

Abstract

Title: Nutrition in soccer

Objectives: The main aim of this study was to gather available information about nutrition in soccer. Another goal was to create a daily diet and to describe how to create an individual daily diet for a soccer player.

Methods: This bachelor thesis was carried out as a review. For gathering the relevant information connected with the topic, scientific and popular educational literatures were used.

Results: A brief overview of the possibilities of nutrition in soccer with a model daily diet and a guide on how to create this diet individually were presented.

Conclusion: Currently, there is probably no universal diet plan that would work ideally for all players. However, special care should be taken of the individual approach and, above all; the individual health status should be considered.

Keywords: sports nutrition, daily diet, individual approach