

Enhancing Your Walking Football Performance

Prior to tournament (weeks out)

1. Try to increase the number of walking football games you play
2. Increase aerobic activities - brisk hiking, climb stairs, bike riding, swimming
3. Exercises - particularly hip extension such as back leg raises that simulate shooting
 - thoracic (upper and lower back) twists - lie on side and twist arms and legs
 - stretch your calf and hamstrings

Prior to tournament (days out)

1. Reduce/taper off physical training quantity and don't over-extend your training/games time
2. Any walking/running should be done on grass and not road/concrete

On and during the tournament

1. Eat a meal with complex carbohydrate and lean protein at least 3 hours prior to the first game.
2. Eat a granola bar or banana 30-60mins before kickoff.
3. Take time before each match to deliberately stretch and warm up your muscles
4. Take time to tune in to your mental performance state - think about your body and state of mind
5. Don't forget to drink lots of fluid at half time and during breaks
6. Avoid exposure to the sun (wear a floppy hat where possible)
7. Avoid the temptation to lie down or stand still at half time or while in reserve (unless there is a long lag before the next game)
8. Ensure you play each game with your safety and the safety of others in mind.



On completion of each individual tournament game or at the end of the tournament

1. Put on a jacket or a top to keep warm (no matter what the weather)
2. Refuel and re-hydrate - water/electrolyte/minerals, nuts and raisin, granola bar
3. Avoid the temptation to lie, sit down or stand still (unless there is a long lag before the next game)
4. Keep moving and walk around for 15mins or more at the end of the match to dissipate lactic acid in muscles
5. If possible have a hot/cold contrast bath/shower when you get home to increase circulation and decrease leg soreness the next day.
6. Resist the temptation to drink alcohol for a couple of days.
7. If you have suffered an injury get it seen to medically asap - don't leave it thinking it will heal with time.



We would love to hear about your experience(s), your thoughts, your comments.
Send your response to: info@walkingfootballbrisbane.com.au