**10 Ways to Be a Good Sport**

Here are some ways that you can show others what good sportsmanship is all about:

1. Be polite to everyone you're playing with and against. No negative talk — which means saying mean things while you're in the middle of a game.
2. Don't show off. Just play your best. If you're good, people will notice.
3. Tell your opponents "good game!" whether you've won or you've lost.
4. Show up for practices and games on time and be ready to go.
5. Listen to your [coaches](http://kidshealth.org/en/kids/coach.html) and follow their directions about playing. Participate in everything even if you don’t enjoy a particular drill or position.
6. Don't argue with a coach or parent. If you don't understand a certain drill or task ask your coach or a parent helper to explain it to you.
7. Don't make up excuses or blame a teammate when you lose. Try to learn from what happened.
8. Be willing to sit out so other team members can get in the game — even if you think you're a better player.
9. Play fair and don't [cheat](http://kidshealth.org/en/kids/cheating.html).
10. Cheer for your teammates even if the score is 1,000 to 1! You could inspire a big comeback!