Lack of Protection

By Michael Velasquez

Most people would argue that soccer is one of the most dangerous sports because players are not protected. Soccer is one of the only sports that does not require players to wear protective gear. The only protection soccer players have are shin guards.

Shin guards are protective plates worn on the front of their lower legs to protect them from impact injuries. As a result of the lack of protection in soccer, players have a greater chance of getting hurt on the field. If a player does not have a lot of protection, they might get concussions, which can affect a player throughout his career. A concussion occurs when someone collides heads with another player or when he has a whiplash-type injury that causes the head to shake back and forth. Soccer players can accidently hit another player or go for a header which means they hit their head against the ball.

Soccer is well known for lots of injuries, but surprisingly female soccer players end up with more concussions than male athletes in any sport. According to completeconcussionmanagement.com “...concussions now account for more injuries in girls’ soccer than boys’ football.” On fivethirtyeight.com it was stated that an average concussion of females is 4.5 percent compared to male which is 3.6 percent.

The Fédération Internationale de Football Association (FIFA) recently approved the use of HALO Headbands. According to Unequal Technologies, these protective headbands were designed with special padding to reduce the risk of injury when playing. Companies started selling HALO Headbands at the rate of $40 dollars, but soccer players should be required to wear it for extra protection. Soccer is a risky sport that may result in a terrible injury which can ruin a player’s career, or even their life.