



**JESS FELL**  
Performance  
Nutrition



# MATCH DAY NUTRITION: HOW TO FUEL FOR ADOLESCENT FOOTBALLERS

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**SPIRIT FC: JESS FELL - PERFORMANCE DIETITIAN**

# ABOUT ME



## 2018-2023

- Bachelor of Health Science (Sport and Exercise)
- Master of Nutrition and Dietetics

## 2019-2022

- GWS Giants Sports Nutrition Intern
- Cronulla Sharks Sports Nutrition Intern

## 2024

- Spirit FC Performance Dietitian
- Sports Dietitian Course (current)

# A DAY IN THE LIFE OF A YOUTH ATHLETE



**Training/Match**



**School sport**



**Other  
sports/work**



## **Energy Expenditure in Youth Footballers (Male and Female):**

- 12-13 year olds: 2300-3900 calories
- 14-16 year olds: 2700-3500 calories
- 15 year olds: 2500 calories
- 17 year olds: 3600 calories



# What is the link between **Hydration** and **Performance**?

- Water helps us maintain our core body temperature and maintains blood volume
- When we exercise, we lost water through sweating.
- Water loss without replacement = **DEHYDRATION**
- Dehydration **NEGATIVELY** impacts our performance



# HOW TO HYDRATE ON MATCHDAY



**AND/OR**



**AND/OR**



**AND/OR**



**AND/OR**



## BEFORE

- Hydrate well before your game!
- Try and aim for light yellow-clear coloured urine
- Water and electrolyte drinks may be best- 200-600ml

## DURING

- Good to replace the fluid that has been lost
- Try not to drink too much!
- Water or electrolytes can be used

## AFTER

- Rehydration is a number one priority!
- Consuming salty foods like pretzels or vegemite on crackers aids rehydration
- Water should take priority, however sports drinks and milk-based drinks are beneficial

# WHAT HAPPENS WHEN WE UNDERFUEL



**EARLIER ONSET  
OF FATIGUE**



**↓  
SPEED,  
ENDURANCE,  
CONCENTRATION**



**SKILL ERRORS**

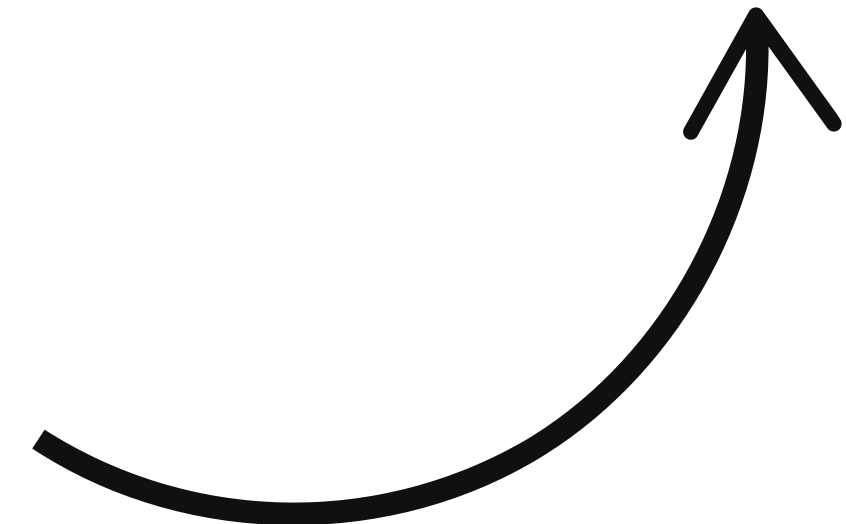
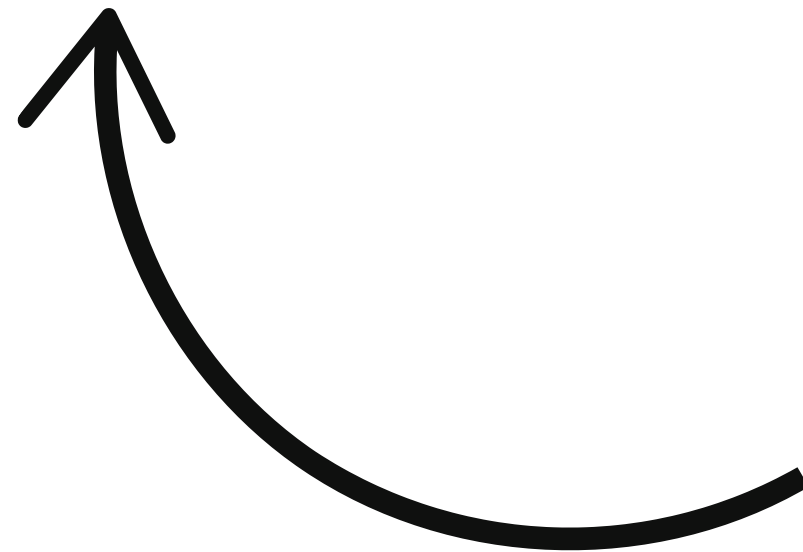
# Match Day Fuelling Strategy...

Begins the day before!

Day before  
Match: GD-1



Match Day

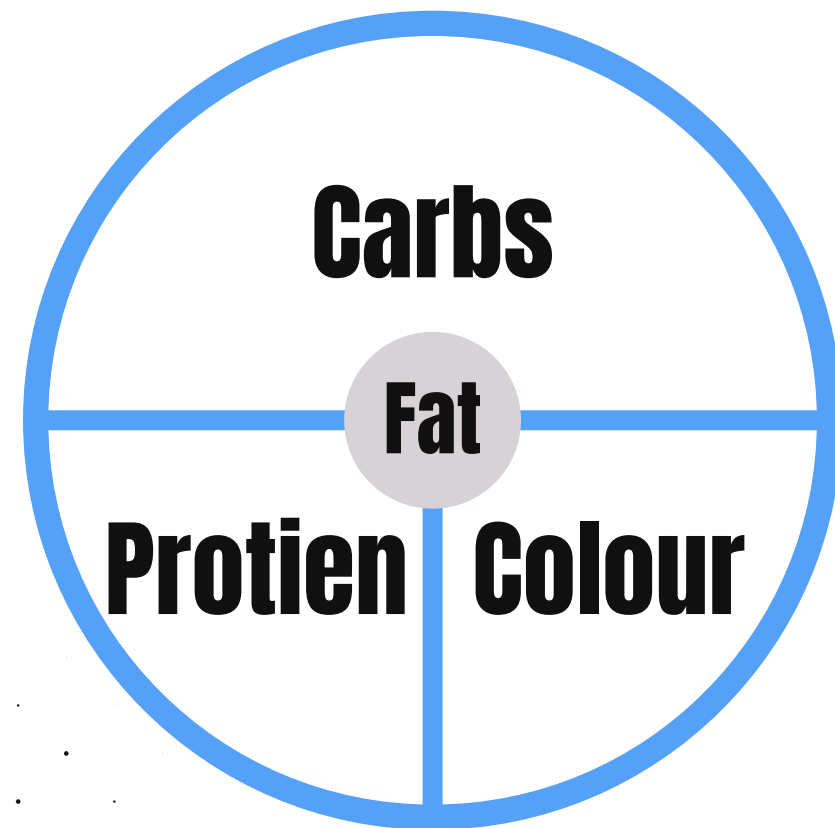




# PRE-GAME NUTRITION

- **3-4 hours before game** (if possible)
- Carbs, Protein, Colour, Fat
- Complete meal with fuel-focused plate
- Takes more than 1-2 hours to digest before you can use the energy

## PLATE MODEL



## EXAMPLES



## EXAMPLES





**Activity: What would be your go-to pre-game meal?**



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# PRE-GAME NUTRITION

- 1-2 hours before game
- Top up energy stores with easy to digest carbs
- Prioritise carbs at this time
- Smaller meal/snack with decreased fat, protein and fibre

## EXAMPLES



## EXAMPLES



## EXAMPLES



# PRE-GAME NUTRITION

- 30-60 mins before game
- Top up energy stores with easy to digest performance carbs
- Prioritise carbs
- These are low GI, take less time to digest and give you quick energy

## EXAMPLES



## EXAMPLES



## EXAMPLES



# PRE/INTRA- GAME NUTRITION

- 10-30 mins before game
- Additional top up of energy stores
- Prioritise carbs
- Low fat, protein, and fibre + quick carbs = immediate energy!

## SPORTS DRINK



## CONFECTIONARY



## FRUIT BITES





**Activity: Which snacks do you think are going to make it into your training bag?**



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# POST MATCH NUTRITION: 3 R'S OF RECOVERY

## REFUEL

Nutrient: **Carbohydrates**

- Replenish glycogen stores to prepare for next training session



## REPAIR

Nutrient: **Protein**

- Support the recovery and growth of muscles with a protein rich meal



## REHYDRATE

Nutrient: **Fluids**

- Replenish fluid lost during exercise



# KEY TAKAWAYS



## WHY WE NEED TO FUEL AND HYDRATE?

- To have the ability to perform at our best
- To avoid fatigue, decreased speed and endurance, lack of skill execution

## HOW CAN NUTRITION PLAY A ROLE IN PERFORMANCE?

- All 3 macronutrients (and micronutrients) play a role in how our body utilises energy and recovery
- Learning about pre/post exercise nutrition can help us to perform effectively



# Questions?



If you have further questions, don't hesitate to book in and find out more!

Email: [jess.fell15@gmail.com](mailto:jess.fell15@gmail.com)

To book a consultation:

<https://clientportal.powerdiary.com/clientportal/jfnutrition>

Available Mon 4-5pm, Thursdays 6-9pm



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