

TIME LOSS INJURY-ASSOCIATED VARIATION IN THE PROFILE OF SOCCER PLAYERS 11-12 YEARS OF AGE

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Introduction

Previous studies have focused in the determination of the prevalence and incidence of sport injuries (Junge et al., 2006). The purpose of this study is to identify the differences between soccer players, with 11 and 12 years-old, who did and did not get injured in one season period.

Methods

The sample included 75 male players with 12.82 ± 0.52 years of chronological age (CA). Somatic characteristics included height, weight, proportions and adiposity. Percentage of predicted adult height (%PAH) was determined with the Khamis-Roche method (Khamis & Roche, 1994). Functional status was assessed with the *10x5-meter* agility test, counter-movement jump, 30-meter sprint, YO-YO intermittent endurance test – level 1. Four ball manipulation soccer skills were measured (maximal number of touches, dribble, wall pass test and shoot test). Training and match information was also obtained (number of training sessions, minutes of training, number of matches, minutes used in matches, number of exposures, minutes of exposure).

Results & Discussion

Distribution of players by time loss injury (TLI) groups was as follows: 17 with TLI and 58 without TLI. Age ($p \leq 0.01$), % PAH ($p \leq 0.05$), agility ($p \leq 0.05$), dribble ($p \leq 0.01$), number of training sessions ($p \leq 0.01$), minutes of training ($p \leq 0.01$), number of exposures ($p \leq 0.05$) and minutes of exposure ($p \leq 0.01$) differed significantly between the two time loss injury groups. Other somatic, functional and soccer-specific skills were not sensitive to the independent variable effect. In the variables with significant differences all the results are in favor of the players with, at least, one injury reported.

Conclusion

Results suggest that players who get injured are older, more mature, taller and heavier than their peers without injuries report. The same trend is noted in the motor and technical tasks that associate speed and ball manipulation. This may suggest that players who are more skilled are also more exposed to injury occurrence.

References

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