

TTI SOCCER SMOOTHIE SUGGESTIONS

Define | Develop | Recover | Defend



MESSAGE FROM TTI SPORTING DIRECTOR



TTi Membership,

In recent months we have focused our efforts into sessions on the field serving players efficiencies and deficiencies, given them the best instruction possible.

In conversations with players, parents and colleagues alike we became aware, through listening that there was a need in education off the field.

This booklet, put together by Sarah Gifford and endorsed by Angel Plannels MS, RDN is exactly the sort of education we believe instrumental to a players development and continued success.

This is the first in a series of booklets and informational material designed for this purpose.

Define, Develop, Recover & Defend!

Lee Cullip
TTi Sporting Director

FOREWARD



“As a Registered Dietitian and soccer coach, I encourage my athletes to get fueled up with the best foods possible for optimal performance. Smoothies can be a great source of fuel as well as a quick and simple way to get fruits and vegetables for your athlete. Enjoy and experiment with the flavors, and best of luck on the soccer field.”

Angel Planells MS, RDN – ACP Nutrition

Angel Planells MS, RDN, is a Registered Dietitian-Nutritionist located in Seattle, Wash. He is the owner of ACP Nutrition, a consulting business recently formed in 2015 helping to transform lives through health, wellness, and fitness.

Angel also works as a business/financial consultant for Dietitian Consulting Services, and serves as a National Media Spokesperson for the Academy of Nutrition & Dietetics. He has been involved in the coaching side of the game for the past 20 years in New Orleans, La., New York City, and Seattle, WA. He currently carries the USSF “C” License and the US Youth Soccer National Youth License.



ABOUT TTI

Founded in 2015, The Technical Institute (TTi Soccer) is a multi faceted soccer program based out of Houston, Texas.

In 2017 TTI added the top of our developmental pyramid, the WPSL. The Bluebonnets were three-peat conference champions in 2017, 2018, and 2019.

Here at TTI, we whole-heartedly believe in our philosophy in players long and short term development in the game of soccer. Our Professional and experienced approach to educating the youth soccer community in Houston is something that will help guide young players through their youth development from the age of 5 years right up to the post collegiate play.

Individual Attention, Professional Approach, Quality of Instruction, Information Given, Experienced Advice, College and Professional Contacts as well as a Teachers and Educators Approach to your development both short and long term.

Open yourself to develop in program that is specific to your goals. Develop yourself, build your technical and tactical literacy through the extra work every player requires from Youth to Pro to be their best. The attention to detail the TTI Staff prides itself in will help you to become the player you envision yourself as.

TTi Soccer is designed and dedicated specifically toward getting the absolute best out of each and every player.

INTRODUCTION

The best smoothies for pre and post-training and/or playing is to include a mix of healthy protein and carbs. Smoothies make an ideal snack or meal before and/or after you exercise since they are portable, endlessly customizable, and will give you a boost without making you feel overly full. For best results, drink up at least one hour before starting your workout. Some of these you can even drink half before your workout and finish the rest afterward. And while smoothies have the added benefit of helping you hydrate, always remember to drink plenty of water as well.

Pre-Match Smoothie

Nearly every athlete has a pre-match nutritional ritual. In this booklet we focus only smoothies. No matter what your ritual is, there's at least one pre-training fuel smoothie in here that you should try. It's nutrient-packed, easy to digest, low-risk for stomach issues, and easily customizable.

Post-Match Smoothie

It is important to properly fuel your body after exercise/match. Similarly to your pre-game smoothie, you want to have something with protein and carbs following your exercise. With smoothies, players will feel full, fueled, and light. Players stomachs will not be bogged down and their stomachs will be able to digest and absorb quickly.



PRE-GAME SMOOTHIES

Banana Peanut Butter

What you will need:

Blender

1 Frozen Banana

1 Cup of Ice

1 Cup Milk of Choice

2 Tbs Nut Butter of Choice

Optional: Scoop of Protein Powder, Cinnamon

Blend all ingredients until smooth. Add more ice or milk if you desire a different consistency.



Berry Blast

What you will need:

Blender

.5 Cup Raspberries

.25 Cup Blueberries

.5 Cup Milk of Choice

1 Cup Ice

Optional: Scoop of Protein Powder, Vanilla

Blend all ingredients until smooth. Add more ice or milk if you desire a different consistency.



Green Drink

What you will need:

Blender

1 Frozen Banana

1 Cup of Ice

1 Cup Milk of Choice

1 Handful Spinach

1 Tbs Ginger

Optional: Scoop of Protein Powder, Lemon

Blend all ingredients until smooth. Add more ice or milk if you desire a different consistency.



Reece's Cup

What you will need:

Blender

1 Frozen Banana

1 Cup of Ice

1 Cup Milk of Choice

1-2 Tbs Coco Powder

Optional: Scoop of Protein Powder

Blend all ingredients until smooth. Add more ice or milk if you desire a different consistency.



Strawberry Banana

What you will need:

Blender

6-8 Strawberries

.5 Frozen Banana

.5 Cup Milk of Choice

.5 Cup Ice

Optional: Scoop of Protein Powder

Blend all ingredients until smooth. Add more ice or milk if you desire a different consistency.

Island Breeze

What you will need:

Blender

.5 Cup Pineapple

.5 Cup Mango

.5 Cup Milk of Choice

1 Cup Ice

1 Handful Spinach

1 Tbs Ginger

Optional: Scoop of Protein Powder, Lemon

Blend all ingredients until smooth. Add more ice or milk if you desire a different consistency.



POST-GAME SMOOTHIES

Tropical Drink

What you will need:

Blender

1 Cup Peach

.5 Cup Mango

.5 Cup Milk of Choice

1 Cup Ice

Optional: Scoop of Protein Powder

Blend all ingredients until smooth. Add more ice or milk if you desire a different consistency.

Apple Sauce

What you will need:

Blender

.5 Cup Frozen Banana

1 Apple

.5 Cup Milk of Choice

1 Cup Ice

Optional: Scoop of Protein Powder, Cinnamon

Blend all ingredients until smooth. Add more ice or milk if you desire a different consistency.



PRE-GAME SMOOTHIES

Avocado Goddess

What you will need:

Blender

.5 Cup Frozen Banana

.5 Avocado

.5 Cup Milk of Choice

.5 Cup Ice

1 Handful Spinach

Optional: Scoop of Protein Powder

Blend all ingredients until smooth. Add more ice or milk if you desire a different consistency.

A photograph of three glasses filled with different colored smoothies (green, orange, and beige) with clear straws. The glasses are on a white surface. The background is a light, textured wall.

Oatmeal Drink

What you will need:

Blender

1 Frozen Banana

.25 Cup Old Fashioned Oats

.5 Cup Milk of Choice

1 Cup Ice

1 Tsp Cinnamon

Optional: Scoop of Protein Powder, Honey

Blend all ingredients until smooth. Add more ice or milk if you desire a different consistency.



PRE-GAME SMOOTHIES

Dreamsicle

What you will need:

Blender

1 Orange

.5 Frozen Mango

.5 Cup Milk of Choice

1 Cup Ice

Optional: Scoop of Protein Powder

Blend all ingredients until smooth. Add more ice or milk if you desire a different consistency.

Orange Drink

What you will need:

Blender

2 Cups Carrots

.5 Frozen Banana

.5 Cup Pineapple

1 Tbs Ginger

.5 Cup Milk of Choice

.5 Cup Ice

Optional: Scoop of Protein Powder, Turmeric

Blend all ingredients until smooth. Add more ice or milk if you desire a different consistency.





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