**Idea Development in Informative Writing**

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| **Writing Situation:** There are many popular sports available to students your age.**Writing Task**: Write an essay for your class newspaper in which you discuss your favorite sport. |

Football is one of the best sports to play. One of the greatest things about it is the anticipation, wondering what the other players are thinking about what you might do. Football is also a physical game, of course, and it involves a great mental aspect, too. Some people appreciate that the most.

Football takes concentration, probably more than any other sport. Mentally, you have to get over the fear, the fear of eleven madmen waiting for chance to make you eat dirt. And that comes through practice. **Most coaches recommend practicing at least 2 hours a day, five days a week.** Once you overcome the fear, you can concentrate on the more important things, like anticipating the other guy’s next move. Studying the playbook and talking with other players also helps.

**Statistic**

At times football can get grueling, which makes the game even more exciting. The first time you make contact with another player (even with all that equipment) you get very sore. That is true for everyone, but in time you get used to the aches and pains. After a while, you develop mental discipline, which allows you to ignore some of the pain. The mental discipline then allows you to go all out, to unload everything you have, every play. **That’s how you win games, everyone going all out, giving 110%.**

**Statistic**

During the game, your mind clears of all thoughts. These thoughts become instinct. You have to react, and react quickly, and you develop reactions and instinct in practice. For example, when you’re carrying the ball or about to make a tackle, you want to make sure you have more momentum than the other guy. If you don’t, you’ll be leveled. You should react instinctively to that situation by increasing your momentum. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Statistic**

 Football is one of the greatest sports on Earth. It can help you develop cat-like reflexes, make you tough-as-nails, and build your mental strength as well. However, football is not for the weak! If you give it a try, make sure you know what you are signing up for!