

# Pre-Practice Power-Up — Print Handout

A one-page handout showing athletes how to fuel before practice in 3 simple steps. Perfect for locker room posting.

**ACCESS**  
Free resource

**AUDIENCE**  
athlete

**READ TIME**  
3 min

**AUDIENCE**  
Athlete

## WHY THIS MATTERS

⇒ This is a print-ready visual handout.



# Pre-Practice Power-Up — Print Handout

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## QUICK START

### Start here

A one-page handout showing athletes how to fuel before practice in 3 simple steps.

#### IF LUNCH WAS LIGHT

##### Use an easy carb plus a little protein

- A banana with peanut butter, crackers with cheese, or yogurt with fruit all work.
- Keep fat and fiber moderate so the snack clears quickly.

#### IF PRACTICE STARTS SOON

##### Go lighter, not empty

- Choose fruit, applesauce, granola bars, or sports drink if time is short.
- A small snack still beats walking into warm-up under-fueled.

#### IF PRACTICE RUNS LONG

##### Bring a second snack for the back half

- Two-a-days, lifting, or 2+ hour sessions often need mid-session fuel.
- Pack crackers, bars, fruit snacks, or pretzels in the bag.

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## OVERVIEW

### What this resource is helping solve

A one-page handout showing athletes how to fuel before practice in 3 simple steps.

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- handout
- printable
- pdf

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## Timing

#### \*\*60 MIN OUT

\*\* banana + PB

#### \*\*30 MIN OUT

\*\* applesauce pouch or granola bar

#### \*\*DURING

\*\* Under 60 min = water only • Over 60 min = sports drink

**\*\*AFTER**

**\*\* Recovery snack within 30 min**

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## Common Mistakes

— Luke Rodriguez, MS, RDN

**Going straight from school to practice on an empty stomach**

**Eating a full meal 15 minutes before practice**

**Relying only on an energy drink for "fuel"**

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## Do This Now

**Eat a carb-rich snack 30–60 min before practice**

**Drink 16 oz water with your snack**

**Avoid high-fat or high-fiber foods right before**

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### QUICK REFERENCE

## Key targets to keep in view

Use these as planning anchors when you turn the manual into weekly actions.

### 30-90 MIN

best snack window

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Treat this as a decision anchor, not a trivia stat.

### CARBS FIRST

protein is secondary

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Treat this as a decision anchor, not a trivia stat.

### LOW FIBER

keep the gut calm

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Treat this as a decision anchor, not a trivia stat.

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### COACH TAKEAWAYS

## Use this with athletes

These are the cues worth repeating before the week gets busy.

30 minutes: Fruit, applesauce, sports drink.

Keep it light and low fiber.

60-90 minutes: Granola bar plus banana.

Yogurt plus crackers or toast.

Do not do this: Nothing all afternoon.

Huge high-fat meal right before training.

## TAKEAWAY

### Coach bottom line

A small pre-practice snack is often the difference between surviving practice and training well.

- Ask athletes what they ate in the hour before practice today, then fix the empty answers first.

## COACH CUES

### Field reference

Use these short cues when you need to turn the manual into a quick conversation or decision.

#### PRIMARY FOCUS

Printable Handouts

A one-page handout showing athletes how to fuel before practice in 3 simple steps.

#### THIS WEEK'S CUE

Ask athletes what they ate in the hour before practice today, then fix the empty answers first.

Use this sentence in the next team conversation.

#### KEY THEMES

handout • printable • pdf • pre-practice snack

These are the anchors to reinforce, not the entire lecture.

#### BEST FOLLOW-UP

Open the handout with your team

Use the printable handout to keep the message simple.

## WHAT TO DO NEXT

### Use it this week

Ask athletes what they ate in the hour before practice today, then fix the empty answers first.

#### BOTTOM LINE

A small pre-practice snack is often the difference between surviving practice and training well.

Source topics: handout • printable • pdf • pre-practice snack • before practice fueling