

**HEADS x UP**  
**CONCUSSION** IN HIGH SCHOOL  
SPORTS



## The Facts

- A concussion is a **brain injury**
- All concussions are **serious**
- Concussions can occur **without** loss of consciousness
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death

## Concussions in Soccer

- Head injuries are predictable. They usually occur near the halfway line when players are competing for headers, goal kicks, long passes etc. They can also happen, though much less frequently, in the penalty area when many players compete for crosses or corner kicks.

- The majority of injuries are due to head-head, head-elbow, head-ground contact or when the head impacts another hard object like the foot, knee, post or even some object near the touchline. Generally, head injuries to women happen from head-head contact; for men, it's head-elbow contact.

## Concussions in Soccer

- Injuries to the head are not uncommon.
- Between 4% and 20% of all injuries in football are to the head. Around half of all injuries to the head are common contusions and/or abrasion injuries. In men, the next most common head injury is a laceration, but in women, the next most common injury is concussion. For men, concussion is the fourth most common type of head injury. In some studies, the concussion injury rate for women is nearly 2.5 times higher than the rate for men.



When in doubt...

**KEEP THEM OUT!**