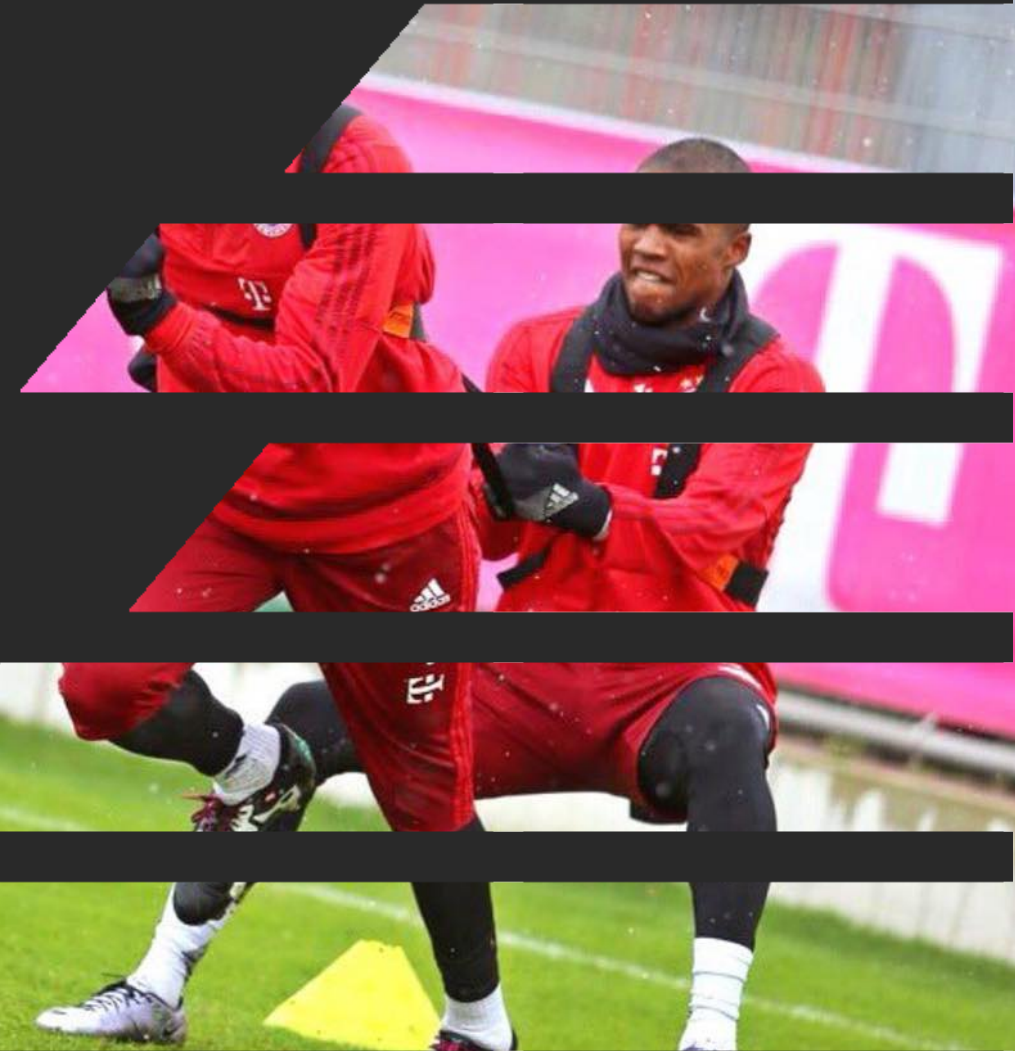
ENERGY NEEDS OF A FOOTBALLER

The level of football you play at will dictate the amount of energy you use per game. Elite level players may play 2 games a week and train most days of the week. In some cases, players may have double sessions, in which they train morning and afternoon.

Amateur or youth players may have one match and one training session a week, with 2 or 3 personal gym sessions sprinkled in between.

Whichever category of player you come under, you must ensure your diet supplies your body with enough energy to meet these needs to prevent injury or fatigue.

Although you may spend over 70% of a match performing low-intensity movements like walking or jogging, studies have shown that throughout the match your body uses a high amount of energy. This is due to the level of all-out sprints, jumps and tackles performed throughout a 90-minute match, with top-level players performing around 150 - 250 intense movements during a match depending on your position.



Therefore when planning your nutritional strategy, you must take into account:

- The level you currently play at
- The number of matches per week
- The amount of training and gym sessions per week
- Your position
- The distances you cover per match
- Your body weight (heavier players need more energy)
- The type of training (endurance or active recovery) and duration of the session
- Time of season (as your energy demands will vary in season and offseason)





All of the energy you require to perform at your best come from the food and drink you take in daily.

These energy stores help with:

- Muscular function
- Maintaining your ideal physique
- Fuelling yourself for exercise

FOOTBALL PHYSIQUE – BODY FAT

The amount of body fat you currently have is a representation of your previous nutrition and exercise habits. Your body needs to hold a certain amount of fat, as an energy reserve in case you need it.

To perform at your best you must ensure this level of body fat stays within your needs of a player at your level. Factors such as age and position come into play when considering your optimal fat level and there is no definite fat range for a player.

However, if your fat is too high you will carry too much weight on the field and this will need more energy to carry out the same activity as a player with the same build (but less fat). But if your fat stores are too low this can affect your bodily function and health.



PLAYERSCOUT

 **arsenal**

WEIGHT MANAGEMENT

In short, remember these 3 equations:

- If energy in is greater than the energy you use = Weight gain
- If energy in is the same as the energy you use = Maintain the same weight
- If energy in is lower than the energy you use = Weight loss

Energy in = the food and drink you eat

Energy you use = training and day to day activities

Therefore your nutrition plan should take into account your end goal, to ensure you are providing the correct amount of energy to fuel your training and matches, as well as providing you with your preferred physique.



CARBOHYDRATES IN A FOOTBALLERS DIET

Carbohydrates are known as the main energy fuel for athletic performance. It is important that your daily food intake provides enough carbohydrates to cover your energy needs and recovery after exercise, as our bodies can only store enough carbohydrates for one day of intense exercise.

When planning your carbohydrate needs you must take into account your activity levels and size to ensure you provide your body with enough fuel. If you feel that you regularly feel fatigued during matches, this could be due to low energy stores from your diet. Find out more on the carb needs of a footballer [here](#)

Carbohydrates play also play an important part in recovery allowing you to replace your energy stores after a game and training to enable your muscles to recover quicker.



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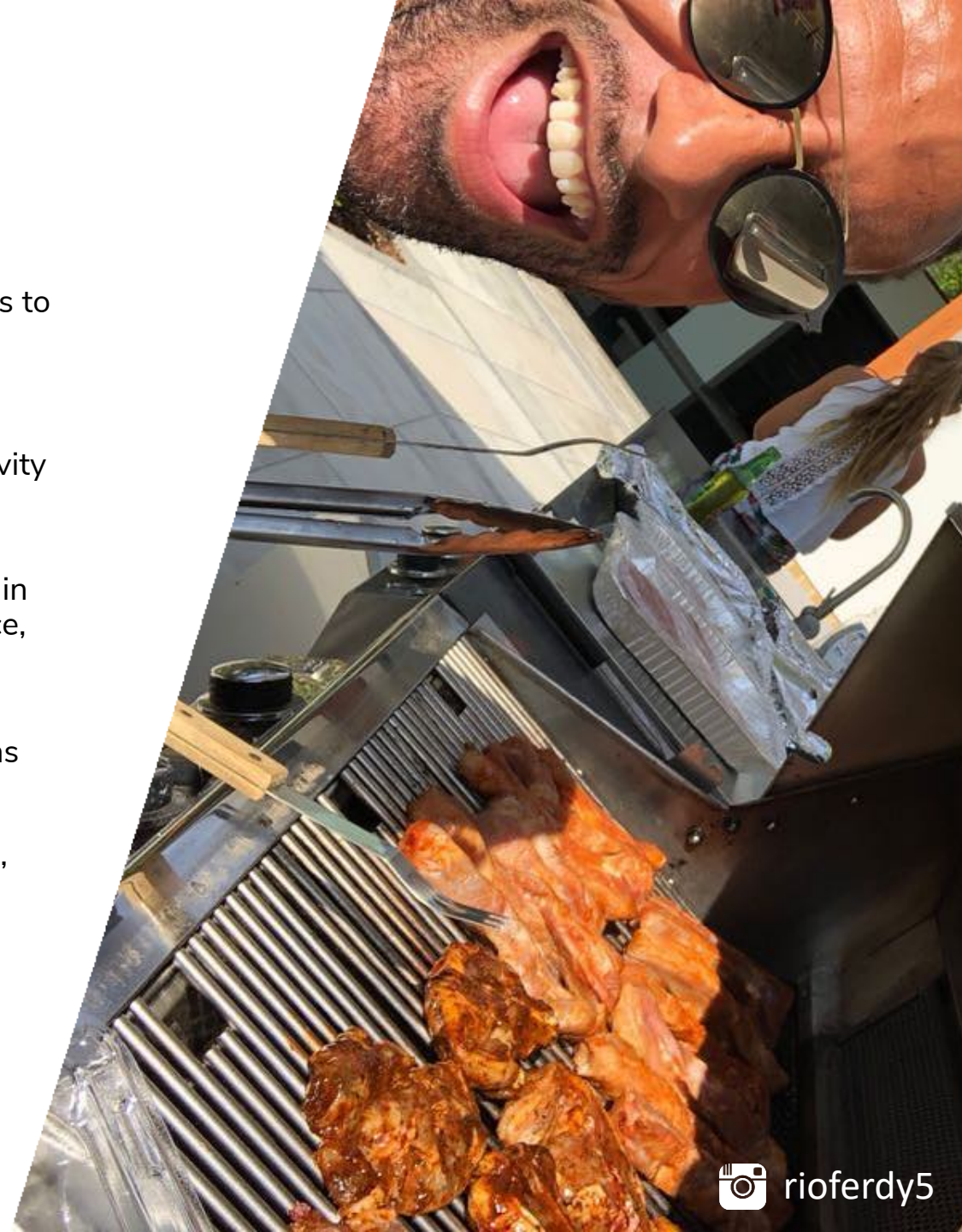
PROTEIN FOR FOOTBALLERS

Protein has always played an important role in a player's diet. Its main function is to ensure you get the most out of your training and matches, by instigating the adaptations in response to training. The amino acids in proteins help to rebuild muscles and repair tissues damaged during exercise.

The amount of protein you need in your daily diet depends on your lifestyle, activity and the intensity of your training. A well-planned diet can provide all of your protein needs to cover any sudden increases in high-intensity training.

However, restricting your food intake for a long period of time or lacking variety in your diet can lead to a diet low in protein. This can be detrimental to performance, recovery and muscle growth.

Another important aspect that must be taken into account for a player's protein needs, is the time in which you consume your protein. When you eat protein is as or even more important than the amount of protein you take in. This must all be factored into your footballer's diet. Studies show that taking protein during your recovery phase helps with repair and muscle growth, however, protein amounts, quality and the exact time you take all have affect your body's response.





VITAMINS AND MINERALS

In order to stay healthy throughout the season you need to ensure your body gets enough vitamins, minerals and antioxidants to combat illness.

The harder you train or exercise, the more stress is put on your body. This stress can result in you feeling run down and develop into colds, flu or more serious illness. However eating a good variety of nutrient rich foods that provide the below will help your body repair:

- Protein
- Iron
- Copper
- Manganese
- Magnesium
- Selenium
- Sodium
- Zinc
- Vitamins A, C, E, B6 and B12

Vitamins and Minerals

Will help to maintain good health and improve athletic performance. Although these nutrients can be taken in supplement form. A balance footballer's diet should supply your body with the recommended daily amounts, however you may be at risk of not reaching these amounts if you:

- Don't follow a plan
- Limit your food intake in a bid to lose weight
- Have a diet that lacks variety
- Eat foods low in nutrients

So try to include quality foods like, fruit, legumes, lean meats, dairy products, veg, beans, healthy fats, and fish to make sure your diet is full of variety.

The PlayerScout Football Nutrition Programme™ provides science backed nutritional advice to ensure you get the exact amount of protein your body needs for your size, age and lifestyle. This will ensure you can recover faster between matches, and build a strong athletic physique.



alexoxchamberlain



MATCHDAY NUTRITION

So far we've briefly discussed what a footballer needs to eat on a daily basis. But when it comes to a match day, food choices change and energy needs increase.

When considering your match day nutrition it's best to split your plan into 3 distinct phases: pre-match, during match and post-match.

Pre-Match Nutrition

The pre-match nutrition phase is to top up your muscle energy stores, from the high carbohydrate meal you have eaten the night before.

Your pre-match food and drink should be high in carbohydrates to give you the energy to perform throughout the match. It is important to limit or completely avoid fibre and fat on a match day, as these foods take a long time for the body to break down.

In-Match and Halftime

During a match you will find it hard to take in foods, so energy must come in the form of fluids. Carbohydrate drinks are great for this and can be sipped on throughout each half and during the half time break.

Post-Match Nutrition

The main aims of your post-match nutrition is to replace the energy you've used throughout the match and to help your muscles recovery.

Our football nutrition plan includes a complete match day nutrition strategy with the best food and drink choices, and optimal times to consume to give yourself the best chance of performing at your best.

HYDRATION FOR FOOTBALLERS



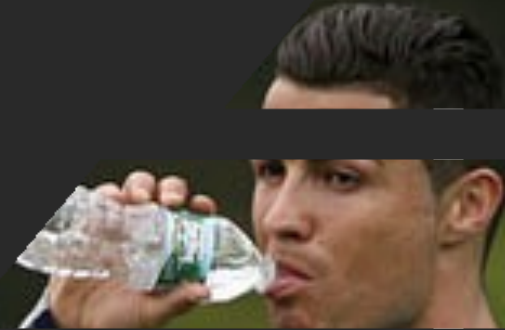
Studies have shown that in hot conditions players can lose up to 3 litres in sweat throughout a match. If this sweat loss is not planned for with a personalised hydration strategy your performance and health will be drastically affected.

You must plan your hydration with the same precision you'd give to your nutrition and gym workouts, as each player requires a different amount of fluid for optimal bodily function.

The key to a good nutrition strategy, is to ensure that you take into account your daily fluid needs, training needs and match needs. This will help combat the effects of dehydration.

Our football nutrition plan includes a precise footballer's hydration strategy that will give you confidence to take on the exact amount of fluids your body needs. We will also show you:

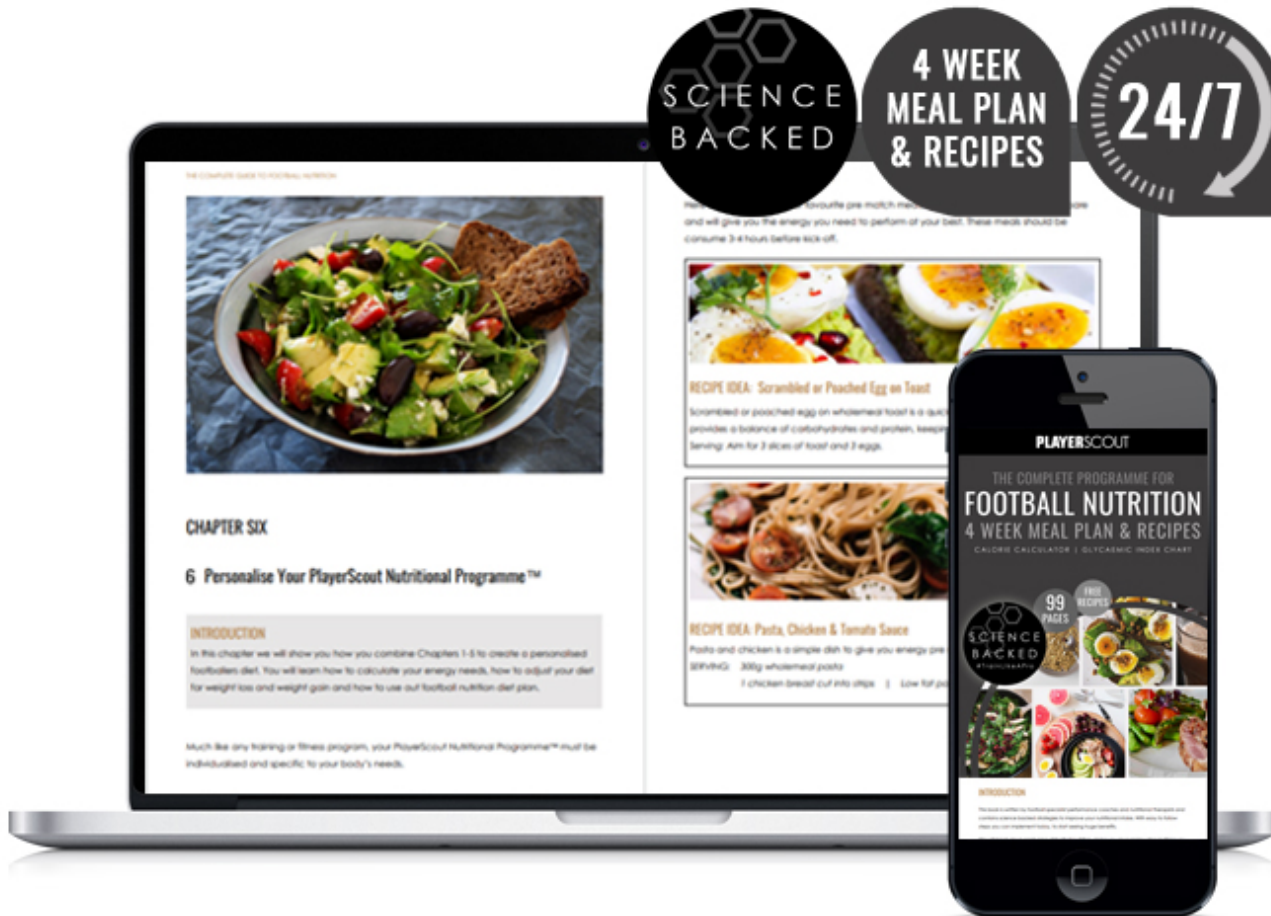
- How optimal hydration helps your football performance
- Your daily, training and match hydration needs
- How to calculate your sweat rate + plan your hydration
- Foods high in fluids to include in your diet
- How to make your own sports drinks
- How to rehydrate like a pro after matches



Your next step

PlayerScout Nutritional Programme™

Learn what foods you need to eat and when to maximise your performance.



Take the thinking away and learn the full detail of your footballers diet.

Written by performance coaches and nutritionists

Your programme includes:

- 99 pages of Nutritional Advice
- 4 Week Meal Plan
- Recipes
- Glycaemic Index Food Chart
- Calorie Calculator
- Urine Hydration Chart

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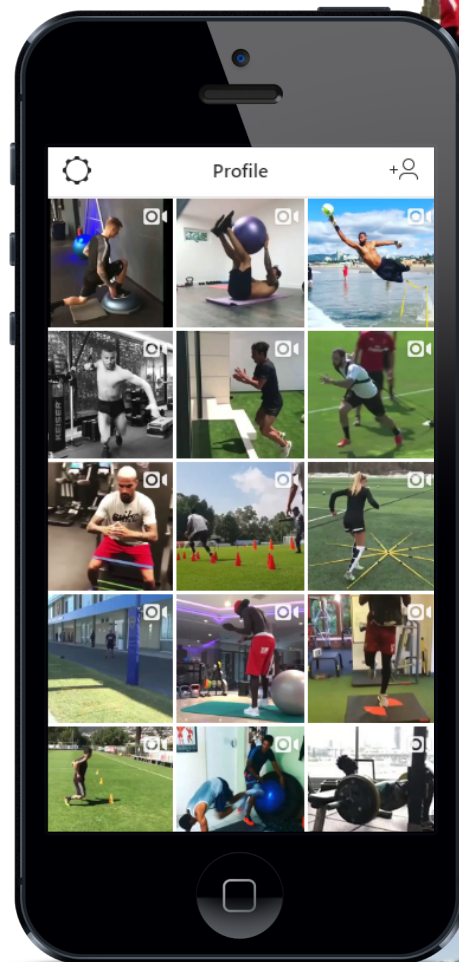


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