Zone 1 - Nutritional Concerns for Players 6-11

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ACP Nutrition
About Angel Planells

- Soccer Coach for 18 years - USSF C License, USYS National Youth License
  - Emerald City Football Club - Development Director
  - Louisiana, New York, Washington State
- Nutrition/Health
  - Media Spokesperson for the Academy of Nutrition & Dietetics
  - Veterans Health Administration
  - ACP Nutrition
- Education
  - Columbia University - M.S. Nutrition & Exercise Physiology
  - Tulane University - B.S. Exercise & Sports Sciences, B.S. Psychology
Overview of the session

• Why the focus on youth players ages 6-11
• Snapshot of food/health in America
• Nutrition and the Beautiful Game
• Pediatric Nutrition
  • Body Stature/Body Image
• Nutrition Concerns for the youth soccer player
• Fueling Tactics for Championship Performance
Why I became interested in Sports Nutrition?

- Pro
- College
- Academy
  - ODP
  - Premier
- Recreational
Why the Focus on Players Under 12 (Soccer)

• From the US Youth Soccer Player Development Initiatives
  • US Youth Soccer made changes for players under 12
    • The coaching/playing environment needs to be improved for 6-12 year olds
      • Priority on developing skills
      • Kids under the age of 12 don’t win World Cups
  • Mastery of craft => Greater satisfaction => success at your highest level of play
Why the Focus on Players Under 12 (Nutrition)

“I believe the children are our future, teach them well, and let them lead the way...”

Whitney Houston - “Greatest love of all”
Why do we eat?

Anyone in the crowd
Why do we eat?

• Hunger/Appetite
• Stressed out
• Fuel
• Boredom
• Budget
• Metabolism/Hormonal fluctuations
• Medications
• Nostalgia
Don’t be discouraged about the next 10 slides

I am sorry in advance
Adults

• How are we doing as adults in America?
  • ~50% of adults (117 million) have one or more preventable, chronic diseases
  • Poor dietary quality and physical inactivity
  • 2009-2012 - 65% of females, 73% of males are overweight/obese
  • Rates are rising with increased health risks and more health care costs
    • 2008 - Obesity $147 billion
    • 2012 - Diabetes - $245 billion ($176 billion direct care/$69 billion in decreased productivity)

• Are our role models failing us?
Are parents at fault?!

- Money
- Cost of living
- Cost of food
- Cost of raising kids
- Debt - credit cards, student loans, mortgage
- Lack of time
  - Dual income families
  - Over-scheduled kids
- Helicopter Parents
- Research on raising/safety of kids
- Confusion about what to eat
Our current food environment

• Cooking has become a lost art
  • Home economics in school
  • Loss of culture/identity
  • Traditional Gender roles

• As consumers, we crave convenience and taste
  • TV Dinners, packaged foods, vending machines, Fast-Food Restaurants
    • High-fat, High-sodium, High-Sugar

• Media
  • In 2013, fast food spent $6.45 billion in advertising
  • How often do you see an ad for a fruit or vegetable?
  • Dairy (Got Milk, Nesquik)/Yogurt (Activia/Dannon Oikos) ads
What about kids?

• The plugged-in generation
  • Instant Gratification
• Participation Trophies
  • Expertise with no experience
• Lack of grit
• Food habits - very impressionable time of life
  • Parents/peers
Childhood Obesity

- Childhood obesity has more than doubled in children over the past 30 years
- 1980 - percentage of kids 6-11 was 7%
- 2012 - percentage of kids 6-11 was 18%
- >33% of kids and adolescents are classified as either overweight or obese
Childhood Obesity

• Short-term
  • Increased risk factors for cardiovascular disease (high cholesterol, high blood pressure), pre-diabetes, bone and joint problems, sleep apnea, social and psychological problems

• Long-term
  • Increased risk factor for becoming obese as an adult with risk factors for heart disease, diabetes, stroke, cancer, osteoarthritis
  • Overweight/obesity are associated with increased risk of cancer (breast, colon, esophagus, kidney, pancreas, gall bladder, thyroid, ovary, cervix, prostate)
And we are done with the depressing part.
5 Guidelines from the Dietary Guidelines for Americans 2015-2020
Follow a healthy eating pattern over time to help support a healthy body weight and reduce the risk of chronic disease.

A Healthy Eating Pattern Includes:

- Fruits
- Vegetables
- Protein
- Dairy
- Grains
- Oils

A Healthy Eating Pattern Limits:

- Saturated Fats & Trans Fats
- Added Sugars
- Sodium
Choose a variety of nutrient-dense foods from each food group in recommended amounts.

**Example Meal:**

- **Lettuce & Celery** (Vegetables)
- **Whole-Grain Bread** (Grains)
- **Apples & Grapes** (Fruits)
- **Fat-Free Milk** (Dairy)
- **Chicken Breast & Unsalted Walnuts** (Protein)
- **Mayonnaise** (Oils)

Focus on variety, nutrient density, and amount. To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
Limit calories from added sugars and saturated fats and reduce sodium intake. Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
Shift to healthier food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

Replace typical food and beverages choices with more nutrient-dense options. Be sure to consider personal preferences to maintain shifts over time.

**Example:**

Meal A

Meal B
Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.
Nutrition at 6-11

• Now & Later

• Now
  • Optimal growth during the pre-teen years
  • Fueling for performance

• Later
  • More aware as teenagers, and adults
  • Feel less paralyzed = Make better choices
  • Prevention of disease through good dietary habits and remaining physically active for life
Nourishment for life

• Childhood is an impressionable time to develop healthful eating habits
  • Implications of this time effect the trajectory of our children
    • Lifelong health and wellness as a teen, adult, and older
    • Children will become role models for their own children
3 goals for kids

• Goal 1 - Learning skills to make good food choices
• Goal 2 - Listening to body cues to eat the right amount of food
• Goal 3 - already doing it but making active play a part of daily life
“Trying something new”

- Before offering, talk about the food - color, texture, size, shape, aroma, flavor
- Offer new foods at the beginning of the meal - children are most hungry
- Keep quiet about your own personal dislikes - this may influence your kids
- Keep trying
  - “Maybe you'll like it next time”
  - May take 8-10 times before they learn to like it
Snacks

• As adults, we may think of decadent foods for snacks
• For kids, this is a great opportunity to help meet their nutrient needs
  • Snacks are supplements to meals, not replacements
  • Offer snacks 90-120 minutes before mealtime
• Think fun - colors, flavors, textures
Snacks

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Snacks

• Grains - animal crackers, unsweetened cereal (with or without milk), bagel, english muffin, graham crackers, pita, rice cake, toast, tortilla, crackers, pretzels
• Dairy - Cheese sticks, pudding, milk, string cheese, yogurt, frozen yogurt
• Vegetables - any raw vegetable (cut in strips or circles); vegetable soup, salsa
• Fruit - any fresh fruit (sliced), canned or frozen fruit, fruit juice, fruit leather, dried fruit, applesauce
• Protein - bean soup, peanut butter, egg, tuna salad, hummus, turkey/meat
## Food to “Chews”

<table>
<thead>
<tr>
<th>More often</th>
<th>Less often</th>
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<tbody>
<tr>
<td>Baked potato, sweet potato, colorful veggies</td>
<td>French fries, deep-fat fried veggies</td>
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<tr>
<td>Baked or grilled chicken</td>
<td>fried chicken strips/nuggets</td>
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<tr>
<td>Bagels or English Muffins</td>
<td>doughnuts, breakfast pastries</td>
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<tr>
<td>Graham crackers, animal crackers, fig bars</td>
<td>chocolate chip cookies, cupcakes</td>
</tr>
<tr>
<td>Pretzels, plain popcorn</td>
<td>most potato chips, cheese puffs</td>
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<tr>
<td>Low-fat milk, 100% fruit juice</td>
<td>soft drinks, fruit drinks</td>
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<tr>
<td>raw vegetable snacks, fruit</td>
<td>candy</td>
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<tr>
<td>frozen yogurt</td>
<td>ice cream</td>
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SPORTS PERFORMANCE

Option A

Option B

I don't even know how that happened...
Nutrition & the Beautiful Game

• Overlooked part of the game
• Young, free, and careless
• Get away with poor nutritional habits

• Over-fueled players
  • Sluggish, decreased flexibility/speed, gain more fat than muscle
• Under-fueled players
  • Lethargic, decreased reaction time/speed, lose both muscle and fat
  • Poor nutrition with suboptimal energy intake can result in iron deficiency, eating disorders, delayed healing
Activity Levels

• The sport of soccer is high-intensity intermittent exercise
  • Short, intense activity
  • Low-level or moderate intensity activity
• Pace - Sprinting, jogging, walking
• Direction - forward, diagonal, lateral or backwards
• Sports specific - dribble, passing, shooting, receiving, shielding, tackling, jumping, turning, avoiding contact, making contact
  • Heading is missing due to concussion protocol

• Lots of energy used = calories need to be replaced
## Duration of Youth Soccer Matches

<table>
<thead>
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<th>Youth Soccer Match Duration</th>
<th>Warm-up</th>
<th>Game Time</th>
<th>Total Activity</th>
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<td>U6-U8</td>
<td>10-15 minutes</td>
<td>4 * 10 minute quarters</td>
<td>50-55 minutes</td>
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<tr>
<td>U9-U10</td>
<td>20-30 minutes</td>
<td>2 * 25 minute halves</td>
<td>70-80 minutes</td>
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<tr>
<td>U11</td>
<td>30 minutes</td>
<td>2 * 30 minute halves</td>
<td>90 minutes</td>
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Performance Scenarios

• Fit versus unfit
• Player 1 versus Player 2
  • Player 1 - play the full 90 minutes
  • Player 2 - play for 55-60 minutes
• Fit - more efficient during the game
• Nutrition - more efficient fuel utilization, better use of aerobic energy system
Body Stature 6-11

• Ultimate Question - Can our players perform to the best of their abilities?
• Height
• Weight
• “Optimal” body type for soccer?
  • Professional
• Body Image
<table>
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<th>Boys Height</th>
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<th>50%</th>
<th>95%</th>
<th>Difference</th>
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<td>40#</td>
<td>50#</td>
<td>67#</td>
<td>27#</td>
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<td>77#</td>
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<td>11</td>
<td>61#</td>
<td>82#</td>
<td>120#</td>
<td>59#</td>
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</table>

36” = 3 feet, 42” = 3 feet 6 in, 48” = 4 feet, 54” = 4 feet 6 in, 60 = 5 feet
Body Type for Optimal Performance

- Beauty of soccer is that anyone can play - tall, short, large, small
- Professionals
  - BMI - normal and lean

<table>
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<tr>
<th>Body Type</th>
<th>Height</th>
<th>Weight</th>
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<tr>
<td>Messi</td>
<td>5’7”</td>
<td>159</td>
<td>24.92</td>
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<tr>
<td>Ronaldo</td>
<td>6’1”</td>
<td>176</td>
<td>24.56</td>
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<tr>
<td>Neymar</td>
<td>5’8”</td>
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<tr>
<td>Luis Suarez</td>
<td>5’11”</td>
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<td>26.10</td>
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<tr>
<td>Alex Morgan</td>
<td>5’7”</td>
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<td>21.47</td>
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<tr>
<td>Carli Lloyd</td>
<td>5’7”</td>
<td>141</td>
<td>22.1</td>
</tr>
<tr>
<td>Marta</td>
<td>5’4”</td>
<td>126</td>
<td>21.64</td>
</tr>
<tr>
<td>Abby Wambach</td>
<td>5’11”</td>
<td>179</td>
<td>24.98</td>
</tr>
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</table>
Height

• We can’t do anything about height? Or can we
  • Genetics versus Environment
  • Step 1 - Thank/Blame your parents ;)
  • Step 2 - Malnutrition or poor nutrition in the early stages of life can effect height
Weight

• What about weight?
  • Variability
• Should we care/advise?
  • Yes/No?
Body Image Issues

• Common Sense Media - research on how kids/teens feel about their bodies

Many kids are dissatisfied with their bodies, and society’s body appearance ideals are highly unrealistic.

Body image is really important for self-esteem, which is crucial to a young person's development, and disorders linked to poor body image can result in serious mental and physical health issues.

Get involved
- Tune into kids’ lives (ask about friends, school, and feelings).
- Nurture a positive self-image.
- Step in when kids need support

Children as young as 5 express dissatisfaction with their bodies.

More than half of girls and 1/3 of boys as young as 6 to 8 feel their ideal body is thinner than their current body size.

Body image concerns start earlier than you think; even preschoolers learn that society judges people by how they look.

Ideas and habits formed young last a lifetime.

Start early
- Emphasize health not weight.
- Teach appreciation for all types of people.
- Focus on talents and strengths.

You are your child's first teacher.

You have a lot of power to shape their attitudes, values, and behavior.

Ban "fat talk"
- Say why you appreciate your own body.
- Watch your comments about other people’s bodies and appearance.
- Be active and eat well for health, not size.

5- to 8-year-olds who think their moms are dissatisfied with their bodies are more likely to feel dissatisfied with their own bodies.
Boys have issues with body image too.

Boys’ own body concerns and risky behaviors can go unnoticed, and their role in supporting healthy attitudes among girls is vital.

Pay attention to your son, too
- Listen for negative body talk.
- Look for dramatic weight loss or gain.
- Check the messages from coaches, peers, and online forums about weight, exercise, and muscle-building.

Measurements of toy male action figures exceed even that of the biggest bodybuilders.

Unrealistic, sexualized, and stereotypical images and messages about bodies and gender are rampant on the media your kid consumes.

Media is influential — if all your child sees are unrealistic body types she’ll come to believe they’re the ideal.

Immunize your child
- Choose quality media with diverse characters.
- Question assumptions about appearance.
- Challenge stereotypes about gender, body types, abilities.

87% of female TV characters aged 10 to 17 are below average in weight.

Teens feel pressure to look good and cool online, but also feel social media helps their friendships and connections.

Kids live in a constant feedback loop of criticism and connection that moves quickly and is difficult to escape.

Be a social media supporter
- Help teens find supportive online communities.
- Encourage social media breaks when online drama heats up.
- Ask teens how online feedback makes them feel.

41% of teen girls say they use social media to “make themselves look cooler.”
Body Image Issues

• Should we as coaches advise?
  • Wearing multiple hats
    • No - don’t be the bad guy
    • Don’t be afraid to utilize resources in the community
      • Refer to pediatrician to make sure height/weight are on track for optimal growth
      • Refer to a Registered Dietitian to help with making better food choices to help meet estimated needs
Nutrition in Soccer

• Protein
  • Children (due to rapid growth)
  • Players who limit caloric intake
  • Poor dietary quality

• Fluid
  • Warmer temperatures/higher humidity - players can lose 2-3 liters
  • Children
    • Produce more heat than adults
    • Lower capacity for sweating/acclimatizing
      • Greater risk for dehydration/heat illness
      • Fluids consumed every 15-20 minutes (cool and palatable)
Nutrition in Soccer

• Multiple Matches in day/Tournament
  • Quick turnaround time
    • Little time for recovery
      • Glycogen depletion and heavy fluid loss = most bang for the buck to get back to above baseline
  • Weight
    • Make sure players choose nutrient-dense foods from various food groups - all foods fit
Nutrition in Soccer

• Individualized for each player and their respective needs/situation
  • U6 versus U12 versus U18
  • Recreational versus competitive
  • 1 game versus 6 game tournament in 48 hours
  • Pre-season, In-season, Post-season
• No special “soccer” diet at 6-11
  • Eat quality, healthful, moderation
Fueling Tactics for Championship Performance

- **Hydration**
  - Dehydration equals poor performance
    - Females - 2.7 liters per day; Males - 3.7 liters for per day

- **Eat Breakfast every day**
  - Top off the fuel tank before taking on the day

- **Whole-grain carbohydrates**
  - Rich in fiber and nutrients to fuel the body

- **Protein**
  - Choose leaner cuts of meats, poultry, seafood, beans, peas, eggs, soy, nuts, seeds
Fueling Tactics for Championship Performance

• **Fats**
  • Choose healthful fats - olive oil, flaxseed, avocados, nuts, seeds

• **Experience the rainbow**
  • Incorporate different fruits and vegetables

• **Minimally Processed Foods**
  • Limit foods with added sugar, fat, sodium
Fueling Tactics for Championship Performance

• **Fuel Your Body for Trainings/Matches**
  • Don’t ever skip meals/snacks
  • Consider nutrition as part of your pre-game or you’ll already be losing before kick-off

• **Recovery**
  • Best window for recovery is 30-60 minutes post-activity
  • Chocolate milk
  • Attempt to eat a balanced meal within 2 hours

• **Sleep**
  • Importance cannot be underrated; 8-10 hours per sleep will help with proper recovery
# Foods that may hinder performance

<table>
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<tr>
<th></th>
<th>Pre-Exercise</th>
<th>During Exercise</th>
<th>Post-Exercise</th>
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<tr>
<td>Carbonated Beverages</td>
<td>Fluids &gt; 8% carbohydrates</td>
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<td></td>
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</table>
Typical Youth Soccer Scenario

• Coach for the U10 Zebras who are registered to play in the ABC Cup in XYZ town

• Schedule is
  • Saturday - 9 AM, 1 PM, 5 PM
  • Sunday - semi-final at 9:30 AM; final at 1:30 PM
  • 5 matches from 8:30 AM Saturday through 3 PM Sunday - 30.5 hours

• How do we prepare?
Soccer Tournament Prep

• Plan ahead
  • Once you have schedule, plan out times between games
• Method of travel
  • Car
    • Bring along healthful snacks on the road
    • Pack a sandwich with fruit or yogurt
    • If you do stop at fast food, avoid fries and soda, assess the menu and see what is available
  • Plane
    • Bring ahead snacks/sandwich and snacks
    • Research options available at the airport
• Research tournament destination
  • Look at restaurants and menu options near field/hotel
  • Go to grocery stores and get snacks/beverages
  • Food storage/safety
Soccer Tournament Prep

• Pack healthful snacks
  • Non-perishable snack items
    • Granola/energy bars, peanut butter crackers, fruit cup, trail mix, nuts, string cheese
• Eating at restaurants
  • Ask for meats/veggies to not be cooked in butter
  • Sauces, gravies, dressings on the side
  • Choose foods that are grilled, baked, or broiled (instead of fried)
What about your own concession stand?

- Supply and demand
- Offer more healthful alternatives
  - Grilled chicken sandwiches and hamburgers
  - Fruit
  - Granola bars
- Water/Gatorade/Chocolate milk
Case Study - 1

• 9 year old player
  • Eating a small breakfast at 7 AM (yogurt), go to school and eat lunch at 12 PM (1/2 sandwich, 2 carrots), no snack or anything before practice (5:30-6:45), eat dinner afterwards
  • Decline in performance in school, soccer field, life

• Plan
  • Growing needs, consuming something every 2-3 hours
  • Focus on protein, snack prior to lunch, snack prior to training
  • Improved performance in the classroom, and soccer field
Case Study - 2

• 11 year old player
  • Wake up at 5:30 AM, eat hot pocket, train for 90 minutes, go to school with no food until lunch at 12 PM (school lunch), afternoon snack of Starbucks frappucino and chocolate chip cookie at 3:30 PM, train for 2 hours, eat dinner (7-8 PM), and do homework until 11 PM
  • Lethargic during the day, weak during training/games, school grades decreasing
  • Dad was disappointed he didn't have a 6-pack or frame like his 13 year old brother
    • Player exhibited eating-disorder like tendencies (sometimes skipped lunch, afraid to eat)
• Plan
  • Sleep more - important for growth/recovery
  • Body image - growth/variability, puberty, body changes - focus on health and strength
  • Better quality diet, eating every 2-3 hours
  • Improved performance in the classroom, and in athletic endeavors
In Conclusion

• Dealing with 6-11 year old soccer players
  • These are not collegiate or professional soccer players
  • When it comes to nutrition, want to focus on two things
    • Taking care of health by optimal growth
    • Fueling up for performance
  • More guidance and education at younger ages will result in better health and understanding when they hang up their boots
In Conclusion

• Consult with a Registered Dietitian/Nutritionist for information

• Business Investment - the act of committing money or capital to an endeavor with the expectation of obtaining additional income or profit

• Youth Soccer Club investment => better performance, quicker recovery, confidence, and better overall health

• Education efforts
  • U-10 and below - aimed at parents
  • U-11 through U-14 - both parents and players
  • U15 and above - aimed at players
In Conclusion

- Afternoon session - Zone 2 - Nutrition for Players 12-18
- Get in touch with me
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