

English: Sports II

Rules For Your Presentations

- 30-45 min
- It must include
 - An interactive discussion about a controversial issue
 - A learning activity (e.g. an article with questions or a test)
- Introduction information about the sport: disciplines, key words, significant Czech heroes, a very brief explanation of the rules
- No listing of dates, dimensions of fields or other information easy to find
- Films etc. max 20 % (time)

- Only switching
- Questions mutually (unless...)

Football / Soccer Injuries

Soccer's worldwide popularity is undeniable. According to the International Federation of Association Football (FIFA), an estimated quarter of a billion children and adults play the sport around the globe.

Although soccer may be safer than some other sports, it's a fast-paced team sport that often includes falls and collisions. Injuries can range from minor cuts and bumps to much more serious injuries that need immediate medical care.

The most common soccer injuries include:

- Cuts and bruises. These can happen anywhere on the body.
- Sprains and strains. These are the most common lower body injuries, and typically affect the ankles and knees.
- Fractures. These most often happen in the bones in the feet and legs as well as the arms, ribcage, and shoulders.
- Head injuries. These include concussions.

Knowing more about the most common soccer injuries and how to prevent them may help keep you in the game longer. Read on to find out what you can do to lower your or your children's risk of injury on the soccer field.



Hamstring Strain



Hernia



Anterior Cruciate Ligament (ACL)



Knee Cartilage Tear



Sprained Ankle



Football Injuries Introduction

Association Football or 'Soccer' is the world's most popular sport. There are over 240 million registered players worldwide and many more recreational football players.

Most football injuries affect the lower extremities, which are defined as the groin and pelvis, hip and thigh, knee, calf, foot and ankle. Research shows that most football injuries are caused by trauma, such as a collision with an opponent or landing awkwardly from a jump. Approximately one quarter to one third of all football injuries are due to overuse and develop over a period of time.

When reviewing the published literature on football injuries, the overall incidence of injury in football is between 9 and 35 injuries per 1000 hours of football in adults, and between 0.5 and 13 injuries per 1000 hours of football in adolescents. It is clear that the older the player, the more likely they are to get injured.

The research also shows that more injuries occur during competitive matches than occur during training. There is also a sex difference in football injuries with female players having a higher injury rate than males.

Football is popular despite its higher incidence of injury in comparison to other sports. Footballers suffer more injuries than those involved in field hockey, basketball, rugby, cricket, badminton, cycling, judo, boxing and swimming. However, it should be said that many of the injuries sustained in football are not particularly severe.

Having more knowledge of common football injuries is a great way to help you prevent getting injured.

Football Injuries

What was new for you?

How can we prevent injuries?

Football / Soccer Injuries

The bottom line

Injuries are a risk in any sport, especially fast-paced team sports that often involve physical contact, like soccer.

One of the most important ways to help lower your risk of injuries is to focus on physical fitness, most especially exercises that can help strengthen the muscles that support your knees, ankles, and legs.

Wearing protective gear, like headgear and shin guards, can also help protect you from the consequences of a blow to the head or shins.

<https://www.healthline.com/health/sports-injuries/soccer-injuries>

Football / Soccer Injuries

More comments?

Most Popular Sports

...in different countries/regions?

