

PREPERATION BEFORE THE GAME

WBS WARSZAWA

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

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

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

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AFTER THE GAME

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



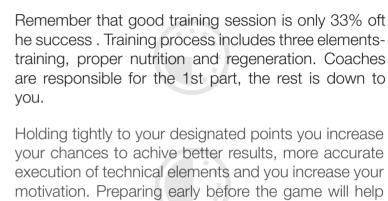
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THINGS NEEDED FOR THE GAME

- 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

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



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, preperation for the game and punctual arrive for the game. These routine behaviours are aimed to focus attention on the competition.

Every player should start competition from the beggining with the right attitude and positive mind set. Then its eaiser to experience what has been worked out on the training.

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