

Off-the-Field Impacts Match Performance: Nutrition

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Introduction



- Massachusetts Youth Soccer recognizes that nutrition is a key part of being a coach so we co-developed a required training for coaches called Coaching Healthy Habits.

Good diet = Good soccer

1. Start on the field
 - Water
 - Fruits & vegetables as snacks (when needed)
2. Share simple messages with players and parents
3. Distribute healthy snack & meal ideas



Start on the Field



VS.



A tale of two diets: Ideal diet

- Fruits & vegetables
- Whole grains
- Lean proteins
- Healthy fats
- Low-fat dairy
- Water



A tale of two diets: Typical diet

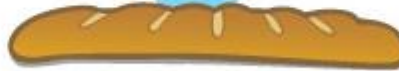
The top five calorie sources are



sweetened
beverages



grain-based
desserts



yeast
breads



chicken
dishes



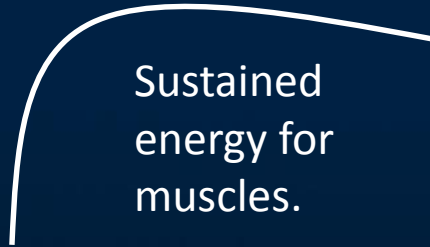
pizza

***40% empty calories (added sugars & solid fats)**

Food on game day



Short burst of energy. Not sustained.



Sustained energy for muscles.



Energy not available for muscles.

Refined sugars



Carbohydrates



Fats & Protein



Time required for digestion

Blood flow during exercise

*Eat carbohydrates to fuel muscles and maintain energy

↑
3-5% to
stomach for
digestion



80-85% to
muscles

Benefits of healthy diet

- Help you train longer and at a higher intensity
- Delay the onset of fatigue
- Promote recovery
- Help your body adapt to trainings
- Improve body composition and strength
- Enhance concentration
- Help maintain healthy immune function
- Reduce the chance of injury
- Reduce the risk of heat cramps and stomach aches



Simple messages

Water is the best “sports drink”

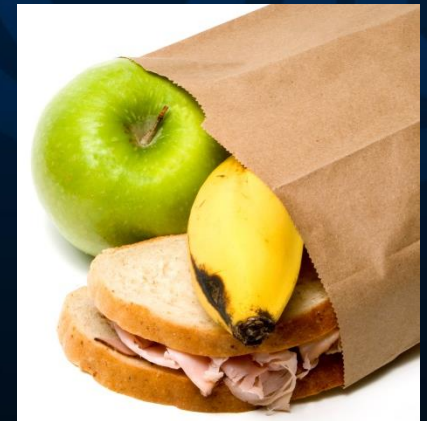
- Hydrate all day long – before, during, and after play

Fuel-up on **fruits & vegetables** to play your best

- Junk foods can slow you down

Be prepared and **avoid fast foods**

- Eat a healthy snack 60 mins. before practice
- Pack a healthy lunch on tournament day



Healthy Snack & Meal Ideas



Fruits:

- Oranges, apple slices, melon, grapes, bananas

Vegetables:

- Carrots, sugar snap peas, bell pepper strips, cucumbers

Other snacks:

- Hummus & carrots, fruit smoothie, yogurt & banana, turkey/tuna/PB&J sandwich

Coach's Role

- ✓ Be a broken record
- ✓ Role model healthy habits
- ✓ Save treats for a special occasion
- ✓ Promote the Coaching Healthy Habits online training

