



PLAYER NUTRITION & HYDRATION GUIDE



2026–27 Season · Part 1: Everyday Fueling & Game Day

What you eat and drink before, during, and after you play decides how much energy you bring to the field and how fast you bounce back for the next session. Going into training properly fueled improves performance, spares muscle, and jump-starts recovery. Use this guide as your playbook.

PRE-WORKOUT: START WITH A FULL TANK**THE PLAN**

- **3–4 hours before** activity: a carb-based meal with a moderate amount of protein and a little bit of fat.
- **15–45 minutes before** activity: a carb-based snack.
- **Early practice?** Have a snack with carbohydrates and a small amount of protein one hour before.

SNACK IDEAS

- | | |
|-------------------------|--|
| 1 hour before | Flavored Greek yogurt · Small bowl of cereal with milk and banana · ½ PB&J |
| 15–45 min before | Applesauce · Banana · Granola bar · Fruit juice · Pretzels |

POST-WORKOUT: RECOVER FAST

The sooner you get your post-workout nutrition, the better you recover. **Within 30 minutes of training:**

1**Refuel**

with carbohydrates

2**Rebuild**

with protein

3**Rehydrate**

with fluid

RECOVERY TARGETS BY BODY WEIGHT

BODY WEIGHT (LB)	PROTEIN	CARBS
80–110	15–20 g	30–60 g
120–160	20–30 g	40–90 g
170–220	30–40 g	60–120 g

RECOVERY SNACK IDEAS

- Low-fat chocolate milk & a banana
- Flavored Greek yogurt
- Oatmeal with milk and peanut butter
- Core Power or Premier Protein shake & 2 applesauce pouches
- Turkey sandwich with fruit · Tuna sandwich with pretzels
- Protein smoothie with fruit and whey (or plant-based) protein

GAME DAY EXAMPLE FUELING SCHEDULE

	9 AM GAME	11 AM GAME	1 PM GAME	3 PM GAME
Breakfast	—	—	—	8:30 am
Pre-Game Meal	7:00 am snack	8:00 am	8:30 am	11:30 am
Pre-Game Snack	8:00 am	10:00 am	12:00 pm	2:00 pm
KICK OFF	9:00 am	11:00 am	1:00 pm	3:00 pm
Post-Game Snack	11:00 am	1:00 pm	3:00 pm	5:00 pm
Post-Game Meal	12:30 pm	2:30 pm	4:30 pm	6:30 pm
Snack	3:30 pm	—	—	—
Dinner	6:30 pm	6:00 pm	7:30 pm	—
Snack	8:30 pm	8:30 pm	—	8:30 pm

WHAT A PRE-GAME MEAL LOOKS LIKE Pasta or rice + grilled chicken or eggs + fruit + water. Small portions, easy to digest. Skip the fries, bacon, pancakes with syrup, and fast food.



HYDRATION & PLAYING IN THE HEAT

2026–27 Season · Part 2: Hydration, Heat & Tournament Days



24–48 HRS

Hydrate long before kickoff. Don't wait until match day — begin hydrating 24–48 hours before the game. Dehydration that starts the day before can't be fixed at the water break.

HYDRATION RULES

BEFORE THE GAME

- Drink **water + electrolytes** (sodium, potassium, magnesium) throughout the day before and the morning of.
- **2–3 hours before:** 16–20 oz. **15–20 min before:** 8 oz.
- **Avoid** caffeine and sugary drinks (soda, energy drinks).
- **Check your color:** urine should be pale yellow (lemonade, not apple juice) before kickoff.

REPLACE SALT LOST THROUGH SWEAT

- **Salt is necessary** when you're sweating heavily — water alone won't replace what you lose.
- Add electrolytes to your water to help replenish minerals.
- **After:** drink 16–24 oz for every pound lost during play; weigh in before and after on hot days.
- Salty recovery snacks (pretzels, turkey or tuna sandwiches) help restore sodium.

DURING THE GAME & TOURNAMENT DAYS

DURING THE GAME

- Sip **4–8 oz every 15–20 minutes** — use every water break; don't wait until you're thirsty.
- **Halftime:** water or a sports drink plus easy carbs (orange slices, banana, applesauce pouch).
- Games over 60 minutes or in the heat: a **sports drink** replaces both fluid and sodium.

TWO OR THREE GAMES IN ONE DAY

- Within 30 minutes of the final whistle: **carb + protein snack** (chocolate milk, PB&J, yogurt).
- **Under 2 hours** until next kickoff: snacks only — pretzels, fruit, granola bar, sports drink.
- **Over 2 hours:** a light meal (turkey sandwich, rice bowl, pasta) — no greasy food.
- Keep sipping between games and find shade.

HOW TO PREPARE FOR PLAYING IN THE HEAT

FUEL SMART WITH LIGHT, ENERGY-RICH MEALS

- Eat **carbohydrates and fruit** 2–3 hours before the game (e.g., rice, bananas, oats).
- Avoid **heavy, greasy foods** that slow digestion (e.g., pancakes with syrup, fast food).

USE COOLING TECHNIQUES DURING BREAKS

- Pour water on your **neck, wrists, and forehead** during water breaks or halftime.
- Use **cold towels or ice packs** if available.

SLOW THE GAME WHEN POSSIBLE

- Be efficient — use **short passes**, keep possession, and **conserve energy**.
- **Hunt** smartly instead of pressing recklessly.

STRETCH AND FOAM ROLL POST-GAME Heat increases muscle fatigue and the risk of cramps. Always cool down with **static stretching and foam rolling**; use **ice baths** or stretch in a **cool pool** when possible.

WARNING SIGNS
STOP & TELL
YOUR COACH

Headache · Dizziness or feeling faint · Nausea · Muscle cramps · Chills or goosebumps in the heat · Confusion · You've stopped sweating. **Get to shade, cool down, and drink — do not play through it.**

PLAYER GAME DAY CHECKLIST

- | | |
|--|--|
| ☐ Hydrating with electrolytes since 1–2 days before | ☐ Pre-game meal 3–4 hours before kickoff |
| ☐ Carb snack 15–45 minutes before warm-up | ☐ Full bottle with electrolytes — sip every 15–20 min |
| ☐ Cold towel or ice pack packed · Urine pale yellow | ☐ Recovery snack ready for within 30 min of the whistle |
| ☐ No soda, energy drinks, or fast food today | ☐ Stretch and foam roll after the match |