

Read the dialogue between Wei Hoong and his football coach, Mr Vinash.

Wei Hoong : Good morning, Mr Vinash.
Coach : Good morning, Wei Hoong. I see that you're ready for your football training.
Wei Hoong : Yes, sir. I want to accomplish my New Year resolution and become a school football player.
Coach : You are punctual, Wei Hoong. That is the first step to be a disciplined football player. Now, listen to my instructions on what you must do today. First, you must run five rounds around the field to warm up. Second, practise dribbling the ball with two friends for half an hour. You'll learn to pass the ball with speed and precision. Next, practise kicking the ball into the goal. You'll learn to score goals. Do this for half an hour.
Wei Hoong : Is that all, sir?
Coach : I have one more instruction. After school, watch the recorded football matches between Red Lion and Yellow Tiger. You'll learn how to pass the ball accurately.
Wei Hoong : I'll do that, sir. Thank you very much.
Coach : I hope you'll remember my instructions.

Complete the table below with information from the dialogue.
Write your answers in NO MORE THAN 3 WORDS/NUMBERS.

Wei Hoong's New Year resolution	Become a _____.	
Steps	Instructions	Benefits
1	Run _____ the field.	Warm _____.
2	Practise _____ the ball with two friends.	Learn to pass the ball with _____.
3	Practise _____ into the goal.	Learn to score _____.
4	_____ the recorded football matches.	Learn how to pass _____.