

SUPERSTITION AND SPORTS

Many sportspeople are superstitious. Did you know that tennis player, Rafa Nadal always takes two identical bottles of water with him to a tennis match? He puts them next to the court before he plays. Golfer, Tiger Woods always wears red on the last day of a golf tournament. And what about the famous basketball player Micheal Jordan? He always wore his old college basketball shorts under his team shorts for luck, so the team shorts on top had to be very long!



Superstitions like these have been part of the sport since it began. The superstitions don't make much sense but many sports champions believe they bring them luck and help them succeed in competitions. When it comes to superstitions, athletes aren't the only ones, of course. Many of us have our own little habits. Personally, I have always to drink my coffee from the same cup which drives my family crazy.

According to psychologists, following the same routine makes people feel safe. When we do something and everything goes OK, it seems like a good idea to do it the same way next time - we don't want to behave differently in case things go wrong. Another possible explanation for the athletes' behavior is that following the same routine helps them relax before a game. Some of **them** go too far, however. There are stories of footballers who have worn the same pair of socks for many weeks because they thought they were lucky! Yuck!

Read the article again, and choose the correct answers.

1. For Tiger Woods, it is sometimes important to play golf ...

- a) on a particular day
- b) in a particular colour

2. Micheal Jordan always wore ...

- a) two different pairs of shorts
- b) one long pair of shorts

3. In the past, the athletes ...

- a) weren't superstitious
- b) were as superstitious as athletes today

4. The writer of the article ...

- a) isn't superstitious about anything
- b) is a bit superstitious

5. Athlete follow the same routine before game as it helps ...

- a) them to relax
- b) them to think

6. People sometimes repeat the same behaviour because ...

- a) they are scared of changing it
- b) they want to be like athletes

7. The word **them** in **blue** refers to ...

- a) footballers
- b) athletes