

ELITE SOCCER ACADEMY



# NUTRITION

**GUIDE**



FUELING YOUNG ATHLETES FOR SUCCESS



# THE IMPORTANCE OF NUTRITION



## INTRODUCTION

As a parent, you want your young athlete to feel energized, perform at their best, and recover quickly after games. With so much conflicting advice, figuring out the right nutrition plan can feel overwhelming. That's why I created this guide—to make fueling young athletes simple, effective, and stress-free.

### Why Nutrition Matters for Young Athletes

#### The right foods help young athletes:

- ⚙️ Boost endurance and sustain energy for training & matches.
- ⚙️ Recover faster and reduce soreness after workouts.
- ⚙️ Improve focus and performance on and off the field.

### How This Guide Helps Parents

#### This guide is designed to provide:

- ⚙️ Easy-to-follow tips for practical meal planning.
- ⚙️ No complicated science—just clear, real-world advice.
- ⚙️ Simple meal and snack ideas to keep your child fueled and ready to play.

Let's make nutrition simple so your athlete can perform at their highest



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# THE 3 KEY NUTRIENTS EVERY SOCCER PLAYER NEEDS

## LEAN PROTEIN

During games and training, muscle fibers break down due to the high physical demands of soccer. Protein helps repair and rebuild muscles, making them stronger and preventing injuries. Adequate protein intake also supports muscle growth, strength, and overall endurance.

### Best Protein Sources:

- 🌀 Lean meats (chicken, turkey, fish)
- 🌀 Eggs & dairy (Greek yogurt, cottage cheese)
- 🌀 Plant-based options (beans, lentils, tofu)

### When to Eat Protein:

- 🌀 After training or matches to support muscle repair and recovery.



## CARBOHYDRATES

Carbohydrates are the main source of energy for soccer players. They provide the fuel needed for sprinting, endurance, and quick movements throughout a match. Without enough carbohydrates, players may experience early fatigue, slower reaction times, and decreased stamina.

### Best Carbohydrate Sources:

- 🌀 Whole grains (brown rice, quinoa, whole wheat bread)
- 🌀 Starchy vegetables (sweet potatoes, carrots, corn)
- 🌀 Fruits (bananas, berries, oranges)

### When to Eat Carbs:

- 🌀 Before training or a match to provide sustained energy levels.



## HEALTHY FATS

Fats provide slow-burning energy, which is essential for soccer players who need to sustain performance over long matches. Healthy fats also support brain function, keeping players mentally sharp and improving decision-making on the field.

### Best Healthy Fat Sources:

- 🌀 Avocados
- 🌀 Nuts & seeds (almonds, walnuts, chia seeds)
- 🌀 Olive oil & fatty fish (salmon, tuna)

### When to Eat Fats:

- 🌀 Throughout the day to maintain consistent energy levels and support overall health.





## WHY NUTRITION MATTERS FOR SOCCER PLAYERS

Soccer is a high-intensity sport that requires **sustained energy, quick decision-making, and fast recovery**

Proper nutrition helps with **focus, endurance, and injury prevention**

Many young athletes lack proper fueling, leading to **fatigue, poor performance, and slower recovery**





# THE 3 KEY NUTRIENTS FOR SOCCER PLAYERS

## Macronutrients Explained:

NUTRIENT	ROLE IN SOCCER PERFORMANCE	BEST FOOD SOURCES
Carbohydrates	Primary energy source (needed for sprinting, quick movements, and endurance)	Rice, pasta, whole grains, fruits, potatoes
Protein	Helps muscle repair & recovery after games	Chicken, eggs, yogurt, lean beef, tofu, beans
Fats	Provides long-lasting fuel for extended training	Avocados, nuts, olive oil, salmon, seeds

## How to Balance These Nutrients in Meals:



**50% OF PLATE**  
Carbs (energy for the game)



**25% OF PLATE**  
Protein (muscle recovery)



**25% OF PLATE**  
Healthy Fats (long-lasting energy)

## Parent Tip:

When in doubt, follow the **“Balanced Plate”** method:



+



+



The perfect athlete meal!

# THE BEST PRE-GAME & POST-GAME MEALS

## Pre-Game Fueling: What to Eat & When

TIME BEFORE GAME	WHAT TO EAT	EXAMPLE MEAL/SNACK
3 Hours Before	Full balanced meal (Carbs, Protein, Healthy Fats)	Grilled chicken + brown rice + veggies
1 Hour Before	Light snack, mostly carbs	Greek yogurt + honey + granola
30 Minutes Before	Fast-digesting energy source	Banana + small handful of pretzels

## Post-Game Recovery: Refuel & Rebuild

TIME AFTER GAME	WHAT TO EAT	EXAMPLE MEAL/SNACK
Within 30 min	Quick protein + carbs	Chocolate milk + banana
1-2 Hours Later	Full recovery meal	Salmon + quinoa + roasted veggies

### Parent Tip:

- Encourage real food over processed recovery bars whenever possible.
- Hydration + nutrition = Faster recovery & better next-day performance

# HYDRATION MADE SIMPLE

## Daily Hydration Formula:



BODY WEIGHT ÷ 2 = OUNCES OF WATER PER DAY

## Game Day Hydration Plan:

WHEN?	HOW MUCH?
Morning	8-12 oz of water
2 Hours Before Game	16-20 oz
During Game	4-6 oz every 15-20 minutes
Post-Game	16-24 oz to rehydrate

## Electrolytes: When Are They Needed?

- ⚽ Hot weather
- ⚽ Back-to-back games
- ⚽ Excessive sweating

## Parent Tip:

- **Dark urine = dehydration!** Check your child's urine color as an easy hydration indicator.

# SMART SNACKS FOR SOCCER PLAYERS

## Top 5 Energy-Boosting Snacks:

1

GREEK YOGURT +  
GRANOLA



2

WHOLE GRAIN  
TOAST + AVOCADO



3

NUT BUTTER +  
APPLE SLICES



4

CHEESE STICKS +  
WHOLE WHEAT  
CRACKERS



5

TRAIL MIX (NUTS  
+ DRIED FRUIT)



## Parent Tip:

- Avoid processed sugar (energy crashes fast).
- Pack portable, high-energy snacks for training days!



# A SIMPLE MEAL PLAN FOR BUSY PARENTS

## 1-Day Sample Meal Plan for Young Soccer Players:

MEAL	EXAMPLE
Breakfast	Scrambled eggs + whole wheat toast + fruit
Lunch	Grilled chicken wrap + avocado + side of veggies
Snack	Greek yogurt + banana
Dinner	Salmon + quinoa + roasted veggies

### Parent Tip:

- Keep meals simple, balanced, and nutrient-dense for optimal performance



## BONUS: QUICK-CLICK VIDEO RESOURCES

### Exclusive Video Links:

1

MEAL PREP FOR  
BUSY SOCCER  
PARENTS



[CLICK HERE](#)



2

HYDRATION TIPS &  
ELECTROLYTE  
MYTHS



[CLICK HERE](#)



3

SNACK PREP FOR  
GAME DAY



[CLICK HERE](#)



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