



NAME/DATE: \_\_\_\_\_



"EATING TO IMPROVE"

**HYDRATION**

Before a game (3 - 4 hours before) drink 5 to 7 ml of liquid per kg of weight (for 65 kg, consume 455 ml of liquid).

**HYPOHYDRATION & PERFORMANCE IN TEAM SPORTS**

**SOME INDIVIDUALS AT MORE RISK THAN OTHERS?**



Calculate how much liquid you should consume before a game.

Do you drink what is indicated?

How much do you need?

What must you do to reach the goal?



• **COACH SOLUTIONS:**

**Groups:**  
Pairs

**Dynamic:**

The information is read aloud and then in pairs, each player performs the activity with the data for their partner. When they are finished, the results are discussed out loud. Try to get each partner to speak once.

• **COACH SESSION NOTES:**