

# DAILY NEWS

Thursday 20 Feb 2020

## ALKASS<sup>®</sup> ONAL CUP



INTERNATIONAL  
MOHAMMED VI FOOTBALL ACADEMY

## SHOCK & AWE HOSTS AND HOLDERS OUT MOROCCANS AND MILAN MARCH ON



0 / 1

FC INTER  
MILANO



MOHAMMED  
VI ACADEMY

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Rangers  
FC



# You Are What You Eat

## Why eating the right food is a recipe for success in youth football



Getting the balance right when it comes to nutrition is crucial for youngsters focused on forging a career in sport. The Under-16s competing at Al Kass International Cup will have long ago learned that their diet is fundamentally important if they want to pursue a career in the game.

Twelve teams from 11 nations around the world are participating in the 2020 competition, and all of them have strict guidelines when it comes to nutrition for their players. In recent years, sports science has become a burgeoning industry, with nutrition at its heart. Experts have identified the healthiest types of food for budding footballers – and for the wider population. Broadly, these foods fall into four main groups:

**Grain:** (e.g. bread, rice, pasta and cereals) These provide carbohydrates, and are easily broken down by the body to produce energy. Wholegrains found in the likes of bran and wholemeal bread also assist by providing fibre, minerals and vitamins.

**Fruit and vegetables:** These are rich in minerals and vitamins, which are needed for the body's growth.

**Dairy:** (e.g. milk, yoghurt and cheese) These are especially important for growing children, as they contain calcium and Vitamin D. Both are vital for muscle and bone development. It has been noted that teenagers who do not have enough calcium in their diets can experience cramp and chest wall spasms during exercise, so dairy products are particularly important for those keen on sport.

**Protein:** (e.g. beans, eggs, fish, poultry and meat) Pivotal to building muscles, proteins also contain iron which forms a vital part of our bloodstream. Low levels of iron causes tiredness and fatigue, which can only lead to a poor performance on the sporting field.

In contrast to these four food types, the ones to generally avoid are fats, sugar and oils as they provide little or no nutritional value. That said, although takeaway burgers are often dismissed as 'junk food', active children will not come to harm enjoying an occasional

one, as they are likely to burn off the excess calories they contain.

However, long gone are the days when youngsters would skip breakfast, chomp a chocolate bar, munch through a bag of chips and swig a sugar-saturated fizzy drink before they stepped on to the football field. Nowadays, the precision of preparing for a game is as crucial as what happens once players step across the white touchline.

A detailed look at young footballers' diets before, during and after tournaments carried out by US Youth Soccer has revealed a plethora of interesting data.

The survey noted that young players who eat a wide range of foodstuffs should not need to use dietary supplements, as such items do not provide a shortcut to success. Significantly, the study pointed out that, as carbohydrates are the key to providing energy, they should be optimised during the days leading up to - and on the day of - competition. Specifically, players should overload on carbohydrates such as pasta and beans 48 hours before a match takes place.

Beverages that might cause dehydration – notably caffeinated drinks like coffee, cola and juice with a high sugar content – should be avoided, as should fried and greasy food, researchers said.

And, on game days, the study advised that the stomach should be close to empty at the time of activity for optimal performance. Helpful guides reveal the time it takes for foodstuffs to be digested from simple carbohydrates (1-2 hours) to complex carbohydrates (2-4 hours) and fats (4-6 hours) to proteins (6-8 hours).

The recovery process will then kick-in until it is time to prepare for the next contest. For the young players competing at Al Kass International Cup, the dietary cycle is critical because the games come thick and fast. The team able to maintain the highest energy levels has a significant advantage, and that is why nutritional discipline is now as important as tactical discipline.

*AL KASS DAILY NEWS SPOKE TO RICARDO PINTO, A SPORTS DIETICIAN AT ASPETAR, THE WORLD'S LEADING SPECIALISED ORTHOPAEDIC AND SPORTS MEDICINE HOSPITAL, TO FIND OUT WHY A PLAYER'S DIET IS SO IMPORTANT.*



**1. "The precision of preparing for a game is as crucial as what happens once players step across the white touchline" – how important is nutrition along with physical training before a game?**

While training is important, we know that football is a sport that requires different types of efforts. And different types of efforts require different sources of energy. This is where we mainly talk about carbohydrates, which is the most important source of energy for footballers. The ability to manipulate the food intervention accordingly for match preparation, the actual match and then match recovery is part of a winning strategy. Along with training, a recovery strategy and many other aspects involved in football. To sum up, nutrition is part of a strategy that can help a player express his or her full potential.

The key for footballers is a balanced diet. Not all the players know this so we have to educate them on the benefits of a balanced diet.

Though sugar is not usually recommended, during the match/pre-match/just after the match, we would recommend food or drink with a sugar content. Fruits such as bananas (because of the fructose content) – the more simple sugars are rapidly absorbed, or sports drinks, which are mostly carbohydrates, water, sodium, electrolytes, to help keep performance, or even certain kinds of chewing gum.

**Post-Match Recovery:**

During recovery we must consider the muscle itself and the energy content of the muscle. For recovery, we usually provide the players with a mix of protein and most importantly carbohydrates.



Right now in the Al Kass Tournament, we have one day to recover before we play our next match. Physiologically, football players need at least 48 to 72 hours to completely restore or recover completely. It's a big effort when we play with only 1 day to recover. At time when there isn't even a full day to recover, the physical demand is intense. We practice the 3 Rs for recovery: refuel (energy) – rehydrate (water + electrolytes) – repair (protein)

**2. These players are young and they are burning off what they eat. What harm can it do if they eat a high calorie diet?**

The footballers need to meet the demands on them. Carbohydrates especially complex carbs; pasta, sweet potatoes, rice, quinoa – and other kinds. Plus protein; to optimize their muscle function, they need 4 protein intakes

per day. They also need micronutrients and vitamins found mainly in fruits and vegetables.

“Eat a rainbow every day”! The more colorful your plate the more variety of vitamins and minerals you will have. This ties back to having a diet rich in variety. Of course, good fats are important.

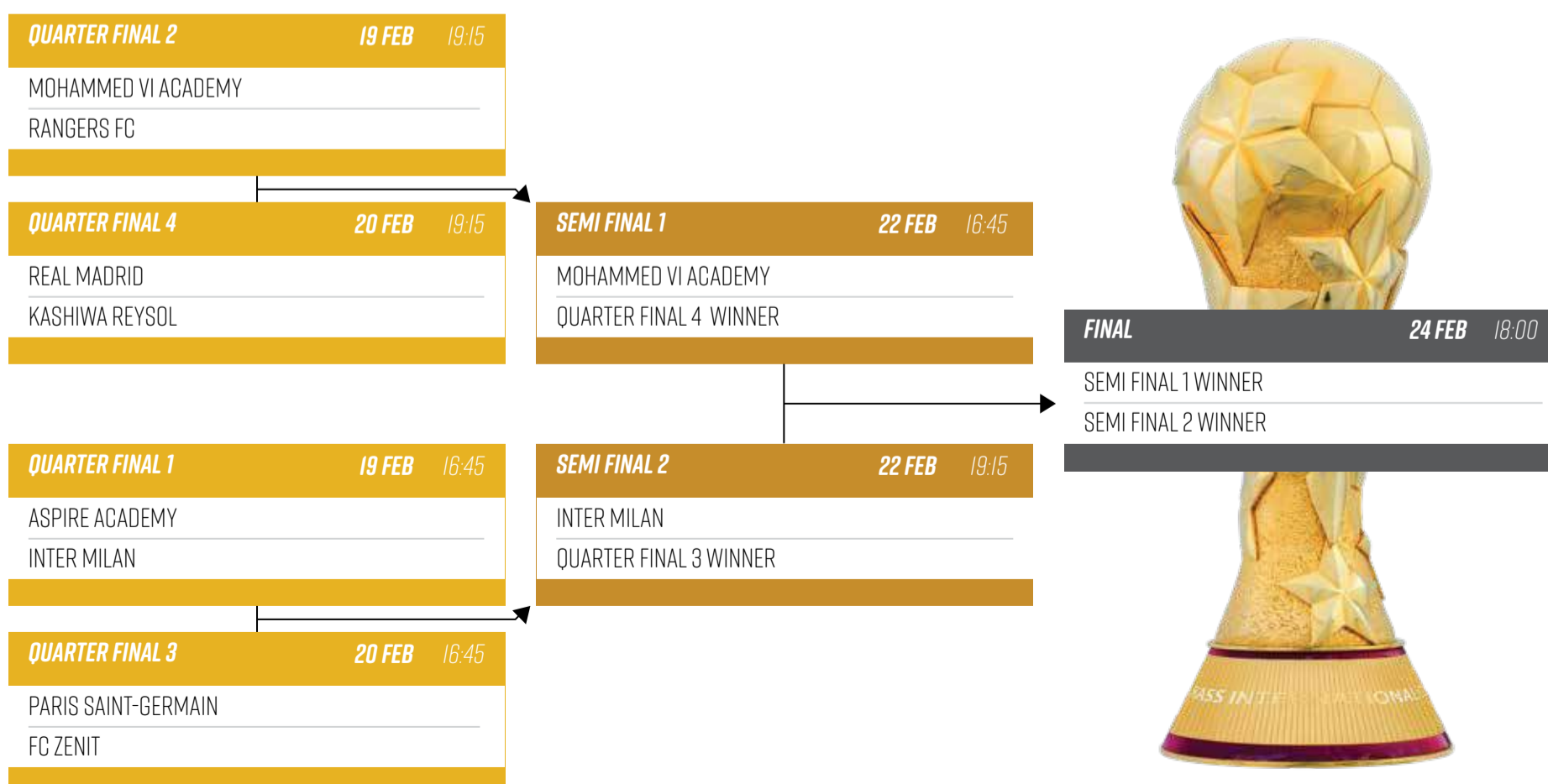
**3. Who is in charge of their menus?**

As the sports dietician for the team, I'm in charge of deciding the menus according to the plan of the team for that specific game or the specific tournament. I manipulate the menus according to what will be demanded of the players each day e.g. a light training session/a game with stress and other variables/a hard training session. Playing in Qatar in April/May, and later when

the weather is hot and humidity very high, especially June/July/August, even through to September and October, even though we train in the evening, the humidity can be at 70% or 80%, and sweat levels are off the roof. It's even more important to rehydrate. If players are dehydrated, the player's performance will be poor.



## ROAD TO THE CUP



# ITALIAN YOUNGSTERS ARE INTER THE SEMI-FINALS AFTER BEATING ASPIRE



Inter Milan ended Qatari hopes of a home success in this year's Al Kass International Cup as Amadou Sarr scored the only goal of the match.

Sarr, a two-goal hero in their opening match victory over Mohammed XI Academy, grabbed the only goal of the game to knock out hosts Aspire Academy.

The Italians had reached the semi-finals on each of their two previous visits to Qatar and they maintained that record with a hard-earned victory in a game of very few chances.

Aspire, who have played in all nine editions of the tournament, had topped Group A on their way to the quarter-finals, and they were much the better team in the first half with Mohamed Surag a constant threat down the left.

Inter raised their game in the second half although they had to wait until the 81st minute to find the all-important goal, just as the game seemed to be heading for a penalty shoot-out.

Inter had the better of the early stages but Aspire were the first to have a shot in anger, Chalpan Abdoulnasir sending a fine long-range angle shot narrowly wide of the post after 12 minutes, with Surag then firing into the arms of Inter keeper Paolo Raimondi.

Inter had a glorious opportunity on 17 minutes when Gabriele Menegatti powered in a fine left-foot drive that Amir Katoul could only parry into the path of Kifle Gambato but the striker failed to take advantage and his effort was well off target.

Surag shot wide as Aspire continued to push forward and the lively striker then went even closer on the half-hour mark as he created space on the edge of the box before firing just past the post.

Sloppy defending by Inter skipper Andrea Pelamatti saw him dispossessed by Mobark Hamza but he was unable to make the Italians pay.

Half-time was reached with no goals, the first goal-less first half of the tournament to date, but Aspire were comfortably the better team, enjoying 57% possession and having five shots to Inter's two.

The Italians, who made seven changes from the previous day's 1-0 defeat by Al Ain, had been nowhere near as good as when they had beaten Mohammed VI Academy 3-1. This, however, was a full-strength Inter squad as they had made wholesale changes against Al Ain.

Inter were much improved after the break but there were few clear-cut chances and Menegatti shot straight at the keeper shortly after the hour-mark before Sarr headed narrowly wide.

It was Sarr who finally found the net though with just nine minutes remaining, when he got away from Abdoulnasir to head home Mattia Ortelli's well-flighted free-kick.

In a cagey affair with very few chances, Aspire knew they would now struggle to get back into the match but they went agonisingly close with almost the last kick of the game, as Abdulrahman Al-Dosari crashed a superb effort against the post.

Inter, as with many Italian teams, are difficult to break down and they will now look to reach their final, having finished fourth in 2013 and gone one better in 2016. Roma reached the final last year, where they were only beaten in a penalty shoot-out by Glasgow Rangers, and now they will be dreaming of becoming the first Italian winners of the Al Kass International Cup.



## ASPIRE ACADEMY

GK Amir Katoul	MF Jassem Alsharshani
DF Chalpan Abdulnasir	FW Mohammed Al-Quraishi
DF Saif Fadlalla	MF Mahdi Almejaba
DF Mohammed Ali ©	FW Mohamed Surag
MF Mostafa Abouelela	MF Abdulaziz Al-Naimi
MF Mobark Hamza	



## INTER MILAN

GK Paolo Raimondi	FW Amadou Sarr
DF Alessandro Marocco	FW Kifle Gambato
MF Mattia Ortelli	DF Federico Bailo
DF Lorenzo Peretti	DF Andrea Pelamatti ©
MF Gabriele Menegatti	
MF Simone Bonavita	



### PLAYER OF THE MATCH

## Mattia Ortelli

“ It was an excellent match. The game was really intense, but we managed to end it with victory, thanks to a well-executed free-kick. I'm really happy about the (MVP) trophy, but I owe it to the team as we're all in this together. We gave it our all and secured a win. ”

## THE EXPERTS SAY...

### RHODRI WILLIAMS

“ Aspire Academy looked like the stronger side during the first half, but not so much during the second. Both teams were quite nervous. ”

We're at a knock-stage (in the tournament), and I think they were both a little cagey. In this end, there are small margins in these games, and it comes down to a little bit of extra quality.

It took one great free-kick (to seal the deal). That one last shot from Mohamed Surag hit the post though, so, we could be having a very different conversation. ”

ASPIRE ACADEMY COACH



ASPIRE  
ACADEMY

Abderrazak Hedider

“

we managed to pull an offensive game which was our aim, and we earned the respect of our opponent. we managed to take a few attempts but unfortunately we did not score, as Inter Milan built a strong defensive game in the second half managed to score a goal. we are proud of the level we have demonstrated in thei tournament and wich the best of luck for the remaining teams.

”

INTER MILAN COACH



Gabriele Bonacina

“

Happy with the match, we won against a good team, Aspire Academy has great players and we are glad to get this far in an international tournament. We came here to win, but we are also concentrating on improving our players' skills and performance.

”

ALBA SCORES TWICE IN COMFORTABLE BARCELONA VICTORY

Barcelona finally found their goalscoring form to end the Al Kass International Cup in ninth position. They beat Altinordu of Turkey 4-0 with all of the goals coming in the second half.

Javier Alba (49 minutes), Xavier Planas (53), Antonio Martin (64) and Alba again (90) scored the goals for a Barca side who had produced

some fine football but lacked a cutting edge up front during the group stages.

The game to decide 11th and 12th position saws skipper Mateus Fernandes score on 67 minutes to give Sporting Clube de Portugal to a 1-0 victory over Suwon Samsung.



4 X 0



1 X 0



HEAR IT FROM THE FANS

CHRISTIANO, MESSI AND STEPHANO



“

Christiano a Spanish, Aspire Academy goal keeper was seen in the crowd of spectators cheering for his team mates in the quarter finals “Good game, I predict the match will end on 0:0 result and the teams will go on penalties”

Messi from the Cameron and Stephano from Chile are Aspire Academy coaches wishing their team to win and advance to the semifinals. Messi predicts the game to end on 1:0 for Aspire Academy while Stephano predicts a 2:1 win for Aspire Academy.

”

FILIPINO INTERNATIONAL SCHOOL

“

Students from the Filipino International School Qatar gather on the stands to cheer for Aspire Academy, they bring supporting posters and a sporting spirit to the crowds. They brought the lively atmosphere and the buzz during the first match in the Al Kass International Cup quarter finals.

”



SC AMBASSADOR AND MEMBER OF ASPIRE ACADEMY'S COACHING STAFF FOR THE AL KASS TOURNAMENT:

Tim Cahill

“

We would have liked to create more chances during our match against Inter Milan, but I'm proud because we showed our style and put our presence in the game and pushed them in the end. Aspire Academy has a lot of talents and now it's about making sure we keep growing this talent and nurturing it and giving more for the future. The team is really upset, but it's a really good reaction because you can see how much this means to them as a collective group. We will work to help them create more chances, and we will take a lot of positives from this tournament.

”



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# REIGNING CHAMPIONS KNOCKED OUT OF AL KASS INTERNATIONAL CUP BY CLASSY DEBUTANTS



Tournament debutants Mohammed VI Academy stunned reigning champions Glasgow Rangers to reach the semi-finals of the Al Kass International Cup.

Skipper Omar Sadik scored the winner with his fourth goal of the tournament as the Moroccans continue to impress with their fine passing and quality finishing.

The result was harsh on Rangers skipper Charlie Lindsay, who netted his fourth and fifth goals of the tournament to go to the top of the goalscoring charts.

Lindsay, who made his first-team debut for Northern Ireland club Glentoran at the age of just 15 years, five months and 24 days, has established himself as one of the stars of the tournament and had been the MVP in Rangers' two previous games.

He was again involved in everything Rangers did as an attacking force but he found Mohammed VI Academy playing with great passion and determination.

Rangers took the lead on seven minutes when Connor Allan won the ball from Hassan Aqboub just inside the Mohammed VI Academy half and he found Robbie Ure who played a fine through ball to Lindsay who sent a low right-foot shot past goalkeeper Walid Hasbi.

The lead lasted just two minutes though as Jack Harkness played a weak back pass and Sadik sent a shot on goal that Jack McConnell saved, but the keeper was then out of position as the most valuable player of the match Aqboub fired home.

The Moroccans delighted their vociferous fans when taking the lead with one of the goals of the tournament on 27 minutes. Harkness was dispossessed near the halfway line and the ball was played out to the left from where Aqboub sent in a beautiful curling shot beyond the despairing dive of McConnell.

At the other end, Kyle Semple got a shot on target but Hasbi had it covered and Rangers went into the break behind, despite having enjoyed 57% of the possession.

The second half was less than a minute old when McConnell was tested again. Sadik got on the end of a long ball and nodded it into the path of Aqboub who saw his effort saved by the Scottish keeper. Aqboub was enjoying his best game of the tournament and showed great skill to beat three players to create another opportunity but the angle was too tight to trouble McConnell.

At the other end, Lindsay burst between two defenders and fed Ure, but his shot was saved by Hasbi, who was also alert when racing off his line after Lindsay got in behind the defence and looked likely to score.

Rangers levelled on 67 minutes and inevitably it was Lindsay who provided the finish. Icelandic midfielder Johannes Bjarnason sent him through on the right and he shot across the keeper from an angle to find the net.

Rangers could have gone ahead on 79 minutes but Hasbi managed to tip over Semple's deep cross just as it threatened to find the net.

Sadik, a hat-trick hero in Mohammed VI Academy's 3-0 victory over Altinordu, again proved the hero when soaring high to head the winner on 83 minutes.

Mohammed VI Academy found themselves down to 10 men in the 88th minute when Mohammed Jazouli needlessly kicked out at Semple to become the first player in the tournament to receive a red card. It means he will now miss the semi-finals.

3 MOHAMMED VI ACADEMY X 2 RANGERS





### MOHAMMED VI ACADEMY

- GK Walid Hasbi
- DF Ilyass Lagrimi
- MF Mohammed Jazouli
- FW Hassan Aqboub
- FW Omar Sadik ©
- MF Mouad Dahak
- MF Youssef Charouq
- DF Ayoub El Hammami
- MF Yassine Khalifi
- MF Youness Akharraz
- DF Taha Sour



### RANGERS

- GK Jack McConnell
- DF Jack Harkness
- DF Kyle Semple
- MF Mackenzie Strachan
- DF Kelsey Ewen
- MF Connor Allan
- MF Darren McNally
- FW Robbie Ure
- MF Charlie Lindsay ©
- FW Adedire Mebude
- MF Francis Jacobs



### PLAYER OF THE MATCH

## Hassan Aqboub

“ i would like to thank my family and supporter who made my win this trophy, and i look forward to beat the other teams and go back home as winners of this championship.. I beleive that we are a strong team and we deserve it ”

### THE EXPERTS SAY...

COMMENTATOR - CHRIS MAKIN, AL KASS SPORTS CHANNELS ANALYST

“ Wonderful match and a great pace to it. Very impressed with Mohammed VI Academy players, who just didn't stop for 90 minutes and put pressure on Rangers throughout.

Rangers were a bit unlucky, but you got to give it to Mohammed VI Academy as their players were exceptional. Sadik looks like a really good player.

What's more, maybe the goal of the tournament was scored in this game – Aqboub scored a wonderful goal. Among the top 5 goals of the competition for sure.

MOHAMMED VI ACADEMY ASSISTANT COACH



Ali Ettouhami

“

We are proud to see our team playing against strong competitors which is what we wanted to come out with from this tournament to further shape our team's skills, and demonstrate a high level of sportsmanship. So happy to see our team reach the semi-finals and look forward to win.

”

RANGERS FC HEAD COACH



Brian Gilmour

“

It's been a real education: "We're obviously disappointed with the result. Looking at the previous two matches we played, and the match we played tonight, we're probably more satisfied in terms of overall performance levels, but again a little disappointed to lose. We could've probably avoided some of the goals, but that's why we're here – it's about development and learning. It's been a real education with so many things to take away and look to improve on in the future."

”



“

Hussain Mohammed, Mohammed VI Academy Supporter, said:

"This is my second match to attend in the tournament, and I didn't expect this game to kick off with such enthusiasm and pace. Hopefully, Mohammed VI Academy will be the team to advance (to the semi-finals)."

”



TOP SCORERS



CHARLIE LINDSAY

5 GOALS



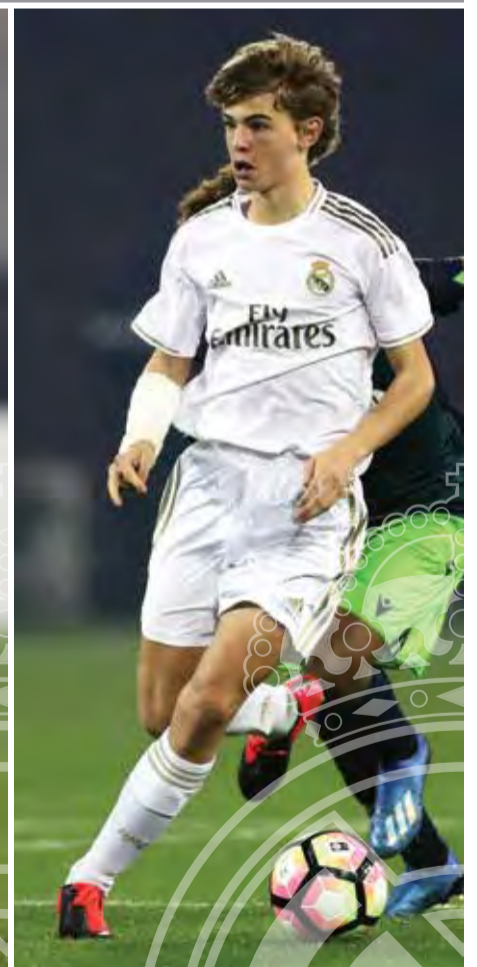
OMAR SADIK

4 GOALS



DAVID PEGELLÍN GARCIA

3 GOALS



NICOLÁS PAZ MARTÍNEZ

3 GOALS

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# GAMES SCHEDULES

## GROUP STAGE

GROUP A	GROUP B	GROUP C	GROUP D
 <b>Aspire Academy</b>	 <b>Paris Saint-Germain FC</b>	 <b>FC Internazionale Milano</b>	 <b>Real Madrid CF</b>
 <b>Rangers FC</b>	 <b>FC Barcelona</b>	 <b>Altinordu FK</b>	 <b>FC Zenit Saint Petersburg</b>
 <b>Suwon Samsung</b>	 <b>Kashiwa Reysol</b>	 <b>Mohammed VI Football Academy</b>	 <b>Sporting Clube de Portugal</b>

DATE	NO.	TEAMS	SCORE	TIME	VENUE
Thu 13.02.	1	Paris Saint-Germain	3-0	16:45	5
	2	Aspire Academy	3-1	19:00	5
Fri 14.02.	3	Inter Milan	3-1	16:45	4
	4	FC Zenit	3-5	19:00	4
Sat 15.02.	5	Suwon Samsung	2-3	16:45	5
	6	Kashiwa Reysol	2-1	19:00	5
Sun 16.02.	7	Altinordu FK	0-3	16:45	4
	8	Real Madrid	4-1	19:00	4
Mon 17.02.	9	Aspire Academy	4-4	16:45	5
	10	Paris Saint-Germain	2-2	19:00	5
Tue 18.02.	11	Inter Milan	0-1	16:45	4
	12	Sporting Clube de Portugal	4-4	19:00	4
<b>POSITION 9 - 12</b>					
Wed 19.02.	13	FC Barcelona	4-0	16:45	5
	14	Suwon Samsung	0-1	19:15	5
<b>QUARTER FINALS</b>					
Wed 19.02.	15	Aspire Academy	0-1	16:45	4
	16	Mohammed VI Academy	3-2	19:15	4
Thu 20.02.	17	Paris Saint-Germain	VS	16:45	5
	18	Real Madrid	VS	19:15	5
<b>PLAY OFFS POSITION 5 - 8</b>					
Fri 21.02.	19	Loser Game No. 16	VS	16:45	4
	20	Loser Game No. 15	VS	19:15	4
<b>SEMI FINALS</b>					
Sat 22.02.	21	Winner Game No. 16	VS	16:45	5
	22	Winner Game No. 15	VS	19:15	5
<b>PLAY OFFS POSITION 5 - 8</b>					
Sun 23.02.	23	Loser Game No. 19	VS	16:45	4
	24	Winner Game No. 19	VS	19:15	4
<b>POSITION 3 - 4 &amp; FINAL</b>					
Mon 24.02.	25	Loser Game No. 21	VS	15:30	5
	26	Winner Game No. 21	VS	18:00	5

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