



THE SPHERE OF THE SOURCES FOR ENERGY AND OF THE MEANS FOR RENFORCING IN FOOTBALL

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If the footballers have a rich nourishment in carbohydrates, she has an positive effect on the capacity of them biological performance. The footballer who is good trained, has a big concentration of glycogen in muscle, if the meal after the last training before the game contains a big proportion of carbohydrates. Also, the footballers can to use in excess the vitamins A, C and E, with the justification that they are capable to stop the fortuitous frequency of the free radicals who oxidize and who work in the same kind as the antioxidants. In the view of the reinforcing after effort, the footballers have at disposition a series of natural means: the aerobic activity; the therapy through extent (stretching); the total rest, as well as a series of physiotherapeutical means: the massage; the therapy at warm; the therapy at cold; the cold-warm

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