INJURIES IN YOUTH SOCCER PLAYERS IN A SEASON OF A BRAZILIAN FIRST DIVISION TEAM

Herdy CV¹, Simão R², Pedrinelli A³, Selfe J⁴
¹Club de Regatas Vasco da Gama, Rio De Janeiro, Brazil, ²Physical Education Post-Graduation Program, Federal University of Rio de Janeiro, Rio De Janeiro, Brazil, ³Institute of Orthopedics and Traumatology, Hospital das Clínicas, Faculty of Medicine, University of Sao Paulo, Sao Paulo, Brazil, ⁴School of Sport, Tourism and The Outdoors, University of Central Lancashire, Preston, United Kingdom

Introduction

Soccer is the most played sport in the world (1), and is also the game in which most injuries occur in amateur and professional athletes (2, 3). In the sporting context, young people between 10 and 20 years old are subjected to periods of technical training, tactical and physical training aimed at their long-term in order to be promoted to professional soccer at optimal levels (3). In Brazil, a soccer player is a reference to the young, in particular the fruits of fame and financial success. The countries clubs invest heavily in training these young people for future promotion to professional teams. This process must meet the cognitive, biological individuality and biological maturation (2, 3). However we see a lot of responsibility aimed at young people to succeed in sports games and championships. The load volume and intensity of training can be dangerous and so this study aimed to observe and describe the types of injuries acquired by young athletes in elite Brazilian soccer.

Methods

The sample consisted of 218 active athletes in the categories Under 11, Under 13, Under 15, Under 17 and Under 20 at Vasco da Gama, a national first division club in Brazil. The data of the athletes were analyzed and classified according to categories and lesions identified over a total period of 17 months. This consisted of describing the characteristics of the lesions divided into muscles, joints, traumatic and other types. The analytic approach employed was descriptive.

Results

Results are summarized in Table 1 and 2.

Table 1: types of injuries.
In this study we can see a trend of an increase in injuries with increasing age. As noted in the literature (2, 3) muscle injury is very prevalent in soccer, these results confirm this view with 36% of all injuries being muscle injuries.

An important issue here is the imbalance that can occur between the quadriceps muscles and the hamstrings in soccer players (3). In addition, we note that the categories U-15, U-17 and U-20 demonstrate a significant number of injuries sustained throughout the season. These lesions occur due to intense training and the number of games that occur in these age categories (1, 3).

This is an important time when competition for professional contracts among the young players becomes intense. It is important that the clubs have a program of injury prevention (1) to promote their athletes to excellent physical levels, and to have a unified planning system present between the age categories, so that young football athletes have sufficient rehabilitation and recovery time.

Conclusions

References