Nutrition Education in Elite Youth Football

“Education is the most powerful weapon which we can use to change the world”

(Nelson Mandela)
Source

Educate

Deliver better educated, better prepared players to the first team every year!
Current Issues

- Youth/academy athletes consistently fail to meet elevated energy requirements

- Limited access to players

- Awkward & inappropriate timings

- Minimal time to impact choices or drive change

- Athletes lack fundamental understanding
Education Pathway

Foundation

Youth Development

Professional Development
Education Pathway

Start in the academy

*Align with Premier League EPPP*

**Fundamentals**

- Foundation
  - U9 – U11
  - Introduction to food groups, energy, macronutrients & fluid
  - Parent education

**Application**

- Youth Development
  - U12 – U16
  - Keeping up with elevated energy demands
  - Control body composition: gain muscle
  - Performance & recovery strategies
  - Menu planning
  - Cooking & shopping
  - Fending for ones self

**Transitioning**

- Professional Development
  - U17 – U23
  - Introducing first team strategies
  - Advanced fuelling & supplementation
  - Individual nutrition programmes
Mode of Delivery

- Combined large group, focus group, individual & practical sessions.

- Monthly group education.

- Weekly individual education.

- Pre & post nutrition knowledge questionnaire to monitor progression & evaluate curriculum.

- Insight informed decisions.
“Because teaching them something they already know is a waste of valuable contact time”
Educate

Insights:

Development and validation of a brief general and sports nutrition knowledge questionnaire and assessment of athletes' nutrition knowledge

Performance

Recovery

Fuel

Build

Rest

Hydration

Body Composition

Knowledge

Cooking

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

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# Educate

## Insights:

<table>
<thead>
<tr>
<th>Category</th>
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<tbody>
<tr>
<td>Performance</td>
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<tr>
<td>Recovery</td>
<td>Green</td>
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<tr>
<td>Fuel</td>
<td>Yellow</td>
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<tr>
<td>Build</td>
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<td>Hydration</td>
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</tbody>
</table>

![Image of people and chart](image1.png)

![Image of people and laptop](image2.png)

![Image of person cooking](image3.png)
Educate

Educating footballers is extremely challenging. Using innovative, entertaining, ‘outside the box’ methods is essential.
Educate

**Labels, posters, infographics (all facilities)**

*Cooking lessons/demo’s & supermarket tours*

*Group presentations (focus & full squad) & individual consultations*

*Short videos (facility TV, social media & WhatsApp)*

*What are the 3 “R’s” of recovery?*
Questions?