

DAY BEFORE THE GAME

- Pack your bag - it is helpful to have a list of your stuff
- Check directions – plan your journey to be on time
- Think about your best game – keep it in mind
- Go to bed early night before the game
- Take care of your diet throughout the week so as before the game

1

MATCHDAY

- Wake up early with plenty of time to prepare yourself
- Make sure you eat right before the game
- Drink water
- Check did you pack everything
- Make sure to be on time

2

BEFORE THE GAME

- Check in what conditions you will play
- Get changed and focus on the game
- Listen carefully to coaches information/guidance
- Warm up with the team
- Think only about the game , dont get disturbed by anyone

3

AFTER THE GAME

- Listen to summary
- Take a shower
- Make sure the changing room is clean
- Analyze the game – remember the good moments , learn from mistakes

4

DIRECT PREPARATION FOR THE GAME SHOULD BE SOME KIND OF RITUAL, OR PRE-MATCH ROUTINE.



Remember that good training session is only 33% of the success. Training process includes three elements- training, proper nutrition and regeneration. Coaches are responsible for the 1st part, the rest is down to you.

Holding tightly to your designated points you increase your chances to achieve better results, more accurate execution of technical elements and you increase your motivation. Preparing early before the game will help you to focus on the most important tasks, which you have to do during the game.

You must remember that a footballer has to keep an eye on lots of different elements to be well prepared for the game. Even the smallest details will have an impact on your performance. A player remembers about good nutrition, regeneration, sleep, preparation for the game and punctual arrival for the game. These routine behaviours are aimed to focus attention on the competition.

Every player should start competition from the beginning with the right attitude and positive mind set. Then it's easier to experience what has been worked out on the training.

THINGS NEEDED FOR THE GAME

- ID card or passport
- Shin-pads and boots
- Tracksuit to keep warm
- Tracksuit for warm up and raincoat in case of bad weather
- Match kit (yellow and green), shorts
- Clothes to get changed into

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