

Football: Head to Head Contact is Too Dangerous Essay

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The use of head to head contact at any level in football, should be illegal. There is no reason as to why you cannot keep your head up your body square and make a proper tackle. Coaches teach you how to make the proper big hit, without using your head at all. You put yourself at risk and the person you are hitting by lowering, or keeping your head straight up to make head to head contact. The proper way to tackle is made up of a 6 step process. Step 1 is to breakdown, buzz means to set your feet in a good balanced position, correct body posture for the hit, shoot into the hit, wrap up, and finally drive your target into the ground. But, players like to hit head to head to injure, or just look "cool." Although it's impossible to completely eliminate injuries from the game of football, helmet to helmet contact should not be allowed for three main reasons: it causes too many life threatening injuries, players are trying to hurt other players so they can't finish the game, and it causes brain damage. Causes life threatening injuries Hitting players head to head cause way too many life threatening injuries for both opponents. On Bill Brink's "Tackling the Issue of 'proper' Tackling," Robert Cantu was quoted saying, "football teams should practice without helmets." That would be the best way to teach players to avoid head-to-head collisions, avoiding life threatening injuries(Brink). The problem coaches have with

that is they think there players will develop bad tackling habits. But Cantu, argues that tackling isn't all physical it's a lot of mental toughness and muscle memory. The head to head collisions don't just come from tackling, it also comes from blocking, blind siding, and pancaking. On Bill Brink's "Tackling the Issue of '..... middle of papereah. "Coaches Train Students on Concussions, Safety." Coaches Train Students on Concussions, Safety 29 Sept. 2010: n. pag. Print.Dapp, Scot. Proper Tackling to Reduce Concussions. N.p., n.d. Web.Finder, Chuck. "Brain Experts Develop Game Plan for Football Concussions." Brain Experts Develop Game Plan for Football Concussions [Pittsburgh] 13 Mar. 2010: n. pag. Print.George, Louie St., III. "Prep Sports Notebooks: Injuries Unfortunate, but Inevitable in Football."Prep Sports Notebooks: Injuries Unfortunate, but Inevitable in Football [Duluth] 12Sept. 2013: n. pag. Print.Healy, Melissa. "Head Injuries in One Football Season Cause Measurable Brain Damage."ScienceNow. Los Angeles times, 11 Dec. 2013. Web. 14 Jan. 2014.Hobson, Hal. "Brain Damage in American Football Linked to Head Trauma." New Scientist. NewScientist Health, 17 Oct. 2013. Web. 14 Jan. 2014.

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