

# Sport brings out the best in people speech essay sample

[Business](#), [Leadership](#)



I think that sport brings out the best in people through four main reasons, It teaches important life skills and discipline, Builds unity and provides escape from other difficulties. This helps shape the individual as a person and helps them be the best they can be.

### Leadership

Sports teaches leadership. Leadership is necessary and important in our culture. Sports train people to be leaders, whether as sports stars or as leaders in their communities and schools. Life is a series of wins and losses. Sports teach people the art of becoming a gracious winner and loser and how to handle either circumstance. People also learn to set goals.

### Discipline

Sports teaches discipline. For the same reason parents send irresponsible children to military school to learn discipline, sports teaches the skills necessary to become a responsible adult. In order to function properly, team members must learn to be on time to practice and games. To be the best, they must train their bodies, muscles and minds to meet the physical, mental and emotional requirements of the job at hand. This often means extra gym time, more weights and a restricted diet. Sports teaches individuals to work hard.

### Unity

Sports build unity among a group of people pushing toward a specific goal. They may not have anything in common beside their love of the game, and

that alone draws them together. Like any relationship, sports teaches teamwork. An athlete is no longer a individual unit but part of a whole. Sports forces people to deal with different personalities and temperaments. An example of this of which we all know was the TC Williams Titans of 1971 they were united together despite their racial diffirences through Football.

## Escape

Sports provide escape for students wrestling with the difficulties of life. Teens often struggle with home circumstances, grades and rocky futures. Playing a sport is a coping mechanism. It allows them to channel energy and focus on something they love and excel at. It is also a constructive task to keep them on the courts and fields and away from circumstances that could get them in trouble. Sports give them role models to emulate and follow. Sports show them that anything is possible because those who succeed come from all walks of life. A good example of this is Michael Oher, Oher was one of twelve children born to Denise Oher. His mother was an alcoholic and crack cocaine addict, and his father, Michael Jerome Williams, was frequently in prison. Due to his upbringing, he received little attention and discipline during his childhood. He found escape from these troubles through the sport of football in his youth and this stopped him from ending up like his mother. Michael was eventually drafted into the NFL to the Baltimore Ravens and is still a strong player now. He has even written a book about his life called the Blind Side, now a movie.

These four points mold the individual into being the best they can possibly be. Sport is an essential part of life and anyone who doesn't play a sport will greatly suffer with a major disadvantage.