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Hakim

III. Helmets in hockey

 A. Hockey helmets are more protective than back when they first came out.

 1. More cushion are inside.

 2. Plastic on outside is more protective because they have 2 layers of it.

 B. On helmets you have cages or visors in front.

 1. Cages protect your face the most. They are made out of metal or hard plastic.

 2. Visors are what they use in the NHL. But cages are more protective.

IV. How many Concussions can occur yearly and how do they happen.

 A. Concussion can happen in hockey from many things.

 1. The most common is getting hit by the opposing team.

 2. Getting hit by a puck in the head is another way you can get one.

 B. How many can you get a year

 1. Players mostly get 1.6 concussions for every 1000 minutes played on the ice.

 2. Players 12-14 are twice as lucky to get concussions as at the age of 15-18

V. Conclusion