

NUTRITIONAL TACTICS FOR BASKETBALL

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Optimal nutrition in basketball hinges not only on choosing the right types of nutrients – specifically carbohydrates and proteins – but also on determining the correct amounts and the optimal timing of their intake. This strategic approach is crucial for effective recovery. During games, players endure intense physiological challenges. Moreover, the physical demands placed on players are shaped by intrinsic factors such as game position, player level, experience, gender, and age, as well as extrinsic factors like the frequency of matches and training sessions. These complex and varied elements demand highly precise, specific, and customized nutritional strategies.

Focus on energy needs

During a game, a basketball player's energy requirements are substantial, shaped by factors such as the duration and intensity of play, as well as individual physiological characteristics. Players frequently surpass the Maximum Lactate Steady State (MLSS), which highlights a significant dependence on anaerobic energy pathways. This dependence necessitates swift replenishment of energy stores post-game to prevent a decline in performance in subsequent matches.

Focus on glycogen restorage

The timing of carbohydrate intake is pivotal in the recovery process. Consuming ~100g of carbohydrates within the first 30 minutes post-game is crucial for significantly enhancing glycogen synthesis. Players should aim to consume approximately 1.2g/kg of carbohydrates 2-4h after the game. This initial intake should be followed by regular carbohydrate consumption throughout the next 24 hours to fully replenish glycogen stores and prepare the body for subsequent physical demands.

Focus on muscle recovery

The consumption of 20-25 grams of high-quality protein shortly after the game is essential for effective recovery. This practice aids in muscle repair and helps prevent protein breakdown. To further promote muscle repair and growth, it is crucial to maintain regular protein consumption throughout the next 24h recovery period.

This approach not only replenishes energy stores and repairs muscle tissue but also prepares players for subsequent training and games, thereby minimizing the risk of injury and fatigue.