

READING COMPREHENSION – INFORMATION TRANSFER

Read the text below and answer questions 1 to 8.

Sports figures have fallen into superstitions that they believe will put them in a better position to win every time. The Olympic Games have the most superstitions and rituals. According to some sports psychologists, superstitions and rituals attached to them give athletes a sense of control over themselves and they feel less anxious. In a sports environment, anything can happen. They have spent day and night training to secure medals and fame. 'Superstitions bring us luck and help us succeed! So, why not do it? Guys, it's not going to hurt, right?'

Tiger Woods is often sighted wearing his lucky red shirt on the last day of a major tournament. 'I've had a few wins wearing red,' said Woods, 'and it's not going to change'. Judo gold medalist, Kayla Harrison, wears the lucky socks that were a gift from her grandmother. Hockey player, Alex Danson, spins her stick 15 times before each game. Tennis player, Rafael Nadal, takes alternating sips from two identical water bottles at every break between games.

Even coaches are superstitious, too. Just imagine a basketball coach chews on a towel during games and a football coach eats turf! That's interesting, right? All in the quest of winning!

There are other less complex forms of superstitions practised by sports figures. Such examples are having a lucky charm in the pocket, crossing fingers and chanting the mantra. These small tokens of luck make them feel more confident in their abilities.



Complete the following graphic organiser.

Choose **no more than three words and/ or a number** from the text for each question.

Superstitions and Sports

Which game that has the most superstitions and rituals?

1. _____

Reasons superstitions popular among sportspeople:

2. _____

3. _____

4. _____

Types of superstitions practised by:

≈ Alex Danson - spins stick 15 times before each game

≈ Tiger Woods - wears red shirt on the last of tournament

≈ Kayla Harrison - 5 _____

≈ Rafael Nadal - drinks from two identical bottles

Coaches' practices of superstitions:

≈ eat turf

≈ 6 _____

Other forms of superstitions practised by sportspeople:

≈ crossing fingers

7 _____

8 _____