



## TEAM - PURPLE STORMGEARS 7338

### How could we improve the way that someone learns to prevent concussion while playing Soccer?

A **Concussion** is defined as a traumatic injury to the brain after a blow, shaking or spinning. Concussion is most common in sports especially in Soccer

**Symptoms** include headache, dizziness, and drowsiness and concentration problems. Experts recommend those who have any symptoms of concussion be evaluated by a doctor or other health care professional trained in the injury

Soccer concussions can never be completely eliminated, but with additional focus on prevention we can avoid them from happening

Learning proper techniques will help avoid concussions in soccer especially heading sk

It is very important to completely heal after a head injury before attempting to play again

It is also very important to see a doctor

health expert when you have any symptoms of concussions



### " AWARENESS, AWARENESS, AWARENESS"

Train coaches, educate parents about Concussion and necessary steps to take when such injuries happen

#### "Demonstration is huge"

The effective way of teaching a kid heading is by properly demonstrating the skill

While demonstrating the skill start simple

Coach/Parent needs to pay attention as to how kids are doing, as kids learn differently & at times some kids are not ready

#### Heading as a technique

The player has to deliberately hit the ball and not let the ball hit you

Don't just stand there and let the ball hit you, Go for it or move away

Always keep your eyes open throughout the contact and never close your eyes



#### Heading Surface



DO

Hit the ball just above your eyebrows and just up to behind your hairline

DON'T

It will hurt/cause damage to the brain if you hit and/or the ball hits the softest part of the skull



It should be mandated that this material is reviewed and discussed in the beginning of every practice season with all age - group kids especially U10 - and above