There are benefits in team sport. Like we can Improve our skill of cooperation with others when work as a team we can Improve the communication skills, Also we can build a relationship with the other members in team. Developing the skill of each team member.

But, I think individual games are better than team sports special in results. Although we spend money on individual sports less than on team sports.

The best examples of that Kenya, no one knows them in team sports, but in the Olympics they are better than many countries in the ranking because they got 4 gold medals in long distance running. one player of them equals a whole team, both of them got one medal.

Kenya was no 17th in the ranking with 11 different medals. All of them in athletics only. while another countries spent a lot of money and participated with many players in different sports but got a few medals like Egypt participated in 22 different sports and got only 3 medals and was ranked 52nd .