

Team sports build character

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“ TEAM- Together Everyone Achieves More.

” Participating in team sports helps to develop character. It helps teach discipline, which is something every person needs to include in their lives. A team sport also encourages people to work with others as they try to reach for the same goal. People argue that sports are strictly for fun, and that they do not build character. Team sports help build character because they teach people discipline, how to work in a group, and how to have good sportsmanship. According to dictionary. com, one definition of discipline is “ to bring to a state of order and obedience by training and control.” Training and control are both learned while playing sports. A high school sports coach claimed “ It takes self discipline to practice, because it imposes the same routines daily” (Emgee). An athlete must go to practice every day and do the same thing over and over again. Not as a punishment, but as an accomplishment because they are making themselves a better athlete.

Another way team sports teaches discipline is the fact that they are TEAM sports. An athlete must know what they are doing, but they must also trust that their teammates know what they are doing. According to the same coach “ It also takes discipline to trust the judgment of others” (Emgee). An athlete must understand that no matter how much they practice, a victory depends on the entire team. Working on a team is not something that’s just good for sports; teamwork applies to almost every aspect of life.

Teamwork is a very versatile character trait. It can be used in many parts of life, from sports to the workplace. Mendy Dorsey, a student athlete, said “ Participating in sports helps people to work well with others” (Dorsey). They

teach you not only how to lead, but how to take directions from someone else. This is a trait that many people can use in their careers. Dorsey said “ This is a skill that will be very valuable in the workforce, as most people have careers where they need to interact and work with others as a team” (Dorsey).

They can handle stressful situations, and make quick decisions. Team sports teach teamwork, which is valuable to know in life. Even though there are many things to learn from team sports, some people say that they are just for fun and that there are no lessons learned. Sociologist Dr. Jay Coakley said “ We wrongly assume organized sports provide unique learning experiences that are not available from any other activities” in his book Sports in Society (Bradley).

Sports should be fun, but the athletes are learning without even knowing it. An example would be a quarterback of a football team. He looks around for someone who’s open that he can throw it to, finds someone, and throws the perfect pass. Even though he was just trying to get a touchdown, he made a quick decision. Many times in life people need to make quick decisions while driving, at work, etc.

In Dorsey’s essay she states “ Participating in team sports also helps individuals to be able to handle stressful situations and make split second decisions” (Dorsey). So even if athletes are having fun doing what they love, they’re still learning valuable life lessons. Team sports help build character because they teach people discipline, how to work in a group, and how to have good sportsmanship. Discipline is something that everyone should

practice in life and working in a group is something that is necessary for any aspect in life. Some people say that nothing is learned in sports, but the lessons are not straight forward.

They are hidden within each sport and valuable in other parts of life. The importance of this topic is the fact that many parents stop their children from playing sports, even though team sports are great experiences. Team Sports are great for people to participate in, and can teach lessons that expand into the real world. Works Cited Bradley, A. (2007, September 4).

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