

Some people think it is more beneficial to play sports that are played in teams, e.g. football. However, some people think it is more beneficial to play individual sports, e.g. tennis and swimming. Discuss both views and give your own opinion.

~~You cannot~~ Finding an orthopedist or a physical therapist who says sport is not ~~invaluable-useful~~ for health. Whereas almost all kinds of sports could ~~act-be~~ more useful than ~~harmful~~, some people tend to participate in team sports, and some prefer individual ones.

To some people, ~~the~~ advantages of team sports easily outweighs individual sports on account of enhancing the ability in work as a team. They claim that when a person has been playing this kind of sports since they are children, this would advance him to be accomplished in the potential future job opportunity. On the other hand, the other group argue that individual sports will accentuate the sense of the independency in one who plays these sports. Although success in an individual sport involves a motivational team behind the scene as well as courage, a victory will not be achieved but when the athlete ~~rely-relies~~ on his ~~spiritualspirit~~, and his own stamina.

~~On~~ the other side of the coin ~~is that~~, should mistakes be made in team sports, it would let the teammates down. If a goal keeper, for example, ~~accept-concedes~~ a goal by fault, this ~~would-will~~ make the whole team disappointed, ~~and~~ discouraged ~~them~~, ~~and~~ ultimately leading them to lose the game. This sympathy and guilty feeling ~~is-are~~ much worse than when an individual sportsman ~~man~~ makes a mistake and loses a game. Given that, the player who made ~~the~~ mistake would consider the feasible failure caused by himself, and his teammates ~~will-would~~ barely trust him again. Nonetheless people who have tendency to do team sports believe that this sort of sports stand a higher chance ~~for-of~~ being successful, as many hands make light work, and few mistakes could be ~~failed-to-take-into-account~~ ignored, and it is more possible to recover and overcome these obstacles.

In general, taking part in team sports is more beneficial than individual ones, since it involves teamwork, thus lays the groundwork for the development of the practitioner's social skills.