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Here is what "I hope you get out of this session"

- NOT a lecture!
- Casual Discussion and Exchange of Ideas
- For Tournament Play Addressing some common myths regarding.
 Warm Up's, Training and Nutrition
- Links to further resources
- My favorite websites for Coaching Education;
 tournament planning, lesson plans, research, injury prevention, nutrition, etc......lots of 'STUFF'





Coaching at Tournaments So What are the Themes of this Discussion? **Pre Event Administration Pre Event Training** Event Warm Up's **Event Playing Time Event Post Game Recovery Event Nutrition** Post Event Analysis – What did you Learn? USYOUTHSOCCER.ORG

Pre Event Administration

Who does the planning?

- Coach?
- Parent Admin/Manager?

.....Create a tournament folder

The Basics;

HotelHow many rooms?How far is hotel from Field(s)?Check out time on last day?

Check in time?
Breakfast provided?





Pre Event Administration

2. Itinerary.....be detailed!!

Name of Tournament

Name and Address of Hotel

Name and address of field(s)

Departure date and suggested time to leave

Team meeting - night of arrival?

Departure time for games

Arrival time for games

Schedule for rest of day; 2nd game?....site seeing?dinner?

.....treatment?.....What else?

Maps of local restaurants









Coaching at Tournaments **Pre Event Training**

What is the purpose of the Event?

Going for the title?.....

(specific technical/tactical functional training, restarts)

College Showcase?....player exposure

(substitution for specific players? – player multiple positions?.....

Still important to play well to showcase players)

Developmental?....putting training themes into practice

(do you have macro cycle goals? do you have micro cycle goals?)







Event Warm Up's

What is the purpose of a warm up?.....

- Prepare the body for the demands of the game (replicate movements)
- Elevate the core temperature
- Increase the suppleness of the muscles, tendons and joints
- Enhance oxygen supply to the muscles
- Improve neuromuscular coordination

How might it differ for the following age groups?

U10 – U13 (Prepubescent years)

U12 – U18 (Pubescent years)

Potential factors to take into consideration;

Number of games

Recovery time between games

Heat

Food (proximity & type)







Event Warm Up's - Resources

US Soccer: Why You Feel Sore

http://www.ussoccer.com/News/Articles/2003/02/Why-You-Feel-Sore-

Delayed-Muscle-Soreness-And-Specificity.aspx

FIFA: 11+ Warm Up Injury Prevention Program

http://f-marc.com/11plus/home

Brian Bounds; Unlock Your potential

http://sgfsoccer.com/2006/04/07/keys-to-an-effective-tournament





Event Playing Time

What is the purpose of the event? (This is why we do pre event training)

Potential variable factors include;

Opponents.....strong, weak, unknown, does it matter?

Flow of the game

Injuries

Substitution rules

Weather

Do you keep a record of who starts.....approximate minutes played?

What if the event utilizes a 'club pass' system that allows you to take more than 18 players......do you take advantage? How do you manage it?





Event Post Game Recovery

The Glycogen Window.....

What is it?

After intense activity, will seek to repair, refuel and improve itself – (S.A.I.D. Principle)

Why is it so important?

If you have multiple games over a time frame in an event, as a coach, you want your players 'back to where they were' physically before the first game.....(maybe even a little fitter?)







Event Post Game Recovery

What Should I Eat or Drink During the Glycogen Window?

Liquid

(to rehydrate...... Water regulates your body temperature and helps transport nutrients for energy)

Carbohydrates

compared to protein and fats, carbohydrates are the easiest to digest, break down and restore as fuel....makes the most 'ready' source of energy)

simple – sugars

complex - starches

A Little Protein

helps repair torn muscle fibers (that is what we feel when our muscles 'hurt')





Coaching at Tournaments The Magic of Chocolate Milk!

Low fat chocolate milk has 9 essential nutrients that an athlete needs, including some not typically found in recovery drinks.

Chocolate milk's liquid assets:

- A natural source of high-quality protein to build lean muscle
- The right carb-to-protein ratio scientifically shown to refuel and rebuild exhausted muscles
- Vitamin A to support a healthy immune system and good vision
- **Electrolytes** including calcium, potassium, sodium and magnesium to help replenish what's lost in sweat





The Magic of Chocolate Milk!

- B Vitamins for energy
- Fluids to rehydrate
- Calcium, vitamin D, phosphorus, protein and potassium to build and maintain strong bones and reduce the risk for stress fracture

What About that 'Cool Down' Thing?

- Just as important as a Warm Up!
- Helps flush toxins from the body (lactic acid.....sore muscles)
- Can begin the muscle repair process
- The Cool Down Trifecta:

Gentle Exercise, Stretching and Re-Fueling





Event Post Game Recovery - Resources

FIFA: Football Development - Medical Section - Food for Football

http://www.fifa.com/aboutfifa/footballdevelopment/medical/playersh ealth/food/index.html

UEFA: Medical – Nutrition Guide 1

http://www.uefa.com/trainingground/medical/video/videoid=159230 0.html?autoplay=true#latest

UEFA: Medical – Nutrition Guide 2

http://www.uefa.com/trainingground/medical/video/videoid=159280 0.html?autoplay=true#latest





Event Post Game Recovery - Resources

Cooling Down After Exercise – 24 hour Fitness

http://www.24hrfitness.co.uk/fitness%20tips/cooling-down-after-exercise.html

Got Milk: Chocolate Milk Sports Nutrition Campaign

http://www.gotchocolatemilk.com/science#

Optimizing Post Game Nutrition – Cal Dietz

http://www.osysa.com/Assets/Chocolate+Milk.pdf

10 Tips for Improved Soccer Tournament Nutrition

http://www.soccer-

tournamentguide.com/SoccerTournamentNutrition.html





Event Nutrition

For multiple game events – plan on 5 small meals a day if possible

Myths and Misconceptions

- Carbo loading what is the purpose?....
- No sugary drinks or sodas what is the purpose?....
- No fats healthy, low fat meals what is the purpose?.....

How many calories a day for active people.....might surprise you!

- Adult Male (2,000)
- 11-14 (2,500)
- 15 18 (3,000 4,000 +)

Adult Female (1,800)

11 - 14 (2,200)

15 - 18 (2,200 - 2,800)





Event Nutrition - Resources

Nutrition and Wellness Bytes: 4 Myths of Carbo Loading

http://nutritionandwellnessbytes.blogspot.com/2011/06/four-mythsabout-carbohydrate-loading.html

U.S. Soccer – Resource Center – Dispelling Four Common Nutritional Myths

http://www.ussoccer.com/News/Articles/2004/02/Resource-Center-Dispelling-Four-Common-Nutritional-Myths.aspx

Alabama Cooperative Extension System: Eating before and Between **Athletic Events**

http://www.aces.edu/pubs/docs/H/HE-0750/





Event Nutrition - Resources

Livestrong Foundation: Average Caloric Intake for Children

http://www.livestrong.com/article/353877-the-average-caloric-intake-

<u>for-children</u>

Keep Kids Healthy: Calorie Requirements

http://www.keepkidshealthy.com/nutrition/calorie_requirements.html

Kids Health: A Guide to Eating for Sports (Teens)

http://kidshealth.org/teen/food_fitness/sports/eatnrun.html#





Post Event Analysis – What did you Learn?

After the event – do some analysis;

- 1. Pre-Event Administration....what went well? what did not?
- 2. Pre-Event Training.....Did the things that you worked on in training get applied at the event
- 3. Event Warm Up's appropriate?
- 4. Event Playing Time did this meet your expectations? Any conflicts with players/parents to resolve?
- 5. Post Match Recovery plan in place for the 'Glycogen Window'?
- 6. Post Match Recovery meals? Treatment? Rest time?....all adequate?





Coaching at Tournaments My Favorite Websites for Soccer Education

US Youth Soccer - Coaches - Education

http://www.usyouthsoccer.org/coaches/Education

US Soccer – Coaches – Coaches Net - Resources

http://www.ussoccer.com/Coaches/Resources.aspx

NSCAA – Education – Coaching Resources

http://www.nscaa.com/education/resources

FIFA – About FIFA – Football Development

http://www.fifa.com/aboutfifa/footballdevelopment/index.html

UEFA – Training Ground

http://www.uefa.com/trainingground/index.html





Coaching at Tournaments My Favorite Websites for Soccer Education

UEFA - UEFA - Football First - Football Development

http://www.uefa.com/uefa/footballfirst/footballdevelopment/index.html

Australian Sports Institute – Australian Institute of Sport – Nutrition http://www.ausport.gov.au/ais/nutrition

Australian Sports Commission – Participating in Sport – Coaches http://www.ausport.gov.au/participating/coaches

Scottish Football Association – Coach & Volunteer – Football Development

http://www.scottishfa.co.uk/football.cfm?page=2589





