

What Type of Impact does Football have on Children?

by Zach Cuva

Should parents let their children play tackle football? Many people have different opinions, but there is a lot of evidence that it is safe to play. Although, it seems dangerous to play football, there are many benefits. The number of injuries are going down as the technology gets better. The percentage of football players getting hurt is very small and is decreasing. Kids should be allowed to play football because they can exercise, enjoy themselves, and learn life lessons.

Children of all ages need to exercise and stay healthy every day. In order to stay healthy, kids should exercise for at least sixty minutes every day. Children from ages five to fifteen that play soccer have a twelve percent chance less at getting injured than children in football. Football requires teamwork and superior physical conditions. If a child doesn't have these qualities, they can acquire them when they play football.

Children can learn many different life lessons while they are playing football. Football teaches public speaking, math, chemistry, work skills, etc. The coaches or other teammates can help your child. Most of the injuries in games are on players that missed practice, but ninety percent of the kids that did miss practice didn't get hurt in the game. Football can teach children perseverance, unlike many other sports. Parents want their children to be leaders. In football, they can step up and learn many leadership qualities. Football can provide many fantastic opportunities for children.

The main problem that parents face with letting their children play football is concussions. In high school, there are eleven concussions for every ten thousand games. In college, there are six concussions for every ten thousand games. The technology is getting better, which makes football safer. The NFL puts mini chips in players helmets to measure how hard they are getting hit and how much damage a hit to the head does to the brain. The majority of injuries aren't concussions and they normally happen in practice. Football is safe to play.

Football started out without helmets or pads. Over 49 years it has become safer to play. The referees call more penalties for head to head contact. More kids get injured while biking or skateboarding than in football. Most of the injuries are bruises or spraining your body not concussions. Football has become more safe every year. There is a very small percentage of players that get head injuries while playing football.