



THE UNIVERSITY  
OF BIRMINGHAM

# Nutrition and Hockey Performance



## Before the Match / Training

- Eat a high carbohydrate meal 3-4 hours before the session – mixed Glycaemic Index (GI) (~300g).
- Drink 500-1000 ml of a sports drink or water 2 hours before.
- Eat a carbohydrate snack in the hour before (50-60g).

## During the Match / Training

- Aim to drink roughly 150-200 ml of a sports drink every 20 minutes.
- If you stop for drinks twice during a 2 hour training session, aim to drink at least 300-400 ml each time. Fluid intake should be increased on a hot day!

**Due to the nature of hockey, nutrition during the match may prove difficult to achieve! Therefore the following tips may help:**

- Drink 300-400 ml 5-15 minutes before the start of the game.
- Make use of any stoppages during the match i.e. substitutions, injuries etc.
- Drink a further 300-400ml at half-time.

**Do not attempt these strategies without having previously practised them in training to determine your personal tolerances!!**

## After the Match / Training

The first hour following exercise is vital for replacing the lost energy (carbohydrate)!!

- Aim to eat and/or drink 70-100g of carbohydrate in that hour – high GI.
- Repeat this every 2 hours or until regular meals continue.
- Drink enough fluid to replace 150% of your body weight loss from the exercise i.e. if you lost 1kg drink 1.5 litres.
- The addition of protein with the carbohydrate will also help recovery e.g. a chicken and pasta meal.
- To meet the dual goals of re-hydration and glycogen replenishment it is sensible to drink carbohydrate sports drinks.



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