

The Importance of Team Sports

Team sports are important. They are important to me because I love to play them.

For me, there are many reasons team sports are important. Three of these reasons are sports help me release stress or frustration, they let me stay healthy and fit, and sports also teach me the importance of listening and following directions.

Team sports are important because they help you release stress or frustration. When you throw or kick a ball you can visualize that the ball is who or what you are stressed or frustrated about. Another way team sports help me release stress is it allows me time to bond with others on my team and talk with them about my feelings. Also, if you enjoy getting along with others, and that's why you're stressing out, playing on a team requires you to get along with others.

Team sports help me stay healthy and fit in different ways. One way sports fit is by training, which usually involves running. During soccer practice, for example, we run up and down the field while keeping up with a ball. Another way sports help us stay fit is by playing in the games. In soccer you have to run with the ball, pass, and shoot it.

When you watch team sports you can see the ways they show you the importance of listening and following directions. They players listen to the coach when he is giving the play to gain yards. When a player does what they're assigned to to on the field he gains yards for his team. My big brother plays football. If his teammates don't do what they're supposed to, they let the opposing team gain yards.

All of these reasons i've named are my reasons team sports are important to me.