**How Parents Can Help Children Participate in Team Sports**

**Source**: [www.internationalschool.com](http://www.internationalschool.com)

## **Benefits of Playing Team Sports**

Sports and physical exercise is [an essential component](https://www.orchidsinternationalschool.com/blog/child-learning/games-for-kids-and-parents/) of a child’s physical health, well-being, and learning. Helping children incorporate it into their lives is a high priority in modern parenting, yet many parents are disappointed to discover their child is uninterested in sports.

One of the most fun aspects of growing up is participating in team sports. You may recall rushing about, smiling, laughing, becoming active, and feeling thrilled before each practice session or game day. Not only that, but encouraging your child to participate in sports may greatly influence the rest of their life.

## **3 Main Advantages of Team Sports:**

* Physical – better physical health and fitness
* Emotional – increased confidence, happiness, and improved behavior, and
* Social – meeting new people, developing communication skills, and learning cooperation and responsibility

That is why it is critical to provide your child with every chance to participate in a team sport.

However, your child may have a natural skill and degree of devotion that will allow them to build a profession or enjoy a lifelong hobby with the sports they play when they are young. In this post, we’ll discuss how to persuade your child to participate in sports and have a fun, pleasurable and gratifying experience while doing so.

## **5 Ways to Encourage your Child to Participate in Team Sports**

### **Be a Role Model**

Children acquire the greatest amount of information from their parents about how to act, listen, and behave. As a result, you must become the finest role model you can be! The first step in encouraging your child to participate in team sports is to just go out there with them. Make it a point to exercise with your children at least once a week. There are many activities available, ranging from running in the park to shooting some hoops.

### **Assist Them in Learning the Fundamentals**

Pediatricians argue that most toddlers aren’t ready for structured team sports. They are still acquiring fundamental motor skills, and mastering those actions is crucial for eventual success in sports.

If your kid focuses on specialized abilities such as hitting and kicking before mastering skipping and jumping, they may have difficulty running and balancing properly. This may make it more difficult for them to grasp the rules of the game. If they focus on easy skills first, they may have a higher probability of enjoying success and taking a genuine [interest in the team sport](https://www.orchidsinternationalschool.com/blog/sports/family-sports-activities/). In basketball, for example, teaching your children how to dribble before having them attempt layups could be a good start.

### **Play Mini-Games**

The rules of conventional sports, such as basketball, might appear difficult and uninteresting to your children at times, especially if they are not yet of the age to appreciate the whole game. Try including entertaining mini-games to pique their interest in keeping active.

Encourage your children when they come up with mini-games! After all, a six-year-old doesn’t need to know every aspect of a team sport. The most essential thing here is that they are having fun.

### **Know Their Limits**

To keep your child interested in team sports, you must ensure that it remains an enjoyable activity rather than an obligation. While you should promote endurance in athletics, you should also recognize your child’s boundaries depending on their personality and age group.

Don’t become irritated, for example, if your kindergartener would prefer to run around the court aimlessly rather than play a team sport. It’s important to remain flexible and keep a positive attitude even when things don’t go as you had hoped.

### **Reinforce What You Encourage**

While it is possible to encourage participation in team sports without actually attending your child’s games, there are certain benefits associated with going along with them. When you show up for their game, it makes children believe your efforts and encouragement are true. This will allow them to see your support firsthand, in addition to feeling motivated by it.

Also, remember that encouragement may not mean shouting words of praise from the sidelines or always telling them how well they’re doing. It may simply involve being there and being a supportive presence, particularly if things aren’t going well. This will show them that your love for them is no less than when they were on top of the world, thus sending the message that their lows are just as important to you as their highs.

## **Conclusion**

In the end, it is far more essential to ensure that your child is having fun and being active than that they excel in a team sport. A wonderful method to deal with children’s short attention spans is to provide a range of options for sports activities to choose from. Doing this will allow them to focus on a diversity of things and increase their chances of discovering something they are genuinely interested in.