

PRE-GAME FUELLING



It is important to start games well fuelled. This includes consuming adequate amounts of carbohydrate to ensure muscle glycogen (stored energy) levels are topped up to fuel fast sprints and assist in training, performance and recovery.

What you eat prior to a match will depend on how early you eat before your game. Pre-game meals and pre-game snacks should be carbohydrate focused. Some examples of high carbohydrate options include:

<30 MINS PRIOR

- Gatorade/sports drink
- Banana
- Grapes
- Lollies
- Dried fruit
- Juice

1-2 HOURS PRIOR

- Muesli bar
- Fruit toast
- Yoghurt with a small amount muesli
- Jam/vegemite/honey sandwich OR toast
- Fruit – fresh or dried
- Rice cakes & honey
- Banana bread

2-3 HOURS PRIOR

- Fruit smoothie on low fat milk
- Muesli with yoghurt & fruit
- Cereal with low fat milk & fruit
- Quick oats with low fat milk & fruit
- Baked beans on toast
- Pasta with tomato based sauce
- Lean meat and salad sandwich, wrap or roll
- Toasted panini with roast vegetables and cheese

If solids don't sit well before a game, a liquid source of protein and carbohydrate like a fruit smoothie can be a good option.

PRACTICAL POINTS

- Begin exercise in well hydrated state
- Be organised by having snacks on hand - if you are coming to the game straight from work, fruit or muesli bars are great options as they don't require preparation

Main goals - hydration and adequate carbohydrates