

A relationship between Playing Position of Football Players and types of Injuries in Premier League.

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Abstract

It is quite common to observe football players getting injured during matches. Numerous rules have been established to minimize injuries in football, yet they persist. This paper analyzes data from twenty Premier League football clubs, focusing on four player positions: Goalkeeper (G), Midfielders (M), Defenders (D), and Forwards (F). The aim is to explore the relationship between player positions and the types of injuries that occur in those roles. The primary injuries examined include Hamstring, Calf, Knee, and Ankle injuries. The data spans seven months, from July 2023 to January 2024.

Keywords: Sports Injuries, Football, International Players, Position of Players.

Introduction

Injuries are prevalent in sports, prompting researchers to seek solutions to protect athletes from harm. Both individual and team sports contribute positively to physical and physiological improvements, including a reduction in body fat percentage [1]. Sports injuries often impact the joints of the limbs (such as the knee, ankle, hip, shoulder, elbow, and wrist) or the spine, with knee injuries being particularly common.

Knee trauma can lead to meniscal and chondral damage, frequently in conjunction with injuries to the cruciate ligaments [2]. Overall, the incidence of injuries in professional football players is 8.1 injuries/1,000 h of exposure for male players (3), and 6.1 injuries/1,000 h of exposure for female players (4). For approximately 110,000, it is a profession and thus a source of income; for some 38 million registered players, it is a team game organized within leagues and competitions; and for about 226 million others, it is an enjoyable exercise surrogate for fitness and health [5]. The health benefits of soccer as “medicinal exercise” are well documented, for example, improved cardiovascular health, mental health, and bone health [6]. have previously shown that injuries affect performance negatively and that lower injury rates are linked to success in national and international matches. Hence, avoiding injuries is of utmost importance. [7]

HAMSTRING INJURIES

<i>Players</i>	<i>Position</i>	<i>Clubs</i>
Lloyd Kelly	Defender	Bournemouth
Youri Tielemans	Midfielder	Aston Villa
Reece James	Defender	Chelsea
Lesley Ugochukwu	Midfielder	Chelsea
Benjamin Chilwell	Defender	Chelsea
Trevoh Chalobah	Defender	Chelsea
Joel Ward	Defender	Crystal Palace
Jesurun Rak-Sakyi	Midfielder	Crystal Palace

Abdoulaye Doucoure	Midfielder	Everton
Adama Traore	Forward	Fulham
Matthew Targett	Defender	Newcastle
Ben Davies	Defender	Tottenham
Cristian Romero	Defender	Tottenham

CALF INJURIES

Players	Position	Clubs
Ryan Fredericks	Defender	Bournemouth
Oleksandr Zinchenko	Midfielder	Arsenal
Sam Johnstone	Goalkeeper	Crystal Palace
Mason Mount	Midfielder	Man United
Callum Wilson	Forward	Newcastle
John Egan	Defender	Sheffield Utd

KNEE INJURIES:-

Players	Position	Clubs
Gabriel Jesus	Forward	Arsenal
Jurrien	Defender	Arsenal
Joel Veltman	Defender	Brighton
Solly March	Midfielder	Brighton
Julio Enciso	Forward	Brighton
Luca Koleosho	Midfielder	Burnley
Robert Sanchez	Goalkeeper	Chelsea
Carney Chukwuemeka	Midfielder	Chelsea

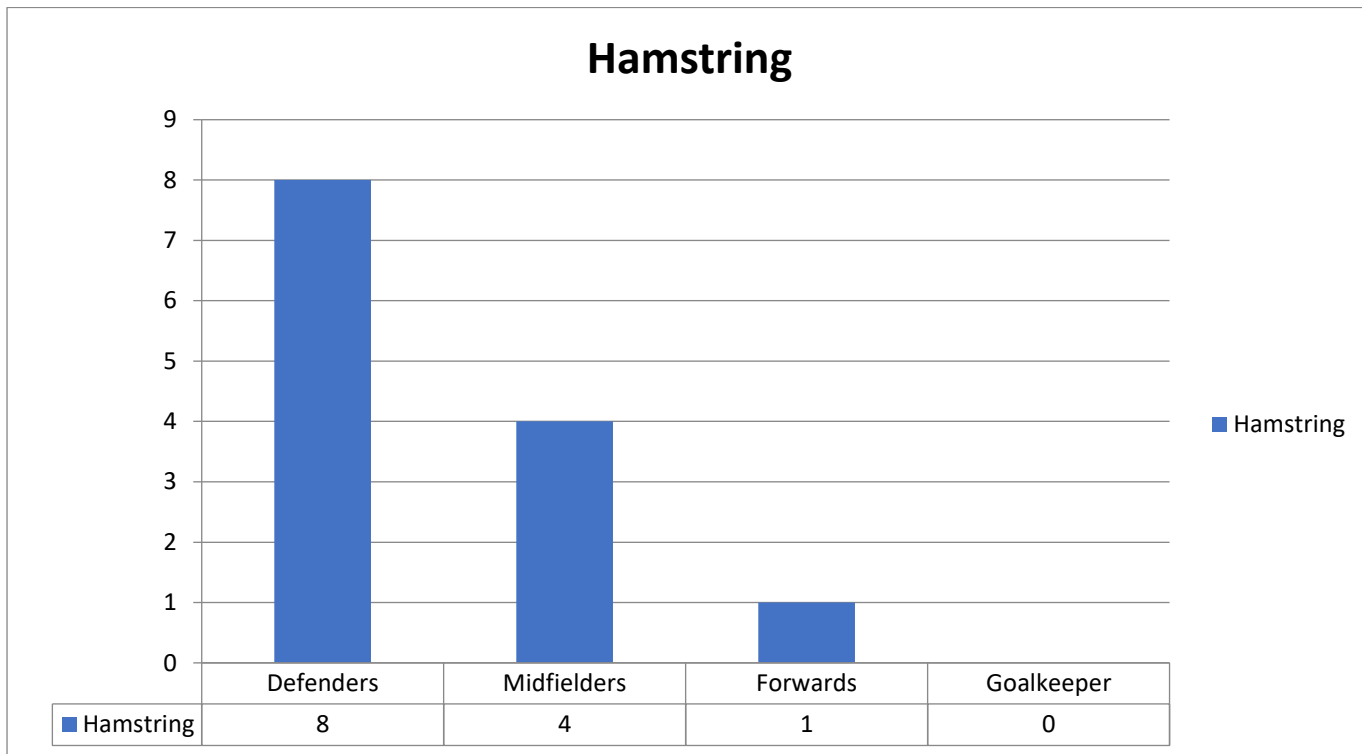
T. Alexander-Arnold	Defebder	Liverpool
Ben Doak	Midfielder	Liverpool
Joel Matip	Defender	Liverpool
Marvelous Nakamba	Midfielder	Luton
Jacob Brown	Defender	Luton
Erling Haaland	Forward	Man City
Zack Steffen	Goalkeeper	Man City
Liasandro Martinez	Defender	Man United
Tyrell Malacia	Defender	Man United
Taiwo Awoniyi	Forward	Nott'm Forest
Alejo Veliz	Forward	Tottenham
Michail Antonio	Forward	West Ham

ANKLE INJURIES:-

Players	Position	Clubs
Bryan Mbeumo	Forward	Brentford
Marc Cucurella	Defender	Chelsea
Rob Holding	Defender	Crystal Palace
Idrissa Gueye	Forward	Everton
Dwight McNeil	Forward	Everton
John Stones	Defender	Man City
Tyrell Malacia	Defender	Man United
Joseph Willock	Midfielder	New Castle
Harvey Barnes	Midfielder	Newcastle
James Maddison	Midfielder	Tottenham
Alfie Whiteman	Goalkeeper	Tottenham

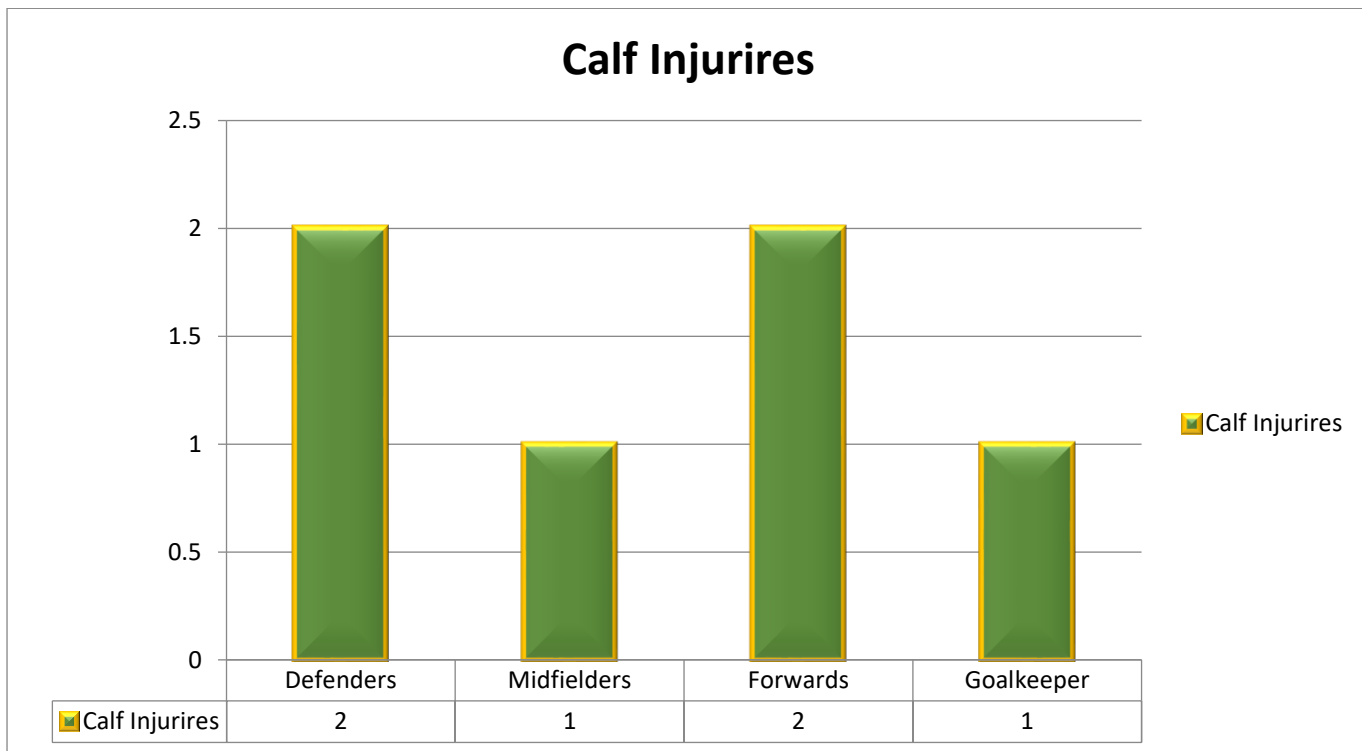
Results:-

Table and Graph 01:- Relationship of Hamstring injuries in players with four playing Position.



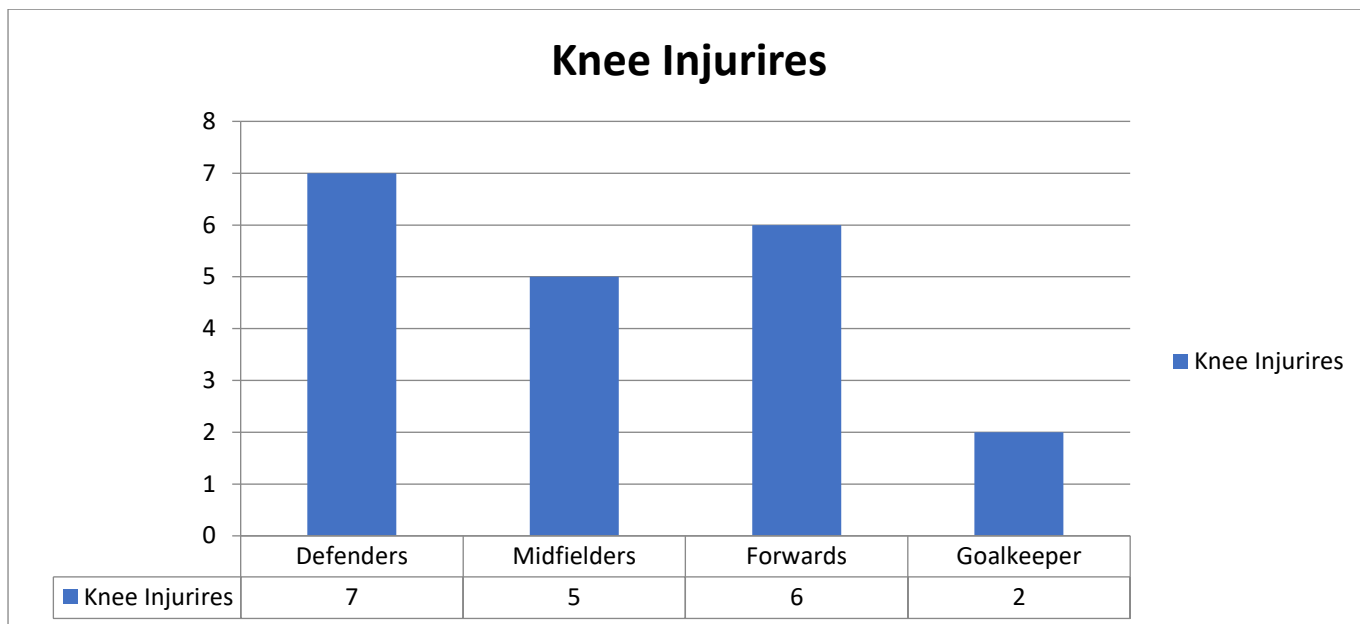
In this study we find out that Defender is maximum chances of Hamstring injuries and Midfielders have minimums chances of injuries? In forward position only few chances of injuries but in case of Goalkeeper there is no injuries find in all the 20 Premiers clubs

Table and Graph 02:- Relationship of Calf injuries in players with four playing Position.



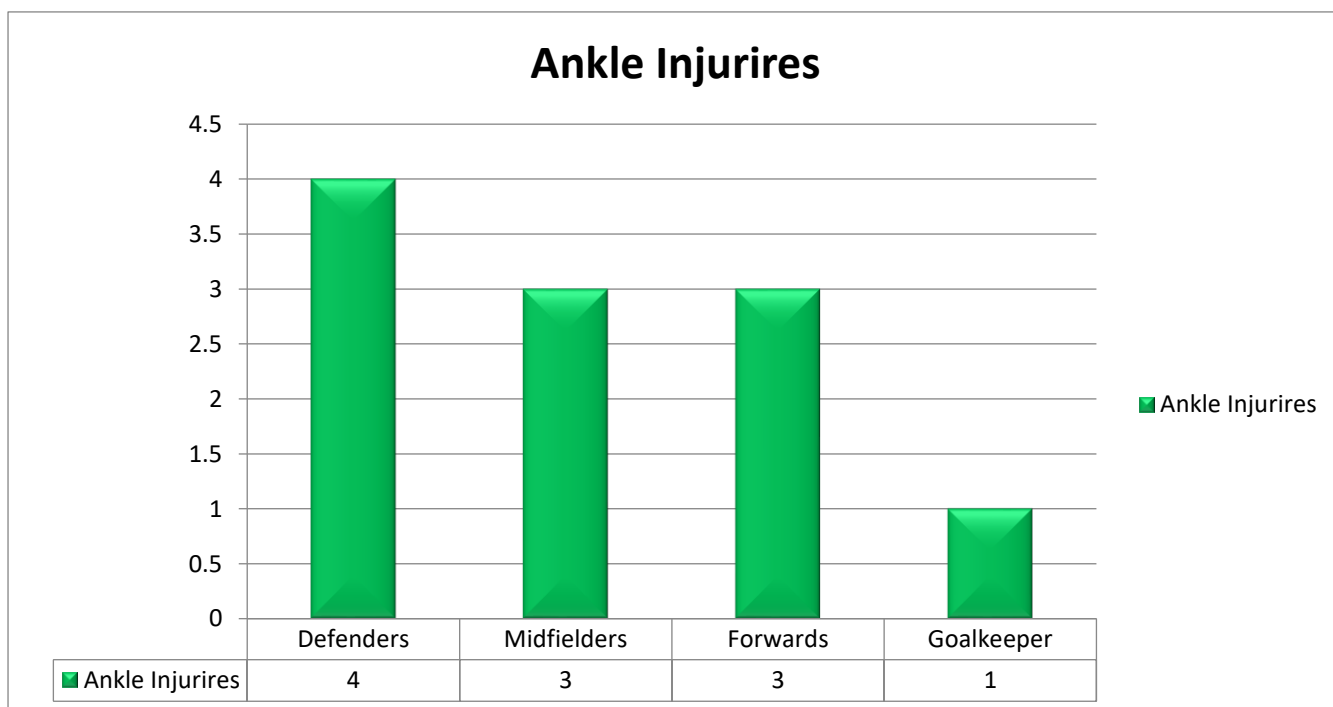
In this study we find out that Defender and forward are maximum chances of calf injuries but Midfielders and goalkeeper have less chances of injuries.

Table and Graph 03:- Relationship of Knee injuries in players with four playing Position.



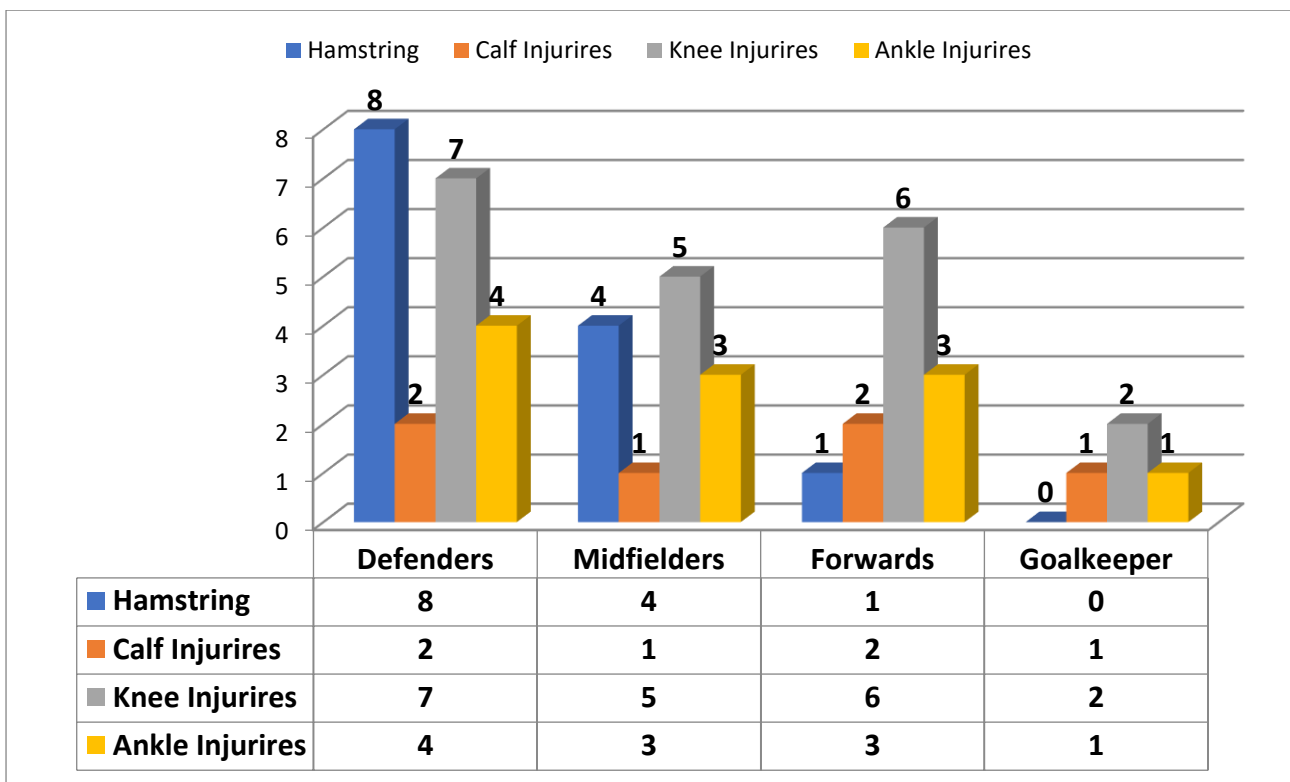
In this study we find out that Defender and forward players have maximum chances of knee injuries. Midfielders have also good chances of injuries? In goalkeeper only few chances of injuries.

Table and Graph 04:- Relationship of Ankle injuries in players with four playing Position.



In this study we find out that Defender, forward and midfielders have maximum chances of Ankle injuries but Goalkeeper have very less chances of injuries.

Table and Graph 05:- Relationship of all Types of injuries with four playing Position.



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