

ABSTRACT

This investigation concerns the hydration in athletes selected for the discipline of football schools in the city of San Gabriel, for which poses a training guide on hydration in athletes selected in football as it has found that all football teams there is no adequate hydration. The theoretical framework consists of the research literature related specifically to hydration sports players. Descriptivemethodology, the steps in the process is the collection of literature, film as a solution to this problem. We talk about adequate fluid intake the body needs. In this paper a survey allowed to identify some shortcomings in fluid intake in athletes, and not using adequate hydration. The guide we show the coaches serve teachers and people who practice the sport for proper hydration and do better in the whole process of preparation and competition.