

MORE ALC LIGAMENT INJURIES

Researchers are studying the differences between men and women when kicking

Eleven days ago, the women kicked off their football World Cup. Even before that the female dribble had been scientifically examined.

POTSDAM - Whether it's the mileage, the goal celebration, the most common injuries, heart size, or even the iron metabolism - researchers have thought about most aspects in relation to the differences between women's and men's soccer. Now There has also been developed a ball especially for women.

According to sports economist Herbert Woratschek, studies have shown, that compared to the men's game, the female kick is often conceived as more "honest, fair and sympathetic". However, there are many parallels - even if you disregard the common rules. Studies have shown that a top female player runs an average of ten kilometer during a match which is quite equal to the male counterpart. As running intensity is a key characteristic of the teams strongest players in a game, there apparently is little difference between men and women.

Yet the men, compared to women, of course are superior in terms of muscle building, size and strength. Rising conditional requirements and increasing athleticism in both sexes has led to a comparatively high rate of injury. As muscular injuries in both men and women dominate, there is a significant difference in the damages. Women suffer from ACL ligament injuries three times as often as men.

"The reasons are there but it's only speculation," says orthopedic surgeon and team physician at the Women's National Team, Bernd Lasarzewski. The guesses ranged from a different landing technique after jumps to hormonal fluctuations. Lasarzewski's advice to the coaches is: "More stabilization programs for the extremities."



A flexible approach to changing the game situations and different social behaviors, in such as the integration of new players in the women's football, states the sports scientist Silke Sinning of the University Koblenz-Landau. The former active player is involved in two research groups for female football in Landau (Rheinland-Pfalz) and Würzburg (Bavaria).

Among other things, field tests of a special women's ball, "Sensational 1", a Danish developed football, were investigated. The new ball is lighter and designed especially to up the speed of the game and is up to nine percent faster than the "speedcell" which is currently being kicked at the World Cup. "As a result, this ball flies naturally further and lays better on the foot," said Sinning.

Banned in the West – Company Sports in the East

- Just in time for the World Cup a study of the differences in the development of women's football in the former West Germany and East Germany was presented by the contemporary historians activist at the University of Potsdam, Carina Sophia Linne,

- In the West the sport was for banned for women until 1970. In the 1950s and 1960s they already had women's football in the DDR as company sports teams.

- Initially it was classified as a recreational sport, with no championships, Linne writes in her thesis, "unlock".

There had already been a photo reportage on women's football teams in 1960 in the East German magazine "New Football Week"

- It is downright frowned upon, in the West, that women are playing football, partly because running is perceived as "not feminine" and the ability to give birth was considered at risk, writes Linne. That all changed with the student movement in 1968.