

Raedyn child will end up with learning the

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22, 2018Period 3Youth Sport are Beneficial for Future Athletes Most people think that youth sports are beneficial for future athletes. The ones that play as a young child will end up with learning the skills faster. Those kids will learn to become responsible for themselves at a young age. They will take care of their body so they will always perform at their best. Respect and good attitude will come from playing sports for a long time. Long lasting friendships will arrive because they will already have one thing in common.

Body language has a lot to do with youth sports. Kids are little and will take anything the slightest bit mean and go running to their parents. “ I’ve found a lot of players display poor body language without even realising it and youth sports is a great medium to address that since most coaches won’t accept it on their team.” (“ 21 Life Lessons Kids Learn Through Youth Sports”). Kids will get mad if things don’t go their way. For example if the ball doesn’t go over the net they will think they just made the team lose so they will get mad at them self. “ Experiencing feelings of frustration and anger and learning how to control them will help players in all aspects of their lives.” (“ 21 Life Lessons Kids Learn Through Youth Sports”).

When kids know not everything will go their way they learn to deal with it. If they learn to deal with it at a young age it won’t need to be taught when they are older. Kids love ice cream and candy but when it comes to playing sports they need protein and carbs so they have enough energy to play in the games and to stay active and healthy. “ Players will have a far greater chance of staying fit and healthy later in life if they play youth sports at a

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young age. This is because they develop skills and movements that will carry-over to other sports, going to the gym, running, or other forms of physical activity when they're older.

" (" 21 Life Lessons Kids Learn Through Youth Sports"). Even if youth sports are dangerous to those children that want to play sports in their future because they think something will happen they should still play. Injuries are only cause if someone is doing something wrong but usually if no one is taking it seriously. " Youngsters who suffer serious injuries (knee, shoulder, back and neck) might be hesitant to take the field in competitive situations again." (Silverman). That may scare kids and parents but if the kids love the sport they should play. If the parents want a responsible and respectful child they should put their child into sports.

This essay was the good and bad but in all reality he good will always outweigh the bad. Youth sports will never be dangerous unless you mess around out aren't so paying attention. Health Fitness Revolution. " Top 10 Health Benefits of Youth Sports." Top 10 Health Benefits of Youth Sports, Health Fitness Revolution, 2015, [http://www.](http://www.healthfitnessrevolution.com/top-10-health-benefits-youth-sports/Mac, Coach.)

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