1 PUT THE STEPS IN THE CORRECT ORDER (1–7)

_____ Breakfast

_____ Training session

_____ Shower

_____ Video games

_____ Wake up at 6:00 a.m.

_____ Gym workout

_____ Lunch (turkey meatballs + sweet potato)



SCAN

2 FILL IN THE BLANKS. USE WORDS FROM THE BOX.

- Neymar starts his day with a quick _____.
- He eats eggs, spinach and a _____ for energy.
- His _____ focuses on speed, _____ and coordination.
- Later, he continues working out in the _____.
- In the afternoon, he relaxes by playing _____.



video games - training - shower - balance - gym - protein shake

3 ANSWER THE FOLLOWING QUESTIONS.

- Why does Neymar wake up early, according to the video?
- What makes his training style different from regular athletes?
- What part of his routine surprised you the most?
- Do you think this lifestyle is realistic for most people? Why / why not?

4 IF YOU WERE A FOOTBALL PLAYER...

Complete the sentences about you:

- If I followed a routine like Neymar's, I would _____.
- If I had to train every morning, I would _____.
- If I were a professional player, I would change this part of the routine: _____.

5 WRITE A SHORT MORNING ROUTINE (50–80 WORDS) IMAGINING YOU ARE PREPARING FOR A WORLD CUP MATCH.

Include:

✔ Time you wake up
✔ What you eat
✔ One physical activity
✔ One fun activity (like Neymar playing games)
✔ One prediction using WILL
✔ One conditional sentence



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