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5 PRE GAME NUTRITION SECRETS FOR YOUNG ATHLETES

FOR OPTIMUM PERFORMANCE ON
THE FIELD



by Nutrition Mind Fitness

Let's Go



Don't be telling everyone the secret sauce!!

Its not something that is really taught in school all that much and although there is plenty of information out there for adults, what children are consuming;

- Before a match especially 90 minutes before makes all the difference.

Sport Nutrition is a bit of a grey area!

This plan will hopefully give you the tools to help fuel your young athlete to enable peak performance.

For access to my online workshop LIVE trainings on what nutrition & hydration is the best, click [here](#) to JOIN The young athlete Academy online information session.



5 Pre game nutrition secrets for young athletes

1

Secret #1: Timing Is Everything

Most parents don't realize that the ideal pre-game meal should be consumed 2-3 hours before competition. This timing allows for optimal digestion and energy availability when your athlete needs it most. For events starting early morning, a lighter meal 90 minutes before is your next best option.

2

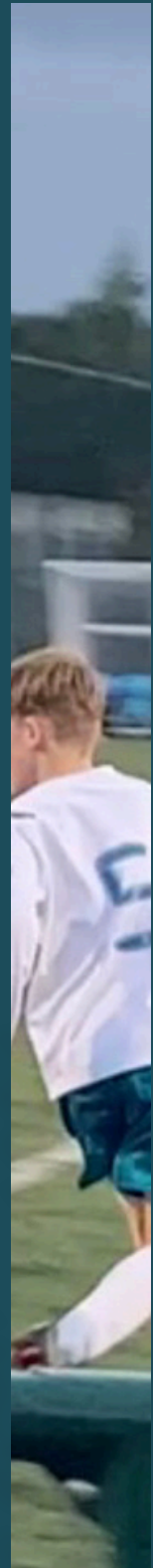
Secret #2: The Winning Carb-to-Protein Ratio

The optimal pre-game meal contains a 3:1 ratio of carbohydrates to protein. This specific balance provides sustained energy while supporting muscle function. For example, a turkey sandwich on whole grain bread with a piece of fruit delivers this perfect ratio without causing digestive discomfort.

3

Secret #3: Hydration Starts 24 Hours Before

Peak performance hydration doesn't begin just before the game—it starts the day before. Young athletes should increase water intake gradually, aiming for approximately 500-600ml of water in the 2 hours before competition, tapering to small sips as game time approaches.



Hydration Guide for Training Sessions

4

Secret #4: Avoid the "Energy Spike" Trap

While sugary sports drinks and energy bars promise quick performance boosts, they often lead to energy crashes during competition. Instead, focus on complex carbohydrates like oats, sweet potatoes, or whole grain pasta that provide steady, sustainable energy throughout the entire game.

5

Secret #5: The Recovery Window

The 30-minute period immediately following competition is critical for recovery and development. Consuming a small snack with a 4:1 carbohydrate-to-protein ratio during this window replenishes energy stores and supports muscle growth far more effectively than waiting for the next meal.



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Let's put it into Practice

Top Tip:

By following this secret plan, you're taking a crucial step towards maximizing your team's performance on the field.

But why stop there?

To truly take your teams to the next level, consider upgrading to our Full Personalised Team Hydration and Nutrition Pack.

This comprehensive plan is designed specifically for your team's unique needs, ensuring they stay fuelled, hydrated, and ready for peak performance. 🌟



To find out more

Join Our Online information workshop Sessions



Don't miss out.

These sessions cover everything from why hydration and nutrition is so important to what role mindset and the importance of sleep play.

Join the waitlist now to secure your spot and

Start empowering your athletes to succeed at the highest level! 🔥

Secure you Free spot here

