



## **Top 5 Reasons Playing Tennis Is Better Than Soccer**

In the recent years tennis has become an increasingly popular choice for parents with young children because it has many unique benefits that aren't as prominent in team sports—like soccer.

### **1. Mental Development**

*Have you ever heard someone say tennis is 90% mental?*

Think of a tennis court like a big chess board. The game is a bit more complicated than most sports and to have success it requires some strategic thinking. There's no teammate to lean on so you've got to figure it out for yourself.

*Is your child an independent thinker?* The necessity to build strategic thinking skills on the tennis court often accelerates a child's ability to problem solve. As a result, many children that play individual sports show accelerated mental development in the frontal lobe of their brain – the section of the brain associated with reasoning, planning, and problem solving. In other words, tennis is good for your child's mental development both on and off the tennis court.

### **2. Social Development**

In addition to making your child smarter, what's beautiful about tennis is that because it is an individual sport it refines their social skills through a lot of one-on-one human interaction.

*Is your child shy?* Children who are timid often develop social skills quicker and become more outgoing through individual sports like tennis because the social interaction is more necessary. Having to call out the score and play against someone is a much more intimate setting that sparks social interaction compared to soccer where you will blend into the crowd.

### **3. Physical Development**

Perhaps the most obvious benefit of tennis for your child is physical development.

*Does your child need work on their hand-eye coordination skills?* Close to 1 in every 10 children have noticeable hand-eye coordination issues and, in most cases, these problems don't go away on their own. Studies have shown that children who struggle with these issues at age 5 often still have similar issues at age 9.

The term hand-eye coordination is your body's way of processing information through the eyes, then using it to direct the movements of the hands. Hand-eye coordination starts developing in infancy, and is needed for everyday tasks like getting dressed, eating, handwriting, and tying your shoes.

You can aid in the development and progression of your child's hand-eye coordination by engaging them in activities that require them to fine tune their basic motor skills. Tennis is one of the few sports that requires a lot of "moving parts" and can quickly excel a child's hand-eye coordination at a very young age.

#### **4. Safety**

More than 38 million American children play organized sports. The bad news? Nearly three million of them a year visit emergency rooms with sports injuries that can range from broken bones to more serious head injuries. Soccer is ranked among the most dangerous sports. Player collisions — either full body or kick collisions — can cause a wide range of injuries, including cuts, bruises, and concussions, which have been a hot topic among parents lately.

#### **5. Lifetime Sport**

When choosing an activity for your child, think about the longevity of the sport. Sports like soccer are physically demanding and also require a large group of people—both of which are hard as adults. But tennis you only need two people to play and it can be as physical as you want it to be. It's not uncommon to see a group of seniors playing tennis in the park. When is the last time you saw a group of seniors playing soccer?

Source: [www.playyourcourt.com](http://www.playyourcourt.com)