

Why sports

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Why Sports!! Why wouldn't you play a sport? Everyone has something that they like that they are good at. Whether you are good at skating on ice, throwing balls, hitting balls, running, etc. , there are many different sports to learn about and play including baseball, basketball, hockey, and football. Just by observing these sports you might see you're into one that you like. I say everyone should play a sport. First of all baseball is a terrific team sport. It is a simple sport in that there is a diamond of bases and an outfield.

Your goal on offense is that you want to hit the ball so that you are safe on one of the bases (the bases go clockwise). If the ball gets to the person on the base before you get there then you are out. On defense you are put in a certain position and if the ball comes to you on the ground you must throw it to which ever base that the runner is running to. If the ball is hit in the air and it's caught then you are automatically out. There are nine innings in baseball. An inning is the period which each team hits once. Choose this sport if you like a nice, aggressive team game.

Basketball is another simple sport that consists of two baskets and one ball. The first basketball hoop was made of peach buckets. The goal is to shoot the ball into the basket that your team is going at. Each basket is worth 2 points but if you shoot it from beyond the three point line then you get three points. There are certain rules like you can't hold on to the ball and run or it's traveling. And there are physical fouls like slapping and tripping stuff like that. If you get fouled then you get foul shots which count as one point. Choose this sport if you want to develop coordination.

Football is a physical sport with hard hitting and a lot of running. Football was so popular that Galileo played it. The goal of this game is to get the football to the touchdown zone. If you accomplish this there then you get six points and then you can try for the extra point. For the extra point you have to kick the football through the field goal. In this game there are downs. If you obtain a 4th down then you will lose the football but if you make it past you have to get past the line then you keep the ball with a first down.

Choose this sport if you like a fast, hard hitting game.

Now if none of those sports interest you then you might like calmer sports like golf, bowling, swimming or cheerleaders. Or there are extreme sports like sky diving, mountain climbing, cliff diving, air kicking volcano surfing, etc. Will not go into deep detail with these sports but if you are interested then check them hope you will hopefully try one of these sports for yourself. Sports out. Are fun and good exercise for your body. And even if you don't do sports then try to go out an hour a day.