

Why Parents Should Let Their Kids Play Football

Over one million high school students played football in 2014. Football is the most watched sport in America and if your child wants to take part in this amazing sport he should be able to. Playing team sports, like football can teach kids many valuable life lessons, like hard work, teamwork, and dedication. I think kids should be able to play tackle football because it helps kids stay in shape and helps kids do better in school.

Playing football can help kids stay in shape. One third of kids are obese and lack of exercise is the major reason. Team sports will also lower your chance of being obese. Recent studies have shown that playing a team sport keeps you in better shape than if you were to walk, run, or bike to school everyday. In football practices they will make you run and push yourself to your limit, you will also be in the gym a lot lifting and training which will help you burn fat and put on muscle. That will help with your athleticism, strength, and endurance.

Secondly, kids who play sports tend to do better in school. Recent studies have shown that kids who play sports have more compact white matter in their brain, which is linked to better cognitive function which is memory, attention, language, and helps with your attainment of information. Brain and body fitness appear to be very similar and are equally as important. Research shows that physical activity is essential for learning and retention of learned material.

Most parents will not let their kids play due to the likelihood of an injury such as a concussion. The football world is making many new advancements to football helmets to prevent concussions. The new Riddell Speedflex takes away impact on the head when you take a big hit because of the cut out in the shell. It allows the shell to flex enough to decrease the impact on your head but still protect you. The Speedflex also has a new ratcheting chinstrap system so that the strap will not come unclipped, and will keep the helmet fastened to your head at all times. Some college and NFL teams have chips inside their players' helmets that will tell the trainers when a player takes a big hit, and needs to be checked for a concussion. Now players are also being taught the correct ways to tackle and not to lead with their heads to prevent injuries.

Playing sports has many benefits, and they are improving the equipment to keep players safe. Studies have shown that playing sports can help you stay in shape and perform better in school. Many new technological improvements are being used in the helmets to prevent concussions. Kids could get these things from other sports but if you force kids to play a sport they don't enjoy they will not work hard. Therefore, they will not get the same results. If they play a sport they enjoy, they will work hard and get positive results. If that sport is football, parents should let their kids play.