Fun facts on impact forces in sports

$$F_{ave} = \frac{m(v_2 - v_1)}{\Delta t}$$

Golf
Golf ball weight: mg = 0.114 lb (0.510 N)
Impact duration: Δt = 0.5 msec
Impact force: F_{ave} = 2000 lb (8900 N)
Observation: During impact, the force exerted on the club head by the shaft is negligible compared to the impact force between club head and ball. Hence, during impact the club head can be treated as a free body. This is a very useful simplification when performing a dynamic analysis of the club head during impact.

https://www.real-world-physics-problems.com/physics-of-golf.html

Baseball
Baseball weight: mg = 0.320 lb (1.42 N)
Impact duration: Δt = 0.7 msec
Impact force: F_{ave} = 4200 lb (18245 N) for 90 mph pitch and 110 mph hit

https://www.acs.psu.edu/drussell/bats/impulse.htm

Soccer (header impact)
Soccer ball weight: mg = 1.00 lb (4.45 N)
Impact duration: Δt = 5 msec
Impact force: F_{peak} = 742 lb (3300 N) for 49 ft/s (15 m/s) ball velocity

https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0240162