

# The Need to Have a Good Plan for Recovery and Regeneration

US Youth Soccer Workshop  
NSCAA Convention  
Saturday January 16, 2016



# Session Objectives

- Educate coaches on the benefits of using low-fat chocolate milk postgame to help their team recover
- Encourage coaches to actively communicate the benefits of using chocolate milk as their postgame snack to their team parents, so the team adopts chocolate milk as their post-game drink







## Bill Stara

**Broomfield Soccer Club (CO)**

Director of Recreation & Academy Programs

Bill Stara is currently the Director of Recreation and Academy Programs for the Broomfield Soccer Club in Colorado. Prior to moving to Colorado, Bill lived in Maryland, where he was a high school coach, club technical director and the Technical Director for Maryland State Youth Soccer.

Bill started his coaching career as a high school coach in Columbia, Md., where he won a total of 14 state championships, seven each at Centennial and River Hill High School. Bill also compiled an impressive club-coaching resume, where he took four different club teams to the National Championship game. The Columbia KICK won the US Youth Soccer U-16 Boys National Championship in 1982. A few years later, the Columbia Jays won the U-19 Boys James P. McGuire Cup under his guidance.

After his success on the club level, Bill coached one year on the professional level before taking the position of Technical Director for the Soccer Association of Columbia and then the Loudoun Soccer Club. In 2008, Bill became the Technical Director for Maryland State Youth Soccer, where he was in charge of coaching education and Maryland US Youth Soccer ODP.

Bill has been an instructor for U.S. Soccer, US Youth Soccer and the NSCAA goalkeeping program. He holds an USSF "A" License, NSCAA Premier Diploma, National Youth License and TOPSoccer certification. He has served as a member of the FIFA World Cup Technical Study Group and the U.S. Soccer Women's Task Force Committee. This is the fourth time Bill has been a presenter at either the NSCAA Convention or the US Youth Soccer Workshop.







## Ralph Perez

University of Redlands

Head Men's Soccer Coach

During his eight seasons with Redlands, Perez has guided the team to four NCAA Championship appearances, including an Elite 8 finish in 2007 and a Sweet-16 finish in 2011. In December 2011, Perez was honored as the National Soccer Coaches Association of America (NSCAA) West Region

Coach of the Year. He has coached five SCIAC Players of the Year, and in 2009, one of his biggest success stories, Ross Schunk, signed a contract with the Colorado Rapids of Major League Soccer (MLS).

In January 2012, Perez was honored as the recipient of the Walt Chyzowych Lifetime Achievement Award. This exceptional award is considered to be the pinnacle of coaching honors in the United States.

A member of the NSCAA and the United States Soccer Coaches Organization (USSCO), Perez still remains affiliated with U.S. Soccer as a national staff coach and Olympic Development Program (ODP) coach.

Perez earned his Bachelor of Science from Oneonta State University in New York in 1973 and then completed some graduate work at Whittier College while serving as the Poets' head coach. A native of Long Island, New York, Perez currently resides in Redondo Beach with his beautiful wife, Marisa.







## Angel Planells MS, RDN

ACP Nutrition

Nutrition Consultant

Angel Planells MS, RDN, is a Registered Dietitian-Nutritionist located in Seattle, Wash. He is the owner of ACP Nutrition, a consulting business recently formed in 2015 helping to transform lives through health, wellness, and fitness.

Angel also works as a clinical dietitian with the Veterans Health Administration. He has been involved in the coaching side of the game for the past 17 years in New Orleans, La., New York City, and since he moved to Seattle four years ago. He currently carries the USSF "C" License and the US Youth Soccer National Youth License.





# Duration of Youth Soccer Matches

	Warm-up	Game Time	Overtime	Total Activity
U6	10-15 minutes	4 * 6 minute quarters (24 minutes)	None	35-40 minutes
U8	10-15 minutes	4 * 12 minute quarters (48 minutes)	None	60-65 minutes
U10	20-25 minutes	2 * 25 minutes (50 minutes)	None	70-75 minutes
U-11/U-12	30 minutes	2 * 30 minutes (60 minutes)	2 * 10 minutes (20 minutes)	90-110 minutes
U-13/U-14	30 minutes	2 * 35 minutes (70 minutes)	2 * 10 minutes (20 minutes)	100-120 minutes
U-15/U16	45 minutes	2 * 40 minutes (80 minutes)	2 * 15 minutes (30 minutes)	125-155 minutes
U-17/U-18/U-19	45 minutes	2 * 45 minutes (90 minutes)	2 * 15 minutes (30 minutes)	135-165 minutes



# Fueling Up for the Beautiful Game

- Timing varies by individual but most athletes are able to digest optimally
- Pre-game
  - 3-4 Hours before start
    - Avoid Fiber, Fat, Carbonated Beverages, and Alcohol





# Fueling Up for the Beautiful Game

- During Match or Training Session
  - Experiment and trial in session
    - Fruit - banana/orange
    - Granola bar





# Fueling Up for the Beautiful Game

- Post Match or Training Session
  - Muscles have a 60 minute window to refuel
  - When in doubt, drink chocolate milk
    - Adequate boost of dairy, proper Carbohydrate to Protein ratio (3-to-1) to help refuel and restore exhausted muscles
  - Eat a good meal within 2 hours





# Nutritional Challenges for our Soccer Players

- Youth Soccer Players = Tournaments
- College Players = Friday night match/Sunday match





# Soccer Tournaments/Far-Away Matches

- ✦ Plan ahead
  - ✦ Once you have schedule, plan out times between games
- ✦ Method of Travel
  - ✦ Plane - research airport for meals/snacks
  - ✦ Car - bring along healthful snacks on the road
- ✦ Research your destination
  - ✦ Look at restaurant and menu options
  - ✦ Go to grocery store and get snacks/beverages
  - ✦ Food storage options





# Soccer Tournaments/Far-Away Matches

- ✦ Pack healthful snacks
  - ✦ Non-perishable snack items - granola/energy bars, peanut butter crackers, snack-pack fruit cups, trail mix, nuts, string cheese
- ✦ Eating at restaurants
  - ✦ Ask for meats and vegetables to not be cooked in butter
  - ✦ Sauces, gravies, dressings on the side
  - ✦ Choose foods that are grilled, baked, or broiled (instead of fried)





# Fueling Tactics for Championship Performance

1. **Hydration** - dehydration equals poor performance (females ~ 2.7 liters per day, males ~ 3.7 liters per day)



2. **Eat Breakfast every day** - top off the fuel tank before taking on the day





# Fueling Tactics for Championship Performance

3. **Whole-grain carbohydrates** - rich in fiber and nutrients to fuel the body



4. **Proteins** - choose leaner cuts of meats, poultry, seafood, beans, peas, eggs, soy, nuts, and seeds





# Fueling Tactics for Championship Performance

5. **Fats** - choose healthful fats (i.e. olive oil, flaxseed, fish, avocados, nuts, and seeds)



6. **Experience the rainbow** (not talking about skittles) - try different fruits and vegetables





# Fueling Tactics for Championship Performance

7. **Minimally Processed Foods** - limit foods with added sugar, trans- and saturated fats



8. **Fuel your body for trainings/matches** - don't ever skip meals/snacks - consider nutrition as a part of your pre-game or you will already be losing before kick-off





# Fueling Tactics for Championship Performance

9. **Recover** - best window for recovery is 30-60 minutes post-activity; attempt to consume a balanced meal within 2 hours

10. **Sleep** - importance cannot be underrated - especially for a high-school, collegiate and professional soccer players; shoot for 6-8 hours to ensure proper recovery





Thank you



[USYOUTHSOCCER.ORG](http://USYOUTHSOCCER.ORG)