

Game Day

There are many factors that can influence and athlete on game day. Although some of these factors are unavoidable, it is up to you to create a game day routine that enhances your potential for success regardless of outside factors.

To prepare for game day, your mind and body must be well rested. Therefore, game preparation actually starts the night before a game. Plan your time accordingly so that you get 8 hours of sleep on any night before a game.

Prior to the game distance yourself from all external distractions and concentrate on what you need to do during the game. All players differ in the amount of time they need to focus, but you should put aside at least 30 minutes to really focus on the game. Close your eyes and practice free shots. See your self driving to the basket and scoring. See your self playing perfect defense. Regardless of what you do, don't underestimate the value of mental preparation.

Dietary preparation begins the night before with a good dinner. The morning of a game, make sure to eat a healthy breakfast like bagels, pancakes, waffles, oatmeal, non-frosted cereal, fruit, juice, or milk. When it comes to lunch, you need to avoid fast foods you should try to include pasta, bread, and fruits. Avoid red meat or junk food for dinner. Regardless of what you eat. Make sure you give yourself two hours to fully digest before game time. If you need a snack before the game fruit is a good choice. Try bananas and oranges they will give you more energy.

Did you know that you can lose enough water through sweat to affect your performance during a game? You need to drink about 10 glasses of water during the day before game time. Prior to the game, consume 12 to 16 ounces of a sports drink as well. Hydration remains a key consideration, as basketball players you can lose over a quart of water in sweat per hour. With a loss of water as little as 2 percent of your weight, muscle function can be affected, and higher rates of water loss can increase the risk of a heat related illness. To prevent this, drink 5 to 10 ounces of water or a sports drink every 15 minutes during the game.

In a fast paced game you can run 5 miles. Now is the time to train your self to not only be a player but a champion. The biggest different between players and champions is game preparation. The question to you will you have what it takes to go into double overtime and have what it takes to stay on the floor to the end? Now is the time to get your self ready.

You can not borrow from tomorrow the price you have to pay today.

Do not miss your moment in time because you did not prepare.