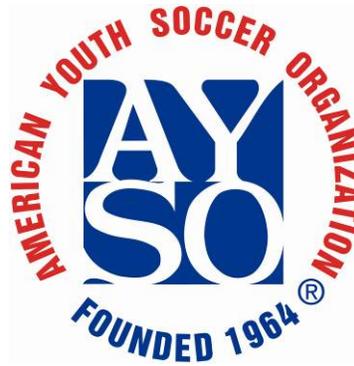


Heads Up on Concussion Workshop



Identifier	Concussion Workshop
Original	Hugh McLeish
Revision	
Effective Date	1 December 2013
Class Length	1 hour

1. Description

A guide for coaches relating to concussion issues. This session will include the signs of a potential concussion, the responsibilities of coaches, referees and parents when there is a possible concussion, and where the final decision lies in removing the player from the match. Will also train coaches to understand what is required prior to a player returning to a practice or match and the progression to look at in bringing a player back to playing. Suggested alternatives to players heading the ball to include various ball control methods and a change in the style of team play.

2. Learning Objectives

This session goes over concussion and how style of play can reduce risk of concussions.

3. Instructor Requirements

Coach Instructor with knowledge of CDC Concussion training

4. Prerequisites

None

5. Materials Example:

- Lesson Plan
- Power Point
- Course Evaluation forms
- Videos embedded in the presentation (Review the videos and ensure that they launch correctly on your computer in slideshow mode before the presentation)

6. Equipment (list) Example:

Laptop computer and LCD projector

Lesson Plan:

Introduction:

Introduce yourself, your co-instructors, and any guests. If the group is small, take a few moments to allow the attendees to introduce themselves and their experience.

Describe the purpose of the course, its anticipated length, whether or not any breaks are planned, and what the students can expect to do when they complete the course.

AYSO is a place where every child plays in an atmosphere of good sportsmanship and positive coaching. The emphasis in AYSO is on youth. AYSO is unique because we recognize the social and psychological needs of children and do our best to work toward the fulfillment of those needs in all our programs. This emphasis makes AYSO a model for other youth sports groups and is a key to our astounding growth and popularity.

Slide 1.

In this session we will look at the dangers and symptoms of concussions or potential concussions, how to proceed when there is a concussion issue, and the procedure to be followed relating to a concussed player returning to play. As well as efforts to reduce points of contact.

Slide 2.

Concussion is the most talked about sports injury in today's world. So much so, that 32 states have enacted laws relating to concussion injuries with most requiring clearance by a medical professional prior to returning to play.

Most concussions occur in football, as evidenced by the law suits being filed against the NFL by former players. Each season, 20% of HS football players experience concussions. After football, hockey, martial arts and soccer players are at most risk.

Slide 3.

Play Video. In the recent situation shown here, Hugo Lloris of Spurs was kicked in the head and was obviously concussed...he convinced the manager and the medical staff to keep him in the game...

Photograph: He was okay but without question should have been removed from play...

When in doubt, sit them out!

A concussion is a brain injury caused by a bump or blow to the head area. You cannot see a concussion but you can recognize the symptoms. They can show up immediately or sometimes not until days or weeks after. If there is any potential of a concussion, seek medical help immediately.

Slide 4.

The National AYSO Coaching Programs states heading should not be taught until U-12 (page out of U-12 manual teaching players to safely head the ball)

For the safety of players, cooperation between coaches, parents and referees is vital.

A referee may have a better vantage point to view a bump or fall by a player. Referee and coach should collaborate in checking the player out. If it looks like there could be a problem, remove the player from the game. Parents should seek medical help.

Slide 5.

Style of play. Most headed balls end up with your opponents. Heading is not integral until players reach U-14.

Slide 6.

Are there times when a player should head the ball? Yes. Discuss some situations where this is appropriate.

Slide 7.

Play video...Cristiano Ronaldo of Real Madrid scoring against former team Manchester United.

Slide 8.

Play video. Liverpool versus Aston Villa, Liverpool midfielder Steven Gerrard saving an obvious goal by clearing it with his head.

What parents should look at doing if they think their child has a concussion. The information on slides 6, 7, and 8 are available in your handbook received at registration. (Hold up sample)

Slide 9.

Are there alternatives to heading the ball? Yes. Discuss some situations where this is appropriate

Slide 10.

Teach players to use other parts of the body to control the ball; Chest Trap, Upper Thigh Trap, and Foot Traps.

Being alert and mobile, will help them reposition themselves. The difference between having to use your head and your chest is usually only a small step.

Slide 11.

You might want to change your style of play by keeping the ball on the ground.

Maintaining possession passing the ball on the ground will better help build up attacking and defending methods. In general, most headed balls end up in the possession of your opponent.

Slide 12.

Barcelona, one of the greatest club teams hardly ever plays the ball in the air.

The average height of players in their first team squad is 5 ft. 7 ins. They play to their strength. Watch how they build up play keeping the ball on the ground.

Slide 13.

Play Barca video. Note technical points: how they pass the ball to prevent spin...how entertaining their style looks...the options a player has when they receive the ball...the support, how effortless it looks, etc.

Slide 14.

Recap. We covered the symptoms of concussion, our responsibility as a coach to ensure the safety of our players regarding concussions, our coordinated efforts between coaches, referees and parents. Alternatives to players heading the ball, and possible ways of changing our team style of play.

Keep in mind that you have a list of symptoms in your handbook and also, you should look at taking the CDC Concussion Course that is available on line through AYSO.

Slide 15.

Questions?