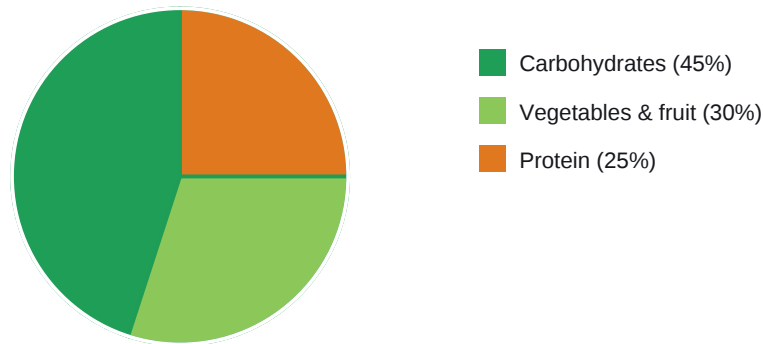


Simple matchday fuelling and hydration advice for young players.

What young players eat and drink around a game makes a real difference to how they feel and perform - and helps them recover for the next session. The advice here is simple and practical; the goal is good habits, not strict diets. Keep it age-appropriate and always put enjoyment and a healthy relationship with food first.

The matchday plate



A rough guide to a balanced pre-match plate.

Timeline around the game



Fuel before, top up during, recover after.

Hydration

- Arrive already hydrated - sip water in the hours before, do not gulp it just before kick-off.
- Bring a named water bottle to every training and match and drink at every break.
- For most youth games, water is all that is needed - skip fizzy and energy drinks.
- Watch for dark urine, headaches or tiredness as signs of dehydration, especially in hot weather.

Keep it simple and positive

Real food, regular meals, plenty of water and a treat now and then. Avoid strict rules or calorie talk with young players - the aim is energy, growth and a healthy relationship with food.