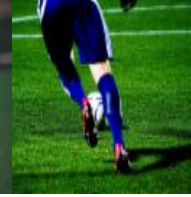




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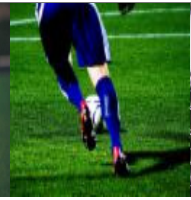


# PREPARING ON MATCH DAY





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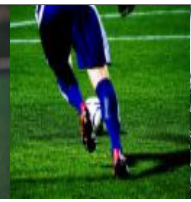


**“If Fail to Plan, then You Plan to Fail”**





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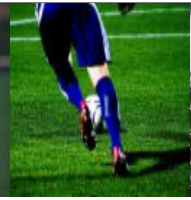


# What do you do to prepare on Match Day?





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## What do you do if your match is at 2.00pm:

- The night before?
- Nutritional intake?
- Psychological preparation?
- Equipment / Gear checklist?
- Relaxation prior to your match?
- Others?

