

# Soccer safety

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Soccer is the most popular sport in the world for good reason. It's easy to learn at a young age and a great source of exercise. Plus, it's an exciting, fast paced game that's lots of fun to play.

## **Do people think soccer is a safe sport compared to other sports?**

Yes and no. People think soccer is safe because it is in the top five of safe sports. Other people think soccer is not safe because of injuries like heads concussions, but other sports around the world have head concussions, too. With so many people playing soccer these days, it's only natural that some will end up getting hurt. Fortunately, most soccer injuries are minor, but serious injuries such as broken bones and concussions do happen.

### **Gear worn**

Soccer doesn't require a lot of gear for each player other than shin guards and cleats, but it's a good idea to give some thought to all of these important pieces of equipment before you play. Keep yourself safe!

or ribbed soles. Shoes with screw-in cleats may carry a higher risk of injury, so only use them when you need extra traction, such as on a wet field or a field with tall grass. Make sure your cleats fit properly and are laced up tightly each time you play.

- **Shin guards.** If soccer players get lower leg injuries, it's usually because they weren't protected with adequate shin guards. A good shin guard will mold to the shin, end just below the knee, and fit snugly around the anklebone. Bring your soccer socks and cleats with you when you buy shin guards to be sure that they'll fit properly.
- **Soccer socks.** These are meant to hold shin guards securely in place and should be worn anytime you practice or play.
- **Other gear.** Mouth guards are a good way to protect your teeth, lips, cheeks, and tongue, and can help prevent

fractures. Mouth guards are recommended for all soccer players. Goalies will want to wear long-sleeved shirts and specialized goalie gloves to protect their hands while stopping shots.

