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A coach's job is to train amateurs as well as professional athletes and to teach them the basic skills of the sport they play. A trainer's goal is to improve and perfect the athlete's form, technique and stamina. Coaches prepare athletes for competitions by arranging practice sessions when they can point out the areas of correction the athlete needs. In addition to improving individual skills, the coach is also responsible for instilling good sportsmanship and team spirit, which is essential during a competition. Before a game, the coach will plan the team's strategy. He can change the schedule and change players during the match. That's how you become a high school football coach. Education And Training There are no specific training requirements to become an entry-level coach. But if you want to be a head coach or instructor, you must earn a university degree, usually in sports science, physiology and physical education. High school coaches are often teachers who supplement their income. Schools only hire an outsider as a coach if there is no teacher available. Before becoming a football coach, the teacher must take a basic course in football training. This course will include learning about the sport along with its rules and regulations. Experience Before you can become an entry-level coach, you must prove your knowledge and experience. Volunteering is the best way to gain experience. Volunteer to coach small league football teams or your child's elementary school football team. With that experience, you can start your career. Certification Check with your state's licensing authority to see if you need certification to be a coach. These rules vary from state to state. But if you want to become a head coach, you need state certification. You must meet certain requirements to receive this certification. [Sources:BLS, Education] Advertising Mayo Clinic researchers say they have found promising results in the long-term health of men who played high school football. Share on PinterestA new study from the Mayo Clinic shows that playing varsity levels in high school football at high school level is not an increased risk of neurodegenerative disease compared to other sports at varsity level. Sports medicine experts welcome the research - and say there's still a lot of work to be done when it comes to understanding brain damage. Researchers analyzed the long-term health of people who played high school sports between 1956 and 1970. A total of 486 former student athletes were studied - 296 had played football and 190 had competed in other sports. While cases of head trauma, mild cognitive impairment, parkinsonism, and dementia were observed in both groups, playing football did not appear to carry a significantly higher risk. For example, while the percentage of former student athletes who experienced trauma was slightly higher among those who had played football (11 percent vs. 7 percent), student athletes who had not played football showed slightly higher rates of both mild cognitive impairment and parkinsonism. Read more: Youth football may be safe enough, pediatricians' study finding, published in Mayo Clinic Proceedings, appears to be in opposition to recent revelations that many former pro footballers suffer from chronic traumatic encephalopathy (CTE), a degenerative brain disease associated with repeated head trauma. It's somewhat reassuring, Dr. Gregory Landry, a pediatric and adolescent primary care physician from the University of Wisconsin School of Medicine and Public Health, told Healthline. But it's a relatively small sample size, and the game has changed since the 50s and 60s. Researchers from the Mayo Clinic study acknowledged that their findings should not be interpreted as evidence that football is harmless, stating there may be a gradient of risk, with low potential in high school football players who played during the study period. Landry echoes that sentiment, pointing out, there's no doubt that as you get older in the sport of football, the number of injuries goes up. Study after study has shown that. Read more: Changing the way football is played 'Concussion test protocol has been introduced across contact sports, at all levels, in recent years as awareness of head injuries has increased.Dr Gregory Stewart, co-director of Tulane University's Sports Medicine Program, says that head injuries should be treated differently from other injuries. I say to my athletes when they come in: if it was an ankle sprain, I'd ask you to suck it up and go back and play. But it's your brain. If you have headaches and other symptoms, you need to stop what you're doing and rest, and get back to the point where you can do the things you need to do,'he told Healthline.Landry says this is a marked contrast to the way concussions were treated in the past. I don't think we recognized that some of these relatively mild head injuries were actually concussions, and that when that happened, a player shouldn't be in the game, he said. I think players, coaches and parents recognize concussions a lot easier. Any impairment in mental function after a head bonk is a concussion, and athletes should not practice or play if they are impaired in any way. Rule changes are also crucial when it comes to preventing injuries. I think one of the biggest things that has happened is USA Football has decided that it's vital that coaches teach good tackling technique, said Landry. I think you can see that at all levels now - that there are fewer of the dangerous hits and that's imperative. Dr. Patrick Kersey, medical director of USA Football, outlined the way in which the organisation has worked to reduce the risk. He told Healthline, there has been a concerted emphasis on equipment fitting. There have also been significant educational steps taken with coaches as well as all participants in understanding head injuries. Read more: Doctors diagnose football demen in living patients 'While attitudes and awareness around head injuries in football have changed significantly, there is still a big gap when it comes to fully understanding these injuries. As we continue to evaluate and study this injury, we continue to learn more about its ability to be treated as well as prevented, said Kersey. The way we handle concussions today compared to the way we managed concussions even 10 years ago is significantly different, said Stewart. And because of that, this pendulum has swung - and with the pendulum swinging like that, we won't know if what we're doing today is right or not for probably another 10 or 15 years. Stewart hopes that with continued research, the medical community will find additional ways to minimize risk in the future. I think if we continue to manage it right, we'll be OK, he says. And so as we move forward with a lot of the research that's going on and continues to move forward, I think we'll get to a point where we have some of the answers. I think at some point we will be able to have a battery of tests where we can say, You are at a significantly higher risk of developing CTE, therefore you should not participate in this sport. Football players are far more likely to get hurt than other high school competitors, but the odds of sustaining an injury may not be as high as you think. Share on PinterestIf a teenager plays four years of high school football, chances are pretty good that they will suffer an injury of some sort. In fact, a high school athlete is about three times more likely to get hurt than competitors in other major sports. Moreover, this injury is more likely to be to their head or face. It is also much more likely that the injury will happen during a game rather than practice. However, it is highly unlikely that the injury will require surgery. And if it does, chances are it won't have any serious lingering effects down the road. These are some of the conclusions that can be reached by sifting through statistics and talking to sports experts about high school football players. These experts add that advances in treatments, as well as injury prevention, help keep the number and severity of injuries down. They also note the upside to participating in sports can make the risk of harm somewhat negligible. The benefits of participating in team sports far outweigh the risks posed by Dr. Margot Putukian, F.A.C.S.M., Director of Athletic Medicine at Princeton told Healthline.Read more: Youth football can enough »Nearly 8 million teens now participate in high school sports. That is double the 4 million who took part in the 1971-72 school year. In the past decade, the injuries suffered by these athletes have been monitored by the Colorado School of Public Health's Program for Injury Prevention, Education & Research (PIPER). The team, led by Professor Dawn Comstock, presents an annual report on the injuries inflicted in nine major high school sports. The report has detailed statistics from 100 colleges across the country as well as estimated figures for all colleges. That data is obtained from high school athletic officials who report their injuries to PIPER officials every Monday during their season. The statistics are broken down by the number of injuries, the number of athlete exposures, and the number of injuries for every 1,000 of those exposures. Injuries are defined as any event that requires medical attention and keeps the athlete from attending games or practice for at least one day. In addition, all fractures, concussions, dental injuries and heat events are considered injuries. Impressions are defined as one athlete participating in a single game or exercise. For example, if 20 players come into a match, then it's 20 exposures to that squad. Read more: Lawmakers make the field for young sports safety »Over the past decade, there has been an average of about 4 injuries per 1,000 athlete exposures in competition for all nine sports combined. For high school football players, the rate during the competition has ranged from 11.26 to 13.52 injuries per 1,000 athlete exposures. The sport with the second highest rate is girls' football, which hovers just above 5 injuries per 1,000 exposures each year. For football, the injury rate during training is about 2 incidents per 1,000 exposures. This compares with an average rate of less than 1.5 per 1,000 exposures for all nine sports combined. Overall, Colorado researchers estimate that there are more than 500,000 injuries of some sort to high school football players nationwide each year. In most years, less than 10 percent of these injuries require surgery. In 2015, 28 percent of football injuries were to a player's head or face. They included concussions. A further 14 percent were knees, 11 percent were ankles, and 10 percent were shoulders. About 68 percent of the injuries occurred while the players were tackling. A further 22 percent occurred while the players were blocking. Read more: Why your kids should play more than one sport »Safety issues were raised last year when it was reported that at least 11 high school football players died in the United States during the 2015 season. Two years earlier, a study was published that concluded high school players had nearly twice the concussion rate as college players. Still, experts said more sophisticated medical treatments and better keeping the line on football injuries and reducing the severity of them. Scott Sailor, president of the National Athletic Trainers' Association (NATA), says athletes are also better physically prepared for contact sports than in decades past, helping cut down on the severity of injuries. When surgery or other medical care is required, he says, safer and better techniques are now available. Sailor also told Healthline it's important for schools to have athletic trainers available, especially during the competition. He said only 37 percent of U.S. colleges currently have a full-time athletic trainer. Some of these precautions also include football training. Putukian notes the National Collegiate Athletic Association (NCAA) now limits contact practices to twice a week for football teams. In addition, Ivy League teams do not allow tackles in practice. Putukian said some of the measures may be trickle down to high school teams. She and Sailor also point out that there are new coaching techniques to help reduce football injuries. One of them is the Heads Up Football program overseen by USA Football. The program promotes tackling and blocking techniques designed to make the game safer. Read more: Sport can offer athletes protection from opioid abuse » Sailor and Putukian agree that parents should take the lead when it comes to their child's sports safety. Putukian encourages parents to scope out both a school's program as well as the football coach before their child signs up. For example, does the coach teach good techniques and put the safety of their athletes first? You have to do your homework, she said. NATA has launched the At Your Own Risk program, which provides information to parents, athletes and school officials about sports safety. Sailor says he feels all the measures taken make football a relatively safe contact sport for high school students. If my son wanted to play football, I would let him play football, he said. Said.