

«فيفا» على علم بمخاطر التسديدات الرأسية منذ 1984»



How Dangerous Is Heading?

Professional soccer players may head the ball an average of five times a game, which adds up to 5,250 impacts to the head in a 15-year career. The impact to the head may be as high as 200 lb. Players complain of headaches, pain in the neck, dizziness, irritability, insomnia, hearing disturbances, weakened memory, and abnormal alcohol reactions. Since these symptoms are subjective, additional studies are needed to understand the possible negative effects of heading the ball. Players should try to decrease the number of headings, especially on balls kicked from a short distance, and they should use proper heading techniques and light soccer cleats.

Playing the ball with the head is a common action during soccer. The player hits the ball with the head and body either to stop the ball, direct it to a teammate, or to score a goal. High balls usually originate from free kicks and corner kicks to the goal lines or when backs or goalkeepers kick the ball far up the field. Heading the ball is exciting – especially when a goal is scored – and knowledgeable spectators appreciate such acts.

Tanner and Bassel¹ counted the number of headings during ten games of the National Football League, ten English matches, and four international matches of the German national team. The average number of headings was 1.37 for National Football League, 1.04 for English games, and 1.6 for Germany's international games. All players must head the ball, but the goalkeepers rarely do. Angell² studied the number of jumps to head the ball and reported the following numbers: in ten games, the average number of jumps was 1.18 per game.

On the basis of these data we can estimate that the average number of headings for each player is about five per game. Soccer professionals play about 70 games a year; they may perform 350 headings a year or 5,250 in 15 years. Consider regular training players (500 to 600 headings, which are counted the total over time).

Impact

Heading the ball causes a significant blow to the head because the ball weighs 11 to 15 oz (305 to 425 g) and has a high velocity when kicked. The acceleration of the ball is 27 to 28 m/s² to 21 cm/s².

The Author

John A. Schmitt is professor for rehabilitation medicine at the State University of New York College of Medicine at Brooklyn. The author is a member of the FIFA Medical Panel for Mexican Motors and currently is a member of the FIFA Medical Committee of FIFA at its meeting in Zurich on 26 October.

balls are lighter, easier to manipulate, and less dangerous. Leather balls absorb water under wet conditions, which may increase the weight 20% or more. For this reason, balls made of waterproof, nitrated synthetic leather covered with caustics or other materials are recommended. These balls must not be used and they light during the rain.

Several authors have studied the speed of the kicked ball^{3,4} and have found that the speed is 50 to 125 km/h. Using a high-speed film camera, Schmitt and Lott⁵ calculated that a ball kicked with full power from 10 meters traveled 22.6 meters per second (82.3 km/h) and hit the head with an impact of 116 kg. They estimated that the impact may be increased to 200 kg when the ball is kicked with full power. Compared with the ball kicked from 10 to 15 meters, when contact was prolonged, as it is with

متابعة: ضمياء فالح

كشفت الصحافة البريطانية عن علم الاتحاد الدولي لكرة القدم (فيفا) بمخاطر التسديدات الرأسية على اللاعبين وعلاقتها المباشرة بإصابتهم بالخرف لاحقاً منذ 26 أكتوبر 1984 ، عندما نشر تقرير من صفحتين في مجلة «فيفا» الرسمية حول الموضوع.

واتهمت الصحافة «فيفا» بالتكاسل والتغاضي عن حماية اللاعبين صحياً رغم أن التقرير كتبه فوين سمودلاكا بروفيسور التعافي الطبي في جامعة طب نيويورك بحي بروكلين. ويذكر سمودلاكا في تقريره أن لاعباً بسن الـ 20 عانى صداً وغشاً في النظر قبل فقدانه الوعي في الملعب ثم وفاته بسبب نزيف في المخ. واكتشف المقال القديم مؤرخ طبي اسمه ستيفان تي كاسبر في جامعة كلاركسن في نيويورك على هامش مشروع بحث حول الأعصاب. وانتظر العالم حتى 2019 ليعرف مخاطر التسديدات الرأسية بعد نشر بحث الدكتور ويلي ستيفارت وعلق المتحدث الرسمي باسم فيفا: «فيفا تؤكد مسؤوليتها على حماية صحة اللاعبين والتي ستبقى لها الأولوية في تطوير اللعبة. التقرير يشير لاهتمام القائمين على اللعبة منذ القدم بالقضية ونحن على تواصل حالياً مع مراكز البحث والخبراء لوضع دراسة استراتيجية». «نطرحها أمام الأعضاء الـ 211».

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