Post-game recovery should begin immediately after with a light “warm down”. This may be in the form of a light jog or light movements from a dynamic warm up. This could include “butt” kicks, forward and backward skips and side to side shuffles. Take ten to fifteen minutes and do these at a slow and steady pace. If you are feeling sore the next day, that is a result of micro-tearing and inflammation. Not lactic acid. This is also known as delayed onset muscle soreness (DOMS). Soccer fitness is greatly affected by post game nutrition. It is vital that immediately after the cool down either a meal or shake containing protein and carbohydrate be consumed immediately. If this does not occur, the body will break down protein not fat, for energy.  You must get at least eight hours of sleep. Your body does most of its post-game recovery while you sleep. The body is at rest and is able to repair itself from damage done during the game. If you do not get enough sleep the body releases a hormone called cortisol. It breaks down protein for energy instead of fat. If this occurs over a long period of time your muscles lose strength, your immune system drops and your body gets weaker. Keep in mind that your [**post-game recovery**](http://f236dav3orkjgk9dv9r9tmrl0p.hop.clickbank.net/) is only as good as what you do during the week for your soccer fitness.

1. Rehydrate during games, you sweat, and when you sweat, you lose two important substances that your body needs: water and selected minerals called electrolytes (the stuff that makes sweat taste salty).

After games, you need to put these substances back into your body, in a little greater amounts than what you lost, sooner rather than later. Until you rehydrate, your body will have a hard time keeping cool and you may be prone to cramps and other problems.

Drinking water is just a start because it does not contain electrolytes. You're better off drinking a sports drink that has both water and electrolytes. Try to drink at least 12 ounces of sports drink in the first half-hour after the game ends. If it's a hot day, you may need to drink even more.

The goal is to drink 1.5 pints for every pound of weight lost over the next 24 hours, before the next workout.

2. Re-energize you also burn a lot of energy fuel during games. The main energy fuel used in high-intensity sports like soccer is carbohydrate, which is stored in your muscles, liver, and blood. The human body cannot story very much carbohydrate. In a hard game, you can easily burn most of the carbohydrate fuels in your body.

It's important to quickly replace this carbohydrate. Until you do, you will not have much energy. Most sports drinks contain carbohydrates, so a convenient way to put energy back into your body is to get it from the same place you get your water and electrolytes.

You can also get carbohydrate from foods like fruits, breads, starches and certain vegetables. Muscles refill with carbohydrate the fastest immediately after exercise. Don't wait even as little as two hours after exercise to start, as the rate of refilling becomes slower.

3. Rebuild your muscles are mostly made of proteins. During games, some muscle protein can be damaged; this is a main reason your legs feel sore and weak after games. The good news is that your body is able to build new muscle proteins at two to three times the normal rate after hard exercise. All you need to do is supply the building blocks -- protein -- to do the job in the first couple hours after the game is over.

Most sports drinks do not contain protein, but some of the new ones are adding it. Using a sport drink with protein is a good way to go because of the convenience. You can get the water, electrolytes, carbohydrate, and protein you need for recovery all from one source.

You can also get protein from foods like meat and cheese, but these foods also tend to be high in fat. When you eat a lot of fat after hard exercise, or even too much protein, it takes longer for the nutrients to get through your system to your muscles. This slows down the whole recovery process.