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Match Preparation – Your food and drink!

It is essential you start the match with muscles that are full of energy. To do this you need to:

- **Fuel up.** When you play in the morning or early afternoon this has to start the night before as there isn't enough time in the morning to give your muscles all the energy they need before KO.
- **Refuel.** Do this about ½ hr before KO and again at your match breaks or ½ times.
- **Recover.** This starts within ½ hr of the match finishing and continues for 6 hours afterwards

These suggestions on when and what to eat and drink will make sure that you are fuelled up and recover properly. Follow them!!

The day before the match

- Have your breakfast, lunch and midmorning and mid afternoon snacks as for a training night (see separate sheet).
- **Evening meal.** Always have two courses – either soup & a main course or main course & pudding. Half of your plate should be covered by pasta, rice or potatoes. Also have some bread with your meal and drink milk or fruit juice

Good choices are:

- Spaghetti bolognaise
- Homemade chicken curry
- Pasta with tomato or vegetable sauce with chicken, tuna or grilled bacon
- Shepherd's pie with extra potatoes
- Chilli and rice with low fat garlic bread
- Chicken stir fry with lots of boiled noodles or rice

Puddings

- Pots of yoghurt, rice pudding or custard
- Fruit e.g. bananas, strawberries, fruit salad and ice cream
- Bowl of rice pudding with jam
- Sponge and custard
- Apple crumble and custard/ice cream
- Tinned fruit and jelly

Bedtime

- Large bowl of cereal or toast/bagel & jam

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- Large glass of fresh fruit juice or milk

Match Day

- **As soon as you wake up:**
 - Large glass of milk or fruit juice plus
 - Pot of yoghurt or rice pudding or a banana
- **2 - 3 hours before KO (Pre-match) choose from**
 - Large bowl of cereal with banana, raisins or strawberries
 - Large bowl of porridge made with milk
 - Beans or spaghetti on toast (at least 2 slices of toast & ¼ -1 can of beans/spaghetti)
 - 1-2 toasted bagels with cheese, peanut butter, banana or jam
 - 2 Muller rice pots
 - Large bowl of thick soup with bread

Take a large glass of milk or fresh fruit juice to drink
- **On way to match or ½ hour before KO – have 1-2 of the following:-**
 - Banana
 - Cereal bar or 2-3 fig rolls or garibaldi biscuits
 - Handful of chocolate raisins or jelly sweets

Take 300-500mls of diluted sports drink between your pre-match meal and KO.
- **Match breaks.**
 - Take 300 –500mls diluted sports drink
 - One of the following:
 - ½ - 1 banana
 - ½ - 1 cereal bar
 - 2-4 jaffa cakes
 - 6-8 jelly sweets e.g. Jelly babies, beans or Haribos
- **Within ½ hour of the match finishing.**
 - 300 – 500mls milkshake e.g. Frijji, Yazoo, Nesquick, Galaxy or homemade shakes.
 - Small handful of jelly sweets or kitkat or banana
- **Within 2 hours of the match finishing**
 - Meal with plenty of rice, pasta potatoes or bread e.g. spaghetti bolognese, chilli & rice, pasta, a cheese & tomato pizza, sandwiches, large bowl of cereal, scrambled egg on toast or grilled bacon rolls
 - Have a large glass of milk or fruit juice
- **For the rest of the day.**
 - Have regular snacks of fruit, fruit salad, scones, pancakes, cereal bars, yoghurts, custard pots, cheese & biscuits, milk, smoothies, milkshakes.



- Keep drinking e.g. water, diluting juice, sports drink until your urine is clear or very pale yellow.

Pam Paul SRD