

## Smaller and lighter ball speeds up the game

*Dr. Prof. Silke Sinning explored aspects of women's soccer: playing with a lighter ball*

The key equipment in soccer – the ball - in soccer is not only round, but also the subject of controversial debates and thorough research – which was fuelled additional after the ignominious departure of the German World Cup women.

A Danish Company, in close cooperation with Danish Sports Scientist have created a ball especially for women and brought it into the game.

The smaller and lighter "Leather" are to be used both in clubs, schools and used in leisure as well as international matches.

"Since the lower leg and foot of women are lighter than men's, a football for women must weigh less. If the same ball is used, the ball flies slower of the foot of a women than of a male colleague despite the fact, that the same forced is used. "Large international studies have shown that the ideal weight of a women's ball is 360 gram" said the Danish Developers.

Their ball; Known as the "Sensational 1" has showed at amazing benefits in tests:

- The speed of the game increased by 20 to 30 percent.
- The ball is very well situated on the foot
- Novelty allowed goals from larger distance and allowed actions which are impossible with the currently used size 5 ball that men use.
- The ball also lower the health risk – according to scientist, the injury rate for women playing football are six times higher than that of men.

Silke Sinning professor from the Institute for Sport Sciences University of Landau, one of the leading Scien-

tists in women's football, is conducting the research on "Sensational 1" with Selected U-15 players from the Hessian Region. On the Question of whether the innovative ball from Denmark meets the requirements, the first results are available:

"50 Percent of the test players found the Sensational 1 better than the Adidas Jabulani, the official Match Ball of the FIFA World Cup for Men in South Africa. No players described Sensational 1 as "worse" or "much worse" than the Jabulani"

"Especially with long crosses and when the ball is flying the "Sensational 1" did better in the comparison. The test players enjoyed playing with the smaller women's football which they found appealing and bringing fun to the game," tells Silke Sinning, a former semi-professional league player and a committed part of the Hessian football coach association both as a player and a trainer. And above all: the self-conscious girls suffered no inferiority complex.

On the contrary: They found their own ball, as there has been in women's Basketball and women's handball for quite some time, really cool. Silke Sinning is also aware of other views on the streamlined ball equipment. Especially the players, who for many years fought to get the same conditions for women's football as for men's, had some problems with the "reverse role". The ex-national coach of the Women's National Team, Tina Theune, was not entirely convinced from "Sensational 1". She thinks it makes sense for young players, but not as much for the women.

"I would like to try out the new ball in all the Age steps", Silke Sinning formulated as research objectives for the near future. She also eagerly awaits the test results from a large German ball manufacturer in the circles of the women's national team. The ongoing Women's World Cup is played with the "Speed Cell" - the first women's World

Cup ball. It resembles the Jabulani, is differently designed, but not smaller or lighter than the men's World Cup ball.



*EQUALITY: Women have their own World Cup ball. The "Speed Cell" that resembles the ball that the men played with at their world cup - but the question is: Is it too heavy?*

In addition to the actual ball, Silke Sinning illuminates other aspects of women's football. They asked some players about how they could become coaches. "At DFB all the young National teams are coached by women," said Sinning. With regard to other Women's sports, beyond Rhythmic gymnastics, that is a rarity. This is also thanks to Tina Theune: "She has recommended her players, during their active time, to acquire a coaching license".

And that is for two reasons: Different from Mr. Ballack and Co., the Women's national team players can't live from their salaries after they ended their careers. And through the coach education, the women players – who attend the same courses as the men – will open up a whole other view on their own game including, for example tactical behavior.

Being on sabbatical, Sinning Silke watched all the games at the Women's World Cup – either in the stadium's or on television. "I appreciate the calm analysis," she says.