

A Soccer Player's Primer For Game Day

.....Starts with food & water

- The night before - eat pasta, cereals, bagels, bread rice, apples, oranges, bananas, potatoes, corn and peas. (**Food to avoid:** Steaks, hamburgers, hot dogs, eggs, French fries, donuts, chips & soda pop). Get plenty of rest – you will need it for the game.
- 3-4 hours before competition – fruit/vegetables juices, fresh fruit, vegetables, breads, cereal, low fat yogurt, pb&J or lean meat sandwiches + (2) 6-oz of high carbohydrate beverage
- 1 hour before competition – 1 6-oz high carbohydrate beverage, fresh fruits.
- During the game or practice – **Water!** Your body needs pure water.
- After game or practice – 8 oz. high carbohydrate beverage, baked potato, pasta, rice, bagel, and juices.

On game day.....

- Prepare your soccer bag: Make sure you have clean under-socks (help prevent blisters), shin-guards, clean team over-socks, cleats, home game jersey, away game jersey, under (wicking) shirt, club t-shirt, game shorts, under (sliding/wicking) shorts(must match your team color), clean towel, soccer gloves (seasonal/optional), pre-wrap (optional), water bottle filled with fresh, clean water and soccer ball.
- Dress well-before your departure time so you are relaxed and ready for the match. Take off any jewelry and leave that at home.
- Please arrive to the game field promptly according to the coaches instructions (30-1 hr. before game start).
- Come to the field totally prepared: dressed in uniform, under-socks, shin-guards and over-socks on. Be careful of your cleats – do not wear them on concrete! Wear 'slides/shower shoes' walking from the car to the field.
- Locate your team bench and place your soccer bag in an orderly fashion in a row behind the bench at least 5-ft. away from the touch line. Be courteous to your teammates and keep the area clean. Respect your clothing by placing your unworn apparel into your own bag.
- Immediately put on cleats and be ready for warm-up.
- Take out water bottle from bag and have it available for use by your soccer bag.

Warm-up!.....

- Follow the coach or captains instructions for stretches, runs and drills.
- At least 15-30 minutes before game time, listen for the Center Ref/Assistant Ref(AR) call for check-in. Please line up in a straight line in front of the ref. The ref will have your teams' player passes and will call out your name to make sure you are available for play – checking that you have shin-guards on and that you have cleats with proper studs. Any jewelry that you forgot to take off will be

asked to be removed. As you and your teammates are being called out, applaud following the name – get excited **as a team!**

▪ Euro Soccer Club home jersey color is red; away jersey is white. If you are playing at home and your opponent is wearing the same color jersey, it is the home team's responsibility to change jersey colors.

.....And before the game whistle:

- Listen to your coach attentively for any instruction or position placement.
- Before taking the field for play, take one last sip of water.
- If you are not starting the game, please remain attentive to the instructions and to the game.

Be ready for substitution. Be supportive of the game and your team by making positive comments.

▪ All players need to remain in control of their emotions regarding teammate play, opponent play and the refereeing of the game.

▪ As you enter and exit play, remember to drink water! Do not wander up and down the sideline when not engaged in play– always be ready for the coaches instructions.

Half-Time? It's very quick – 5 minute break.

▪ Let your coach know if you **need** to run to the nearest facility. Return quickly for half time instruction.

- Right before game resumes, do not forget to drink some water and stretch....

Game Over! Win, Lose or Tie.....

▪ Sportsmanship counts! Be courteous – do not complain or be overly joyous about the outcome.

▪ Line up in a column as a team and walk to the center of the field to shake the hands of your opponent – players and coaches. Turn next and shake the hands of the refereeing crew – they will be off to the side in the center of the field. Showing respect in this manner is retained by the opponent and the refereeing crew – honor the game and your club by leaving with a good reputation.

▪ Cool-down your body by doing a light jog across the field **as a team**. Applaud your spectators as you near the opposite side.

- Listen for your coach to make closing remarks before you walk away from the bench.

▪ Look around your team's bench – electively pick up disposables and trash and put in their proper receptacles. **This is everyone's responsibility!**

▪ Remember to pack up all your personal belongings; change out of your cleats and place back in your soccer bag along with your water bottle.

- Drink some high carbohydrate beverage to replenish your body's sugar and electrolyte levels.

▪ Walk **around** the field to join your family – even if there is not a game following – it protects and respects the field.

Player's Pledge of Performance

1. I will respect the club rules, public and private property, and all people with whom I come in contact. I will not bring unnecessary attention towards my group.
2. I will proudly wear Euro Soccer Club gear at all times while traveling with, and for, my team. My appearance is a reflection of, and on, the Euro Soccer Club organization. I will maintain a high standard of personal cleanliness and orderliness and will operate a clean and sanitary environment leaving whatever I come in contact with in as good or better condition than when I found it.
3. I will respect others at all times and be mindful of proper language and gesture usage. I will be courteous to my opponent and will not tolerate unsportsmanlike conduct.
4. I promise to keep a constant check on all members of the entire Euro Soccer Club team.
5. I promise to not compromise my physical performance by improperly caring for my nutrition or sleep requirements.
6. I promise to be gracious when winning and humble when losing. I will totally refrain from making negative comments about anyone or anything.
7. I will respect my coaches, teammates and game officials. Following the conclusion of the game, I will shake my opponents' hand and that of the official crew, thanking them for the opportunity to honor the game by playing.
8. I agree to be disciplined should I not keep any of the aforementioned promises.

Name: _____ Date: _____

Signature: _____

Copy to be kept by Team Manager

Parent's Pledge of Performance

1. I promise to get my child to practice and games on time. I understand that it can be embarrassing for my child to be late and that I may be putting him/her at risk by not providing adequate time for warm up. I will be on time to pick up my child from all games and practices. This shows respect for the coach, and it tells my child that he or she is my top responsibility.
2. I promise to use positive encouragement. I understand that the game is for the players and I will keep sports in the proper perspective.
3. I promise to reinforce ELM: E for Effort, L for Learning, and M for bouncing back from Mistakes. Winners are people who make maximum effort, continue to learn and improve, and do not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her self.
4. I promise to "HONOR THE GAME." I understand the importance of setting a good example for my child. No matter what others may do, I will show respect for all involved in the game including **coaches, players, opponents, opposing fans, and officials.** I understand that officials make mistakes. If the official makes a "bad" call against my team, I will "HONOR THE GAME" and be silent.
5. I promise to refrain from yelling out instructions to my child or to my child's teammates. I understand that this is the coach's job. I understand that games are chaotic times for children trying to deal with fast-paced action and respond to opponents, teammates and coaches. I will limit my comments during the game to **encouraging** my child and other players for **both** teams.
6. I promise to refrain from making negative comments about my child's coach in my child's presence. I understand that this plants a negative seed in my child's head that can negatively influence my child's motivation and overall experience.

I will honor the Parent Pledge in my words and actions

Name: _____ Date: _____

Signature: _____

Print Child's Name: _____