

IRISH FA PHYSICAL WELLBEING BOOKLET



Foundation



Training Organisation (1)

Why do I need to organise my training?

Planning your week ahead helps to ensure that you are undertaking:

- The right amount of training
- The right type of training
- The right amount of recovery between training and matches

Organising your training will help ensure you:

- Focus on what is important
- Identify easily if you're doing too much/little
- Find time for any extra sessions you need
- Plan time for homework and assignments
- Predict clashes in advance
- Plan your food and drink in advance

How to organise my training?

The best way is to plan your training week in advance, keeping your own training diary.



What should I put in my training diary?

First plan the things that you can't change:

- Training and matches
- School and PE lessons

Then add in the sessions that will support your training:

- Additional fitness sessions
- Stretching sessions
- Other sporting commitments
- Lifestyle support, e.g. study and nutrition

In your diary you can also record if training was EASY, MEDIUM or HARD.

This will help you and your coaches plan your training based on how intense each session was.

Training Organisation (2)

General guidelines for training organisation

- You should include at least ONE low-intensity or rest day per week
- Try to include a mixture of EASY, MEDIUM and HARD sessions
- You should include a stretching session at least TWICE a week
- Try to play other sports as well as football

Some common questions

Should I be doing more than one session in a day?

- There is no harm in doing more than one session in a day. In fact on training camps this will be required so being able to do more than one session is essential.
- Try to avoid doing two HARD sessions in one day

How should I organise my training in the week before camps and competitions?

- Young players often do too much in the lead-up to a camp to try and get fit
- Your fitness cannot be improved in one week. It requires a CONSISTENT training block of at least 4-6 WEEKS.
- Reduce the amount of training in the week before a camp
- Continue to complete your stretching sessions prior to camp

Should I be adding in extra sessions?

- If you do lots of EASY sessions then you may need to do some MEDIUM and HARD sessions to help improve your fitness.

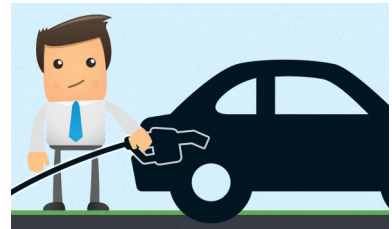
Who can I ask for advice?

- Be proactive and ask your coaches/PE teacher if you are not sure or concerned
- An accurate training diary will help them be able to give you advice

Nutrition (1)

What is nutrition and why is it important?

- Nutrition is the FOOD that you eat and the FLUID you drink
- Eating a well-balanced diet can help:
 - prevent you getting injured or ill
 - help you perform well in training and matches
- Your body is like a car – you need to put the right fuel (food and fluid) in to make it work properly!



General nutrition

A balanced diet means that you consume the right amount of each of the six nutrients:

- Carbohydrate
- Fat
- Protein
- Vitamins
- Minerals
- Water

No one food contains all the nutrients you need. You need to eat a wide variety of foods.

- Carbohydrate
- Fat
- Protein



Pre-match meal

- The pre-match meal is the meal you eat before you play a game
- You should aim to eat this meal 3 to 3.5 hours before kick off
- This meal should contain carbohydrate and protein

Pre-match meal examples

- Wholemeal toast with scrambled eggs and baked beans
- Wholemeal pasta with chicken and a low fat pasta sauce
- Chicken and salad pitta breads

Nutrition (2)

Recovery nutrition after training and matches

- As soon as your match or training session finishes you actually start preparing for your next session
- If you don't choose nutritious foods and drink after a training session or match then it will take you longer to recover
- This may mean that you can't perform to your best in the next session
- You must drink or eat a **SNACK** within **20 MINUTES** of your session/match finishing
- You must eat a **MAIN MEAL** within **TWO HOURS** of your session/match finishing



Good post match/training snacks

- One or two portions of fresh fruit with a glass of milk or yoghurt
- Milkshake (milk with fresh fruit or yoghurt) or smoothie
- Sports bar (containing carbohydrate and protein)
- Sandwich with turkey or chicken and salad

Within 20 minutes

Good post match/training meals

- Spaghetti bolognaise
- Chicken stir-fry with vegetables and noodles
- Lasagne and vegetables
- Fish with potatoes and vegetables

Within two hours

Hydration (1)

Why is hydration important?

- When you exercise you lose water in the form of sweat
- You can replace this water by drinking fluids
- You sweat more if you exercise for a long time, if the session is hard or if it is warm weather
- If you sweat more then you need to drink more

What happens if I become dehydrated?

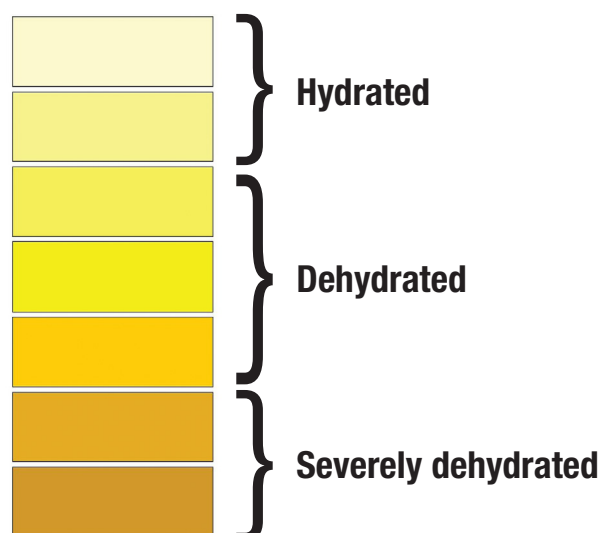


If you are dehydrated your performance can be reduced by **10-20%**



How do I know if I am dehydrated?

- Don't rely on thirst – by the time you are thirsty you are already dehydrated!
- Look at the colour of your urine – the darker it is, the more dehydrated you are
- You can weigh yourself before and after training and if your weight goes down you need to drink more fluid to replace what you have lost in sweat



Hydration (2)

What should I drink and when?

Before exercise

- **WHAT?** Water or low sugar cordial
- **HOW MUCH?** 400-600mls
- **WHEN?** In the two hours before exercise



EASY training sessions

During exercise

- **WHAT?** Water or low sugar cordial
- **HOW MUCH?** Little and often to avoid stomach upsets
- **WHEN?** Throughout the session

After exercise

- **WHAT?** Water or low sugar cordial
- **HOW MUCH?** 1.2 to 1.5 times as much as you sweat
- **WHEN?** As quickly as is comfortable



HARD training sessions

During exercise

- **WHAT?** Sports drink
- **HOW MUCH?** Little and often to avoid stomach upsets
- **WHEN?** Throughout the session

After exercise

- **WHAT?** Sports drink
- **HOW MUCH?** 1.2 to 1.5 times as much as you sweat
- **WHEN?** As quickly as is comfortable



Injury and Illness Prevention

Why is it important to prevent injury and illness?

- If you are injured or ill you cannot train or play matches
- The most common reason for recurrent injury or illness is not having fully recovered from the previous one
- Trying to train or play when injured or ill might be harmful. Always think about your long-term health and fitness.

Prevention is better than cure

Make sure that you always:

- Warm up and cool down
- Follow nutrition and hydration guidelines
- Recover for your next session with sleep & rest
- Listen to your body
- See a physio or GP if you are injured or ill



What should you do if you are injured?

P *PROTECT*

Stop training or playing if you are injured and cannot carry on.

Crutches can be used if you have a lower leg injury and cannot fully weight bear.

R *REST*

Rest from exercise until you can see a health professional.

I *ICE*

Ice the injured part for 15 minutes every two hours to help healing

C *COMPRESS*

If you are able to see a physio they may compress the area to help control the swelling

E *ELEVATE*

If there is swelling then try to keep the injured area raised when you are sitting

Footcare and Footwear

Why is it important to look after your feet?

- Your feet are the tools of your trade
- If your feet are sore then it could affect your football training/matches



How do I look after my feet?

- Wash your feet daily and dry with a clean towel. Remember to dry between your toes!
- Cut your toenails regularly
- Moisturise dry areas and use a pumice stone to remove any hard skin (ask a parent/guardian to help you if required)
- Regularly check your feet for blisters, rubbing or sore skin
- Try to wear TWO pairs of socks (a thick cotton pair under your normal football socks)
- Try to wear clean socks for every training session or match

Footwear top tips

- Shop for footwear in the afternoon as your feet swell throughout the day
- Make sure your footwear fits well
- Wear in your new boots gradually
- NEVER wear new boots for important matches
- Check the stud positioning is comfortable for your feet
- Wear the right boots for the surface and weather conditions



Blister care

- Beware of hotspots on your feet (red, warm areas). Hotspots are where blisters can develop.
- Use Vaseline/2nd skin/Compeed to prevent a hotspot becoming a blister. Change your socks and apply Vaseline to your feet if you feel any soreness.

Basic Stretching Programme

Why stretch?

- This basic stretching programme should NOT be used as a warm-up
- This programme is to improve flexibility and the range of movement of muscles
- Flexibility is important as it will assist in decreasing your risk of injury

Quads



Calves



Glutes



- You need to be warm before you stretch. So you should do a 5-10 min warm-up before you start stretching
- Hold each stretch for 30 seconds
- Each muscle should be stretched three times
- Have a break of at least 15 seconds before stretching the same muscle again
- Stretching should not be painful, slight discomfort is ok
- If the stretch 'eases off' during the 30-second hold then you can increase the stretch to ensure the same intensity for the whole 30 seconds

Hamstrings



Groins



Foam Rolling Exercises

Why foam roll?

- Foam rolling releases tension or tightness between the muscle and the fascia (which surrounds the muscle or groups of muscles)
- Foam rolling should be used in combination with stretching to help improve flexibility and range of movement. Foam rolling can also decrease the risk of injury.

Calves



Glutes



- Spend about 60 seconds on each area. Use a comfortable pressure.

ITB



Hamstrings



- Linger longer on any sensitive areas. Foam rolling shouldn't replace stretching.

Quads



Back



Recovery

Why is recovery important?

Recovery is the process of getting your body back to normal after a session/match. If you recover properly you are more likely to perform to the best of your ability.

Recovery activities

There are lots of different recovery strategies that you can use:

Cool down

When? Straight after training/match

What? Low-speed jogging and stretching

Foam rolling

When? Day after the game

What? Roll any tender areas

Compression Garments

When? After the game and for travel

What? The wearing of 'skins' or compression tights

Pool session

When? Same day or day after

What? Low-intensity activity and stretching. A cool down in the pool!

Nutrition and hydration

When? Within 20 minutes

What? Carbohydrate and protein plus a drink

Sleep

When? The evening of training/match

What? Good quality and quantity

Active Recovery

When? Same day or day after

What? Low-intensity activity, preferably non-weight bearing e.g. cycling, swimming

Ice or contrast bath

When? Same day as the match

What? Ice bath = 10 mins in 10-12 °C
Contrast = One minute warm water then one minute cold water x five reps

You do not have to do EVERY recovery strategy each time you train or play. As a general rule the harder the exercise, the more recovery strategies you should aim to do.