

Oxford Journals > Medicine > Journal of Pediatric Psychology > Volume 32, Number 4 > Pp. 411-416

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Journal of Pediatric Psychology Advance Access originally published online on September 30, 2006

Journal of Pediatric Psychology 2007 32(4):411-416; doi:10.1093/jpepsy/jsl034

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Brief Report: Behavioral Risk Factors for Youth Soccer (Football) Injury

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▶ Abstract

Objectives By most reports, soccer (football) is among the most played and most popular sports in the world. This study prospectively examined behavioral risk factors for youth soccer injury. **Method** Sixty 11- and 12-year-old boys who played on six teams in a suburban recreational soccer league were followed over the course of a season. Six predictors were assessed prior to the start of the season via self-report measures from coaches, parents, and the players themselves: inhibition, aggression, risk-taking, skill, experience playing soccer, and physical size. All games were videotaped, and tapes were reviewed to record players' collisions with other players, fouls, falls during the course of play, and injuries. **Results** Greater skill and less experience playing soccer best predicted injury risk. Inhibition, aggression, and

risk-taking did not emerge as predictors. **Conclusion** Results are discussed with respect to previous research in youth sport and general pediatric injury risk.

Key words: injury; personality; safety; soccer; temperament.

Received March 20, 2006; revision received June 20, 2006; revision received August 22, 2006; accepted September 8, 2006

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Online ISSN 1465-735X - Print ISSN 0146-8693

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