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Angola high school football

It is the job of a coach to train both amateur and professional athletes and teach them the basic skills of the sport they play. The goal of a coach is to improve and perfect the shape, technique and endurance of the athlete. Coaches prepare athletes for competitions by arranging practice sessions when they can point out the areas of correction the athlete needs. In addition to refining individual skills, the coach is also responsible for instilling good sportsmanship and team spirit, which are crucial during a match. Before a game, the coach will plan the team's strategy. He can change the plan and change players during the match. Here's how to become a high school football coach. Training and education There are no specific educational requirements to become an entry-level coach. However, if you want to be a head coach or instructor, you need to earn a college 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 follow a basic training football coach. This course includes learning about the sport, along with the rules and regulations. Experience Before you become an entry level coach, you need to prove your knowledge and experience. Volunteering is the best way to gain experience. Volunteer to coach soccer teams from your child's small league or primary school football team. With that experience, you can start your career. Certification Contact your state's licensing authority to see if you need certification to be a coach. These rules vary from state to state. However, if you want to become head coach, you need a state certification. You must meet certain requirements to receive that certification. [Sources:BLS, Education] Ad Football players are much more likely to get injured than other high school competitors, but the chances of sustaining an injury might not be as high as you think. Share on PinterestIf a teenager has been playing football for four years, chances are they'll get some kind of injury. In fact, a high school athlete is about three times more likely to get injured than competitors in other major sports. In addition, that injury is more likely to affect their head or face. It is also much more likely that the injury will happen during a match rather than practice. However, it is highly unlikely that the injury will require surgery. And if so, chances are it won't have any serious lingering effects on the road. These are some of the conclusions 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 number and severity of injuries downward. They also note that the benefit of participating in sports can make the risk of injuries somewhat negligible. The benefits of participating in team sports far outweigh the risks, Dr. Margot Putukian, F.A.C.S.M., director of athletic medicine at Princeton University, told Healthline.Read more: Youth football can be safe enough » Nearly 8 million teens now participate in high school sports. That is double the 4 million who participated in the 1971-72 school year. Over the past decade, the injuries of 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, releases an annual report on the injuries sustained in nine major high school sports. The report has detailed statistics from 100 high schools across the country, as well as estimated numbers for all high schools. That data is obtained from high school athletic officials who report their injuries to PIPER officials every Monday during their season. The statistics are divided into the number of injuries, the number of athlete exposures, and the rate of injuries for every 1,000 of these exposures. Injuries are defined as any event that requires medical attention and keeps the athlete from participating in games or practices for at least a day. In addition, all fractures, concussions, tooth injuries and heat events are considered injuries. Exposures are defined as an athlete participating in a single game or practice. For example, if 20 players get into a game, then that's 20 exposure for that squad. Read more: Lawmakers make pitch for youth sports safety » Over the past decade, there has been an average of about 4 injuries per 1,000 athlete exposure in the league for all nine sports combined. For high school football players, the rate during the league ranged from 11.26 to 13.52 injuries per 1,000 athlete exposure. The sport with the second highest rate is girls football, which hovers just above 5 injuries per 1,000 exposures per year. For football, the injury during practice is right around 2 incidents per 1,000 exposure. That compares with an average rate of less than 1.5 per 1,000 exposures for all nine sports combined. Overall, Colorado researchers estimate there are more than 500,000 injuries from some kind to high school football players nationwide each year. In most years, less than 10 percent of those injuries require surgery. In 2015, 28 percent of football injuries were to a player's head or face, included concussions. Another 14 percent were knees, 11 percent were ankles, and 10 percent were shoulders. About 68 percent of the injuries happened while the players were addressing it. Another 22 percent occurred while players were blocking. Read more: Why your kids should play more than one sport » Safety » Safety were brought up 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 advanced medical treatments and better prevention programs are holding 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 recent decades, helping to cut down on the severity of injuries. When surgery or other medical help is needed, 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 league. He said only 37 percent of U.S. high schools currently have a full-time athletic trainer. Some of these precautions also extend to football practice. Putukian notes the National Collegiate Athletic Association (NCAA) now limits contact practices to twice a week for football clubs. In addition, Ivy League teams do not allow the approach in practice. Putukian said some of the measures could 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 protect athletes from opioid abuse » Sailor and Putukian agree that parents should take the lead when it comes to their child's sports safety. Putukian urges parents to extend the scope of both a school program and the football coach before their child signs up. For example, does the coach indicate 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 being taken make football a relatively safe contact sport for high school students. If my son wanted to play football, I'd let him play football, he said. A football, which is used in the sport of American football, is an elongated inflated rubber bladder that tapers up to a point at each end. Despite often being referred to as a pig skin, a football is actually covered with pebble-grained leather or cowhide. White laces are on one side the ball sewn so the passer-by gets a better grip on it. Unlike the balls used in most sports, a football is not spherical in shape, so there is more of an unpredictability in the way it bounces. When thrown, ideally the ball lets the hand spin in a spiral spiral which keeps the flight of the ball more aerodynamic. There are different sizes of footballs, with smaller versions available for youth games. At the NFL level, the ball measures from 20 3/4 to 21 1/4 inches around the middle, 28 to 28 1/2 inches around the ends and 11 to 11 1/4 inches from tip to tip. The football also weighs between 14 and 15 grams and is inflated to between 12 1/2 and 13 1/2 pounds per square inch. The inflation of the footballs is important. During the 2014-2015 NFL playoffs, most of the balls used in the first half of a game between the New England Patriots and the Indianapolis Colts were found to be about 2 pounds below the minimum required inflation level. A complaint from the Colts prompted the referees to test and investigate inflation. The Patriots, who host the game, were blamed for the underinflation. The issue even sparked a controversy called Deflategate, and quarterback Tom Brady eventually received a four-game suspension because the NFL felt that Brady may have known about the underinflation. When the football was in its infancy, a pig's bladder was often inflated and used as the ball. You may be surprised to hear that footballs were originally inflated with the bladder of animals, including those of pigs, notes Big Game Sports, a company that produces footballs. In later years, these animal bladders were placed in a leather cover, which gave rise to the term 'pig skin'. After Charles Goodyear invented vulcanized rubber in 1844, manufacturers began using the new material to make footballs and players had their pig skins cut and replaced with the rubber versions. Today, although they are still called 'pig skins', ... all pro and collegiate footballs are actually made with cowhide leather. Recreational and youth footballs, on the other hand, are often made with synthetic material or vulcanized rubber. (Big Game makes its own footballs with cowhide by the way.) So, the next time you're ready to throw that perfect spiral, remember that the pig skin you're holding isn't really a pig's skin, but the ball has come a long way before you finally took on the shape, inflation level and material of the football you have in your hands. Hands.