

Football Gear

Football is a rough and tumble sport that requires a lot of protective equipment. Even the staff wears football gear, although it isn't necessarily protective equipment.

Football staff is the coaching team. This group of individuals wears specialized football gear to help them communicate with the other coaches. That is why so many coaches wear headsets. The main coach also carries a playbook or something to write down the plays. The playbook is an essential piece of football gear, as coaches need to adapt to every scene and situation. During practice, coaches use whistles to begin and end drills and plays. Football staff usually wears shirts or uniforms to make them easily distinguished.

The players' football gear is much more involved. Their personal equipment consists of many different things, beginning with uniform pants and shirt. Players are provided with helmets to provide essential head protection. Under the uniform, each player is layered in protective padding. Shoulder and kneepads are just two areas that need to be protected by football gear during a game. Unless it is a small high school or community team, the players will usually be supplied with cleats. If the team does not supply cleats, the individual players will have to purchase them.

Training equipment is another area of football gear that must be worn. Both offense and defense players wear practicing equipment as they perform their drills. The entire team uses dummies to practice tackles, and pads to practice pushes.

Football coaches make up their own patterns of drills; the necessary football gear is determined by which drills will be performed. Most coaches, whether high school, college or pro, will require their players to build strength by lifting weights. In addition to building muscle mass, weight training helps the players become more disciplined.

A fully equipped gym is usually supplied to schools to help students and players stay fit and get in shape for the next season. All students in the school typically share these gyms, but some have special gym rooms used exclusively by football players. These gym rooms are located near the football locker room or in the field house.

Football gear is essential equipment for all athletes of every skill level. It protects the players from injury, and helps them to develop their skills and become better, more disciplined athletes.