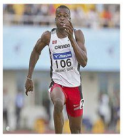
CAN WE MAKE OUR OWN LUCK?

Match the words to the images a-e. 4 items are not shown in the images.

- bat ☐
- cap ☐
- club ☐
- course ☐
- court ☐
- field ☐
- goggles ☐
- helmet ☐
- knee pads ☐
- racket ☐
- skates ☐
- stadium ☐
- track ☐



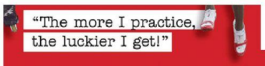




Put the words in the correct column. Then add three words on your own.

bat cap club course court field goggles helmet knee pads racket skates stadium track

Equipment	Places



READING

1 Can we make our own luck, or are some people just born lucky? This question is particularly relevant in sports. Whenever a new star athlete appears, journalists try to explain their success by describing their physical characteristics. Swimmer Michael Phelps is a classic example. He's already the greatest swimmer in Olympic history and one of the most successful Olympians of all time. However, writers explain his abilities by saying that he is double-jointed, so he is more flexible than other swimmers; he has bigger feet to give him extra power in the water; none of his competitors have arms as long as his. Phelps's physiology seems to indicate that he was born lucky.

2 Similar explanations have been given for Jamaican sprinter Usain Bolt's success. At 1.95 meters tall, Bolt has changed the world of running. Many believe he is the finest sprinter the world has ever seen. He has broken the world record for the 100 meters three times and for the 200 meters twice. Although, historically, most successful sprinters have been short and stocky, the press has often put Bolt's success down to being a breed of superhuman giant.

3 But sports stars are made, not born. In sports, dedication is as important as natural ability. When people praised golfer Gary Player's luck, he said, "The more I practice, the luckier I get." This is very true. Along with a commitment to hard work, the more determined and motivated you are, the more successful you will be. Bolt does three hours of intensive training every day. It's also a lesson well learned by Mexican golfer Lorena Ochoa, who is one of the most successful female golfers ever. While piling up trophies, Ochoa spent hours practicing to become more and more accurate. Discipline and structure were the key to her success. The style, flair and creativity she showed on the course were a direct result of her strict adherence to a training and practice regime.

4 In addition, athletes repeatedly visualize themselves being successful in order to get into the right frame of mind. Mental preparation is essential for producing maximum performance.

5 All these athletes have risen above the crowd simply because their teammates are less dedicated than they are. No one comes into the world able to use a baseball bat or kick a football or soccer ball. The true secret to being lucky is to see yourself as you would like to be, to visualize the result you really want and to work hard and persevere until you achieve it.

1 Read the article. Which athletes...

1 are successful due to a physical advantage over competitors according to the media?

2 are successful due to the amount of practice they put in according to the writer?

2 Correct these false statements.

1. Journalists claim that Phelps is faster than other swimmers because he has longer legs.

2. In the past, successful sprinters were usually tall.

3. Natural ability is the most important quality for a successful athlete.

4. Ochoa's success was due mainly to talent.

5. Successful athletes only need to train physically to perform at their best.

3 Find words in the article that mean...

1 having unusually flexible joints *(adj) (para. 1).*
2 the processes and functions of an organism *(n) (para. 1).*
3 having a short, solid build *(adj) (para. 2).*
4 getting more of *(v) (para. 3).*
5 to continue trying to do something despite difficulties *(v) (para. 5).*

LIVEWORKSHEETS