

Football Doesn't Have to Be This Violent and Still Be Exciting



The sport of football is under fire. With the increasing number of concussions and other serious injuries, many people are wondering if the game is worth the risk.



Football Doesn't Have To Be This Violent, And Still Be Exciting: An Anthology Wrap Up by Jim Green

★★★★★ 5 out of 5

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In recent years, there have been several high-profile cases of football players who have suffered life-altering injuries. In 2010, former NFL player Junior Seau took his own life after suffering from chronic traumatic encephalopathy (CTE), a degenerative brain disease that is caused by repeated head injuries. In 2012, former NFL player Dave Duerson also took his own life after suffering from CTE.

These are just two examples of the many football players who have been affected by the game's violence. The NFL has been criticized for not doing enough to protect its players from head injuries. In 2015, the NFL agreed to pay \$1 billion to settle a class-action lawsuit brought by former players who suffered from brain injuries.

The NFL's concussion crisis has led to a growing number of parents who are hesitant to let their children play football. According to a 2016 survey by the National Athletic Trainers' Association, 42% of parents said that they would not allow their child to play football.

The NFL is facing a number of challenges, including declining viewership, lawsuits from former players, and the growing number of parents who are reluctant to let their children play football. If the NFL wants to survive, it needs to change the way the game is played.

One way to make football safer is to reduce the amount of contact. In 2016, the NFL introduced a new rule that prohibits players from leading with their helmets when tackling. The rule has been successful in reducing the number of concussions, but it has also made the game less exciting.

Another way to make football safer is to change the way the game is played at the youth level. Pop Warner, the largest youth football organization in the United States, has implemented a number of new rules in recent years to make the game safer for children. These rules include limiting the amount of contact in practice and games, and requiring coaches to be certified in concussion recognition and management.

The NFL and Pop Warner are making progress in making football safer, but there is still more work to be done. The goal should be to create a game that is both safe and exciting.

Here are some specific recommendations for how to make football safer:

- * Reduce the amount of contact in practice and games.
- * Require coaches to be certified in concussion recognition and management.
- * Teach players how to tackle properly.
- * Use safer equipment, such as helmets with impact-absorbing materials.
- * Change the rules of the game to make it less violent.

By making these changes, we can help to ensure that football is a safe and exciting sport for future generations.

In addition to the physical risks, there are also a number of mental health risks associated with playing football. These risks include depression, anxiety, and post-traumatic stress disorder (PTSD).

A study published in the journal JAMA Psychiatry found that former NFL players are more likely to suffer from depression and anxiety than the general population. The study also found that former NFL players are more likely to have PTSD than the general population.

The mental health risks associated with playing football are a serious concern. The NFL needs to do more to help former players who are struggling with mental health issues.

The NFL is a multi-billion dollar industry, and it is not going to go away anytime soon. However, the NFL needs to change the way the game is played if it wants to survive. The NFL needs to make the game safer and less violent. If the NFL can do that, then football can continue to be a popular sport for generations to come.

Here are some additional tips for making football safer and more exciting:

- * Use smaller fields.
- * Use lighter footballs.
- * Play with fewer players on the field.
- * Eliminate the kickoff.
- * Allow teams to advance the ball by passing only.
- * Award points for defensive plays.

These are just a few ideas for how to make football safer and more exciting. The NFL should experiment with different rule changes to see what works best.

The goal should be to create a game that is both safe and exciting. If the NFL can do that, then football can continue to be a popular sport for generations to come.



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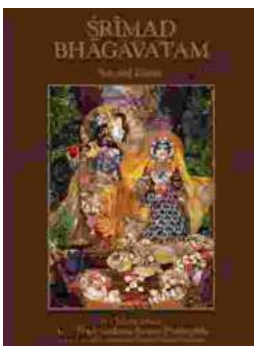
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