

5 easy steps that will guide your child to perform as a soccer athlete



SPORTI - TRANSFORMING LIVES

Soccer is the world's biggest sport and with so many people playing it from such a young age, the competition to out stand is immense.

Regardless of age or ability, becoming a better soccer player is something every parent wants for their children. The 5 easy steps we are about to describe will guide you to help your child perform as a soccer athlete. The beauty of most sports is there's always room for improvement, no matter how good they may already be.

Pre-season is the perfect time to prepare your child for the new season, and making the most of this time could be what elevates them to becoming better soccer athletes.

You may wonder how it is that excelled players get their skills.

There is one thing in common, **athletic performance**.

So thinking in developing youth soccer players as athletes is a must.

Let's get started with the 5 easy steps that I have followed with my own daughter and have helped her become a better version of herself as a soccer athlete.

1. Practice, practice, practice. Let your child know this is a long term road that requires dedication, commitment and practice. No matter what; rain or shine practice is on. Motivate your child to attend on time and self motivated, thrive them to do their very best each practice. Professional soccer players have one thing in common, started at a young age and *practiced* very hard, they became who they are now. Soccer athletes!

2. Increase fitness levels. Practicing aerobic and anaerobic exercise will help them increase their performance, providing them with the required fitness level to compete as an athlete. Never miss a training session. Each day is planned to develop a different skill.

3. Be a striker with your diet. As parents we are concerned on how balanced our daily diet should be. A child who is practicing soccer and wants to perform and become an athlete must consider a balanced nutritious diet.

- My suggestion are to prepare food from scratch. No fast food. Include in every meal: fruits, cereals, dairy, protein and nuts.

- Avoid foods that have loads of sugar as: Juice, Gatorade, sodas, candy, pastries.

- Prefer energy bars, water, nuts, fruits like apple, banana, orange, grapes.

► **One day nutritions diet example**

- Breakfast: 1 Scramble eggs, 1 slice of mozzarella cheese, 1 cup of milk. Lunch: chicken fajitas, 2 cups of veggies and 1 cup pasta or rice.

- Snack: 1 banana or apple, nuts

- After training: 1 orange or apple , energy bar.

- Dinner: 1 cup of greek yogurt with strawberries and gluten free cereal or granola.

- The formula is that you should combine in every meal 1 portion of protein (eggs, meat, chicken, turkey, pork, or vegetarian protein as beans, lentils, quinoa), 1 portion of carbohydrates (Cereal, bread, pasta or rice) 1 portion of fat (Nuts, avocado, olive oil, avocado oil, olive oil)

4. Stretch, rest and recover to prevent injuries. Workout sessions should be balanced with recovery sessions. The human body is a perfect balanced system, that needs to rest and recover, if not it'll be overexercised and cause injuries.

- To prevent injuries experts recommend: have a good night sleep (8 hours minimum), stretching (5 to 10 minutes after every practice) and resting once a week.

5. Be a good student. To become a soccer athlete you must also excel as a great student. This will open opportunities and possibilities for scholarships. Motivate your children to start at a young age practicing favorite sport, sign in for the school team and be disciplined at the same time with their school responsibilities.



Hope this guide helps you motivate your child and guide them through a life transforming process that will build their character, challenging them to become the very best version of themselves. As a mother it worked for me guiding my daughter through the process in becoming an athlete, and we are still learning.

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