

Game Prep

1. Night Before

- Hydrate: Drink plenty of water and electrolytes.
- Eat a Balanced Meal: Focus on carbs (pasta, rice, potatoes) with lean protein and healthy fats.
- Get Quality Sleep: Aim for 8 hours to maximize recovery.
- Mental Prep: Visualize key plays, your role, and staying composed under pressure.

2. Morning of the Game

- Light, Nutrient-Packed Breakfast: Oatmeal, eggs, avocado toast, fruit, or a smoothie/protein shake.
- Hydration: Sip water throughout the day.
- Stretching & Mobility: Light dynamic stretching to loosen up.
- Pre-Game Playlist: Get in the right mindset with music or motivational content.

3. Mental Readiness

- Focus on Your Role: Whether you're a playmaker, defender, or finisher, know your job.
- Stay Relaxed & Confident: Trust your training and keep a positive mindset.
- Breathe & Visualize Success: Picture yourself making great plays.
- If you make a mistake, keep playing (Ted Lasso- "Be a goldfish")

4. Pre-Game Warm-Up

- Dynamic Warm-Up: Jogging forwards and backwards, high knees, butt kicks, side shuffles, open the gate, close the gate, heel sweeps, lunge and twist, high kicks, take three steps stretch quad alternating legs, jump and accelerate. Use [roller](#) for muscles feeling tight.
- Ball Work: juggle, light passing on toes (start short go long), dribbling practice moves, and shooting to feel the ball. Start with stationary shooting then progress to shooting while dribbling .
- Short Sprints & Agility Drills: Mimic game movements, 50% 75% 90% 100% sprints
- Team Tactics & Communication: Listen with your eyes and ears to your coach

5. Post-Game Recovery

- Cool Down & Stretch: Light jog and static stretching.
- Refuel: A meal rich in protein and carbs to recover. Snacks-banana, little bit of ice cream, protein bar, Anti-Inflammatory snacks-nuts, berries, turmeric and ginger.
- Hydrate: Replenish lost fluids, chocolate milk is good, protein shake is better
- Reflect: Anything you could of done better (pass, positioning, defensively, certain situations, bad touches, decision making) but don't beat yourself up as it's an opportunity to work on it and learn
- Rest & Recovery: Ice baths, stretch with [foam roller](#), massages, and good sleep to heal for the next session.