

KEEPING FIT LIKE A CHAMPION

Soccer champions like Manchester United's Ruud van Nistelrooy and Roy Keane know that they have to eat a well-balanced diet every day, not just when they play. At game time they have to eat and drink the right things at the right times and prepare their bodies by warming up.

These tips will help you be at your best and prepare your body to play like a champion.



Eat Like a Champion

- Eat a well-balanced diet every day of the year—game or no game.
- Always eat a healthy meal that includes 75-200 grams of carbohydrates two to four hours before a practice or match.
- Don't eat anything less than half an hour before the start of practice or a game or less than an hour after it. You can eat a snack of 20-50 grams of carbohydrates 30 minutes before exercise—especially if you didn't have a healthy meal earlier.
- An hour after a match, eat a meal that includes 150-200 grams of carbohydrates to get back your energy.

Here are some good things to eat two to four hours before exercise:

- sandwich with 3 ounces of lean meat, piece of fruit, water (8-16 fl oz)
- pasta (1.5 c) with tomato sauce (.5 c), whole grain bread (1 pc), water (8-16 fl oz)
- cereal (1-1.5 c) with milk (8 fl oz), fruit (1 pc), water (8-16 fl oz)
- bagel (1) with peanut butter (1 tb) and honey (1-2 tb), fruit (1 pc), water (8-16 fl oz)
- English muffin (1) with honey (2 tb) and low-fat yogurt (8 oz), water (8-16 fl oz)

30 minutes before exercise:

- Honey Energy Bar: Find the recipe for this energy-boosting snack at www.honey.com
- Honey Applesauce Swirl: To make, stir 2 teaspoons honey, or more to taste, into a single-serving unsweetened applesauce snack pack.
- Honey Pretzel Dipping Sauce: Whisk 1 tablespoon of your favorite mustard together with 1 cup honey. Makes enough dip for 8 servings of 20 small pretzel twists.

After exercise:

- sandwich with 3 ounces of lean meat, fruit (1 pc), pretzels (2 oz), juice or skim milk (8 fl oz)
- pasta (1.5 c) with tomato sauce (.5 c), whole grain bread (2 pc), juice or skim milk (8 fl oz)
- cereal (1 c) with milk (8 fl oz), fruit (1 pc), toast with honey (1-2 tb)

- bagel (1) with peanut butter (1 tb) and honey (1-2 tb), fruit (1 pc), juice or skim milk (8 fl oz)
- 3 ounces lean meat, potatoes (1 c), cooked vegetables (1 c), juice or skim milk (8 fl oz)

Hydrate Like a Champion

- Don't forget to drink before, during, and after playing.
- Bring your own water bottle when you go to the playing field.
- Don't stay on the field if anything hurts or you start feeling sick.
- Drink 16-20 ounces of water or a sports drink during the two hours before activity.
- Drink 4-6 ounces of liquid during exercise.
- Drink at least every 15 minutes, even if you do not feel thirsty.
- After exercise, drink 24 ounces for every pound of body weight lost by sweating.
- Watch for the warning signs of dehydration: thirst, irritability, headache, weakness, dizziness, cramps, nausea, and decreased performance.

Warm Up Like a Champion

- Always warm up mentally and physically before exercise or play.
- Focus your thoughts on the task at hand—doing your best at the game.
- Communicate with your teammates.
- Start with aerobic exercises—perhaps fast walking.
- Go on to jogging.
- Lead the team in dribbling the ball.
- Stretch specific muscles used in your sport—for soccer, stretch hamstrings, quadriceps, and calves and rotate ankles.
- Slowly rotate neck and shoulders.
- Stretch from the waist up, then down, and to each side.
- Stop at any point if you feel pain.

Keeping fit is what professional champions do to reach the height of their game. See them in action on the new Manchester United *Play Like Champions* Official Skills Series DVD, available at www.bbcamericashop.com or wherever DVDs are sold.

CHAMPIONS ARE GOOD SPORTS

Bad sportsmanship may slow down or even stop a match. Even worse, it can cause injuries. It turns competition into combat, spoiling the atmosphere on and off the field.

During a match, players like those on Manchester United observe clear rules enforced by the coach and the referee. Team members are supposed to play by the rules and keep playing even if they believe they've been treated unfairly.



Do the rules apply to you?

- | | Yes | No |
|--|--------------------------|--------------------------|
| 1. If the referee calls you for tripping an opponent, do you yell at the referee? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. If a decision goes against you, do you take revenge in your method of play? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. If a teammate starts to fight with an opponent, do you try to break it up? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. If you think the referee made a wrong call against you, do you raise your arms, stamp your feet, make faces, and try to get the crowd on your side? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. If the referee calls another player on your team offside, do you argue? | <input type="checkbox"/> | <input type="checkbox"/> |

The only answer that should be yes, is number 3.

Are you a good sport?

- | | Yes | No |
|--|--------------------------|--------------------------|
| 1. When the coach doesn't put you into the game, do you cheer for your team from the bench? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. When the coach takes you out of the game, are you angry with him? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. If the opposing player you are guarding catches you off-balance and makes a spectacular goal, do you congratulate him or her? | <input type="checkbox"/> | <input type="checkbox"/> |

- | | | |
|--|--------------------------|--------------------------|
| 4. If your team's goalie misses an easy interception of a goal, do you yell at him or her? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. If your team loses the game, is it because the other team had an unfair advantage? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. If your team loses the game, is it because the referee was unfair? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. If your team loses the game, do you congratulate the winners? | <input type="checkbox"/> | <input type="checkbox"/> |

Your answers should be: 1-Yes, 2-No, 3-Yes, 4-No, 5-No, 6-No, 7-Yes.

Follow the player's code

1. Play for the sake of playing a game, not just to please a parent or coach.
2. Always give your best effort and work as hard for your teammates as you do for yourself.
3. Treat all players as you would like to be treated.
4. Be a team player and don't show off or hog the ball.
5. Be a good sport and acknowledge good plays whether they are made by your team or your opponents.
6. Abide by the rules of the game.
7. Cooperate with coaches, teammates, opponents and the referee.
8. Never argue with or complain about referee calls or decisions.
9. Control your temper when you feel you have been wronged.
10. Remember that the object of the game is to win, but the goal is to enjoy yourself.

This player's code is derived from the American Youth Soccer Organization (AYSO) curriculum.

If your child is interested in playing soccer with AYSO, please call 1-800-USA-AYSO or visit www.soccer.org.

Good sportsmanship is the only answer on the new Manchester United *Play Like Champions* Official Skills Series DVD, available at www.bbcamericashop.com or wherever DVDs are sold.

PARENTS CAN MAKE KIDS FEEL LIKE CHAMPIONS

Good sportsmanship on the sidelines creates a fun atmosphere at soccer games and other team sports. Unfortunately, sometimes adults rooting for their child become over-emotional and forget about fair play. Take this sheet home to your parents or guardians. Discuss it with them and post it in a prominent place. Sign your name at the bottom and have your parents or guardians sign theirs as a promise to honor the rules of sportsmanship.



Here's how I can help my child play a great game:

- 1. I will attend and participate in team parent meetings.**
- 2. I will be on time or early when dropping off or picking up my child for a practice or game.**
- 3. I will try to ensure my child is supported and encouraged by family or loved ones at games.**
- 4. I will encourage my child to have fun and keep sport in its proper perspective.**
- 5. I will define winning for my child as doing his/her very best.**
- 6. I will try to learn the rules of soccer and support the efforts of referees.**
- 7. I will honor the game and show respect for all involved including coaches, players, opponents, spectators and referees.**
- 8. I will applaud and encourage players from both teams and not yell out instructions.**
- 9. I will not make negative comments about the game, coaches, referees or players in my child's presence.**
- 10. I will encourage others to refrain from negative or abusive sideline behavior.**

Player's name _____

Parent's name _____

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Skills, fitness and nutrition as well as inspirational thoughts and advice from Manchester United's head coach Sir Alex Ferguson are all available on the new Manchester United *Play Like Champions* Official Skills Series DVD, available at www.bbcamericashop.com or wherever DVDs are sold.

KNOW THE MOVES OF CHAMPIONS



Soccer requires players to learn unique skills and to practice them, again and again. Practice makes perfect, and builds confidence. When players are confident in their skills, they make the right decisions about how to use these moves most effectively. On the new Manchester United *Play Like Champions* Official Skills Series DVD, first-team players like Roy Keane, Ryan Giggs and Ruud van Nistelrooy, as well as world-famous coach Sir Alex Ferguson, teach the following soccer techniques to the young students at Manchester United's training school.

Here are the moves:

- The Step Over
- The Inside Hook
- The Cruyff Turn
- The Matthews
- Roll Across
- Inside Receive and Turn
- The Stop Turn
- The Inside Out
- The Drag Back
- The Scissors
- The Roller Coaster
- The Flick Behind

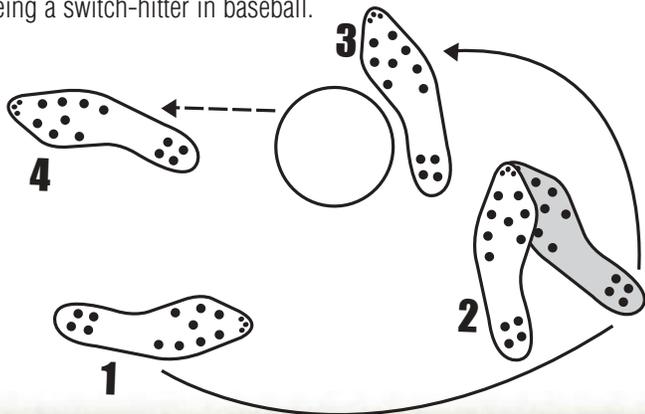
Do you know them? In case you're not sure, here's a step-by-step description of the first two:

Part A. The Step Over—used to avoid an opponent by changing the direction of the ball.

This move has four parts:

1. Plant one foot about 8 inches behind the ball.
2. Swing other kicking foot over and around the ball.
3. Bring non-kicking foot alongside the ball, parallel to other foot and about 10 inches to the side.
4. With that same foot, take the ball away.

Can you do it? How about starting with the other foot? Soccer players have to be able to maneuver the ball from either side, like being a switch-hitter in baseball.

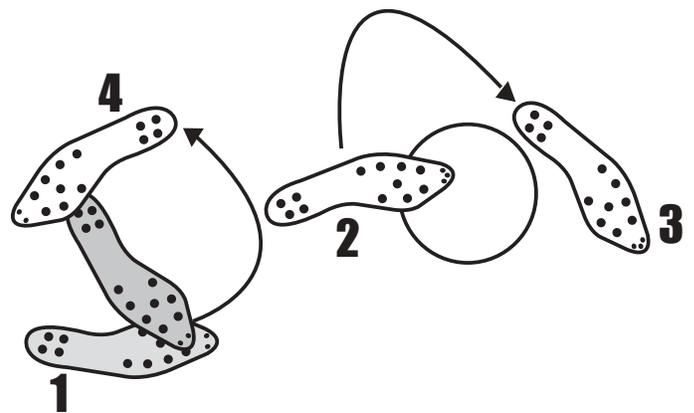


Part B. The Stop Turn—used to turn 180 degrees with the ball when an opponent is trying to take the ball away.

This move has four parts:

1. Plant non-kicking foot beside the ball.
2. Place kicking foot on top of the ball.
3. Roll the ball backwards, plant your kicking foot behind the ball, and turn your body.
4. Take the ball away in the opposite direction.

Can you do it? It's a great way to get out of trouble when a defender is keeping up with you. Don't begin the move until the last possible moment—to throw the defender off stride and keep him running in the wrong direction.



Learn how the pros do all 12 soccer moves on the new Manchester United *Play Like Champions* Official Skills Series DVD, available at www.bbcamericashop.com or wherever DVDs are sold.