Extra Training

Reading Task 1675

Match the headings 1-8 to the texts A-G. There is one heading you don't need to use.

1. **Team Work in Sport and Life**
2. **Not Just Fun**
3. **Learning from Father**
4. **School between Practices**
5. **Next Year We Win**
6. **Running for Heart and Mind**
7. **United by The Game**
8. **I Want to Be A Coach**

A. I believe playing sports is more than an activity to fill your day, it can teach important life lessons. When I was a child, my dad spent a lot of time teaching me how to play different sports. He told me that if I can succeed in sports, I can succeed at anything in life. He used to say, 'It's not about how good you become. It's about working hard to get where you want to be.'

B. I like bicycles. Group rides help me to get new skills and make new friends. I try to apply the tactics of group riding to team work in the real world. In the perfect group ride, each rider takes a turn leading the pack, while the others enjoy the benefits of drafting. I think this way of working is a great method for approaching a group task anywhere.

C. I believe in the power of running. Running should not be a battle for your body but rather a rest for your mind. I felt this last fall, when I was running in the park. Suddenly I felt as if I could have run forever, as if I could use running as a source of therapy for my body. Running allows the body to release different types of stress and even change our understanding of life.

D. My father coached basketball every day of his life, and I was right there with him in the gym watching him work his magic. Basketball appears entertaining and exciting. But the path to success is not simple. My father always told me, 'Nothing is free.' I took this advice and ran with it. I truly believe that only practice and determination lead to success.

E. Baseball is so much more than a sport. One of the powers of baseball is that it brings people together. It unites fans of all ages, genders, and nationalities. No matter who you are, you can be a baseball fan. My mom and I have one unspoken rule: no matter what has been going on before, no fighting at the game.

F. I believe that you must always be loyal to the sport teams you support. The teams I follow in the United States generally lose many more than they win. The start of each season brings dreams of victory in baseball, basketball or football, dreams that fade away soon. But then there is always next year. It will be our year for sure.

G. I was determined to join the swim team. I knew I would get my strengths and learn my weaknesses there. Waking up early for 6:30 a.m. practices is what swim team is all about, as it helps us get into state. On a long school day you think about the practice in the pool after school. You want to hear the crowd cheering you, telling you that you have to do more than your best.

A	B	C	D	E	F	G



LIVEWORKSHEETS