The American Academy of Pediatrics has called a new play – to improve safety for these young athletes.

The group says: Teach proper tackle techniques in entry-level leagues.

Mayo Clinic Sports Medicine doctor Michael Stuart agrees.

Education is first.

The risk of injury in football is usually worse as players get older. They’re bigger, stronger, faster.

You should learn these sports specific skills, body control, body contact skills, proper tackling and blocking techniques at a younger age, in a safe environment.

And, where tackle is used, it says, there must be zero tolerance for illegal hits.

It’s a very dangerous act for the tackler and the person being tackled.

If you can teach this multifaceted approach to injury prevention, we can all make a difference.
AND THAT’S A WIN FOR THE PLAYERS ON THE FIELD

whistle

– AND THE FANS CHEERING FOR THEM.

GRAPHIC

FOR THE MAYO CLINIC NEWS NETWORK, I’M JEFF OLSEN.