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Preventing sports injuries among young footballers

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Introduction: Sports injury in young-footballers is a common and serious problem. This study is based on my observations and concluded researches done as an experienced Football Coach in Trainings and games.

Background:

1. Functional prevention measures may be achieved with training programmed originating from the field of physical therapy and medicine.
1. These injuries are by far the almost common causes of injuries in children and youth treated in emergency departments.

The Common Causes and Factors: Sports injuries can be caused by:

1. Individual risk factors (such as medical conditions). Inadequate physical examination before participating in trainings or in any games and lacks of pre-season conditioning.
2. Lacks of safety equipment, or poorly fitted, improper equipment (Shin-guard etc.) should be enforced.
3. Taming up by age instead of size, unsafe playing fields, surfaces and environments.
4. Improper training or coaching, or lack of instruction. Fatigue and over-stress in training and games. Weather Temperature or condition and Poor nutrition or hydration may be contributed.
5. Not warming up, cooling down and stretching properly before any game. Playing with injury may cause emotional stresses and inappropriate pressure to win.

Result & Solution:

1. Coaches should be trained in first aid courses, and should have a plan for responding to emergencies. Coaches should be well trained in the proper use of equipments, and should enforce rules on equipment use.
2. Making sure that the young athletes always use proper gears for a particular sport to reduce chances of being injured. Warm-up exercises make the body's tissues warmer, flexible and loosen muscles that have tightened.
3. Athletes should be accessible to water or sports drinks during the time of playing and that keep them properly hydrated.

Conclusion: Thinking about improving the general level of conditioning of the young players and good training habits and techniques, practice, policy as sports-specific skills.

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