

## Forum:[Hack Forums](#)

Thread: [What sports are too late to start?](#)

**Level5Nerd** - October 28, 2014, 5:14 pm

I'm just curious what sports are too late to start age wise?

I have a feeling fighting is the only one that you can still start late and make a career out of.

**Mons** - October 28, 2014, 5:18 pm

I don't think age really matters a lot. I think it differs from person to person. I know a lot of guys who couldn't make a career out of their sports even when they've started practising it at their 4-5 years.

**mamedc34** - October 28, 2014, 10:54 pm

golf man its hard to pick up once your old

**Warbiest** - October 29, 2014, 5:29 am

Mostly dancing and anything involving flexibility. If you didn't start when you were five years old and kept training all your life you simply won't ever get the flexibility back you had.

If you're in your teens and are just starting with something that involves a lot of flexibility you can just forget competing on any serious level right away. You just can't achieve the required flexibility.

**u?op ?pisdn** - October 29, 2014, 5:30 am

(Oct 29, 2014 05:29 AM)Warbeast Wrote: [\[CITE\]](#) Mostly dancing and anything involving flexibility. If you didn't start when you were five years old and kept training all your life you simply won't ever get the flexibility back you had.

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Agreed, this is your answer. Flexibility is just something you need to train for a long time.

**Level5Nerd** - October 29, 2014, 9:17 am

Don't you think sports like football are hard to make a career out of if you're between the ages of like 21-25?

**Stoke** - October 29, 2014, 9:19 am

The only two I can think of is fighting and dancing.

**hugsyou** - October 29, 2014, 9:20 am

You can do anything besides dancing, but there's probably exceptions to that.

Some people go to college for sports and end up doing a totally different sport while they're there.

**Level5Nerd** - October 29, 2014, 9:27 am

(Oct 29, 2014 09:19 AM)Stoke City Wrote: [\[CITE\]](#) The only two I can think of is fighting and dancing. Why fighting? Fighting is easier to go pro in at an older age than most sports.

**Cronicbluntz** - October 29, 2014, 3:19 pm

Its not too late to start anything, If you dont have the talent you wont make anything out of it anyway

**Re?olution** - October 29, 2014, 4:45 pm

Chances are if you haven't been playing a sport your whole life you won't be able to make a career

out of it, because the reality is that the competition has likely been playing for as long as they have been walking and have put in too many hours of practice for you to ever hope of catching up (and professionals have the talent as well).

Most sports you pick up and play at a decent level after only 4 years or so of practice (and I mean if you really put a lot of effort into it).

Sports with "pre-requisites", like flexibility for dancing or skating for hockey will take longer because you must first master skating before you can move on to Hockey.

**Mons** - October 29, 2014, 5:39 pm

(Oct 29, 2014 04:45 PM)Re?olution Wrote: [\[CITE\]](#) Chances are if you haven't been playing a sport your whole life you won't be able to make a career out of it, because the reality is that the competition has likely been playing for as long as they have been walking and have put in too many hours of practice for you to ever hope of catching up (and professionals have the talent as well).

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Sports with "pre-requisites", like flexibility for dancing or skating for hockey will take longer because you must first master skating before you can move on to Hockey.

You're exaggerating a bit. I am better at some sports without practise than some people who have been practising it for a very long time. I mean, some people just have it, others don't. Seriously, you can accomplish more than you think, when you put your heart and mind towards it.

By the way, skating is really the easiest thing to do.

**Capo™** - October 29, 2014, 5:40 pm

(Oct 29, 2014 05:29 AM)Warbeast Wrote: [\[CITE\]](#) Mostly dancing and anything involving flexibility. If you didn't start when you were five years old and kept training all your life you simply won't ever get the flexibility back you had.

If you're in your teens and are just starting with something that involves a lot of flexibility you can just forget competing on any serious level right away. You just can't achieve the required flexibility. Very true, the acrobats you see in the olympics have been doing those things for over 20 years and have nearly perfected what they do.

**Re?olution** - October 29, 2014, 5:55 pm

(Oct 29, 2014 05:39 PM)Mons Wrote: [\[CITE\]](#) You're exaggerating a bit. I am better at some sports without practise than some people who have been practising it for a very long time. I mean, some people just have it, others don't. Seriously, you can accomplish more than you think, when you put your heart and mind towards it.

By the way, skating is really the easiest thing to do.

I have played AA hockey for years, and trust me, everyone playing at AA & AAA levels has been likely playing since they were 3 or 4 (me included).

It is nearly impossible to pick up hockey in 4 years and compete at that level, given that most competitive teams practice 2-3 hours a night, 5 days a week.

You would be lucky to be one of the better players in a Men's league after only 4 years of skating lol... Not to mention being one of the best in NCAA or Juniors, who actually have a chance of making it to the pros.

**Applebottomjeans** - October 29, 2014, 5:59 pm

Soccer is really hard to compete with others who started earlier. Hockey and swimming too.

**simongemlin91** - October 30, 2014, 5:34 pm

I think soccer, cause it takes time to master a few things such as dribbling, shooting, vision and most

importantly is your fitness, you must be able to sprint and run almost instantly without getting exhausted in the first 5-10 minutes, and you develop those faster at a younger age.

**PrinceJord** - October 30, 2014, 5:38 pm

Sports that require flexibility mostly, dancing would be one of them, probably Judo too.

**Applebottomjeans** - October 30, 2014, 6:44 pm

(Oct 30, 2014 05:34 PM)simongemlin91 Wrote: [\[CITE\]](#) I think soccer, cause it takes time to master a few things such as dribbling, shooting, vision and most importantly is your fitness, you must be able to sprint and run almost instantly without getting exhausted in the first 5-10 minutes, and you develop those faster at a younger age.

I agree, soccer is the most all-rounded sport to learn. You need to be big, but fast. Not too tall, because you need to be short to dribble well and be light on your feet. You also need big thighs to shoot hard, and good skill to control and pass the ball.

**cheapcharlie** - November 5, 2014, 11:57 pm

I have seen a lot of kids, who started soccer when they were about 10 or 11 years old. For them it was very hard to get involved seriously. They were missing a lot of skills, which others, who started at the age of six, already had. Soccer is all about ball handling and getting a feeling for the game.

**Unknownswaggie** - November 23, 2014, 9:46 am

I would have to say Basketball. The time it takes to master a form of shooting and dribbling takes years.

**dancamma** - November 23, 2014, 12:15 pm

tennis table is a good sport to start late

**okbye43** - November 23, 2014, 3:04 pm

I'd think Boxing would be particularly hard to start out late and make a career of, most elite boxers build up hundreds of amateur fights and some go to the Olympics and fight there too. Its definitely a good workout though no matter your age, but the chances of making a career of it are slim after a certain point in time.

**Timmygrogan** - December 1, 2014, 2:34 pm

Gymnastics is one that you need to start young on. Other than that I think you only need to work really hard to keep up with other people.

**Fandangomymandingo** - December 2, 2014, 5:09 am

Sergio Martinez became a boxer at the age of 20 years old without any amateur background and became a lineal WBC middleweight champion, and reigning as the lineal middleweight champion for 50 months, one of the division's longest before his injuries caught up to him and was stopped by Miguel Cotto.

Hopkins became the oldest man in the history of the sport to win a major title at 46 years old and broke that record at 48 years old and 49 years old before being eventually outclassed by Sergio Kovalev at 49 years old, 2 months shy of 50 years old.

Pacquiao became the first and only boxer in history to become a 7 division world champion and broke that record to become an 8 division world champion, no amateur background and went straight to pro at age 17 and went on to become the 1 p4p fighter of this era and becoming the only person to ever come close to the great Henry Armstrong.

Rocky Marciano age 24 years old, became the only boxer in the heavyweight division to retire

undefeated. 49-0 43 ko's. Regarded as an all time great by a lot of people, record only broken by Ricardo Lopez 51-0-1 38ko's in the flyweight division.

And many, many more ( Antonio Tarver, Ernie Shavers etc.) people who started late or never had any amateur background and went on to and is still doing great things in the ring. My point is if you are willing to put in the hard work, then age is but a number.

edit:

Willie Pep was severely injured in a plane crash but went on to a 10-0 run. Harry Greb fought and became a champion with one eye etc. Just to drive my point even more.

No excuses.

**Autocorrect** - December 2, 2014, 5:11 am

I speak from experience when I say that you are never too old to learn a form of self defence.

I've been learning Taekwondo for three years and I continue to see people of all ages learning and succeeding.

**Echoz** - December 2, 2014, 4:01 pm

Soccer / football because you have to develop a good touch touch and power.