

NUTRITION: BUILD YOUR INNINGS

Nutrition is vitally important for health and performance on and off the field.

With long periods out at the crease or in the field, young cricketers may unintentionally under-fuel for what they need.

Don't be fooled - cricket requires more fuel than you might think.

Staying fuelled means staying sharp!



KEEP IT SIMPLE

- Eat regularly
- Do the basics well
- 3 main meals and 2 snacks
- Extra food for training/games
- Make meals up from all food groups
- Remember your carbohydrates
- Carry a drink bottle and hydrate



TOP TIPS

- Encourage your team to hydrate and eat something during small breaks
- Be proactive and use the downtime to eat and drink more.
- Pack extra food and snacks for a long day