

COMPLETE WITH A VERB from the box in the correct form/tense.

PREPARE

HELP

BE

EAT

NEED

SLEEP

WANT

BUY

TRY

ADVISE

- 1- Athletes _____ to prepare physically.
- 2- My coach _____ me to achieve my goals.
- 3- The footballer spent a long time _____ his body.
- 4- All sportspeople should _____ healthy food.
- 5- That coach makes his team _____ for 9 hours in a comfortable bed before the match.
- 6- The sports psychologist _____ athletes to prepare themselves mentally for a loss.
- 7- I can't help _____ very fanatic about football.
- 8- The car racer can't afford to _____ a new car. He'll have to fix the old one.
- 9- The young basketballer _____ to be a champion one day.
- 10- They _____ to recreate the success of the previous match but they couldn't.

COMPLETE THE STORY WITH THE VERBS GIVEN IN THE CORRECT TENSE

It _____ (RAIN) outside when Sam _____ (GET) out of bed and looked out of the window. He picked up his phone and sent a text to his friend James: 'No football today. How about going to the cinema?'



While he _____ (WAIT) for a reply, Sam _____ (BRUSH) his teeth, had a shower and got dressed. After he finished getting ready, he checked his phone and saw that James _____ (REPLY).

James said he wanted to play football anyway and he didn't care about the rain. Sam _____ (CHANGE) his mind and decided he wanted to play too, and left the house to join James in the park.

While he _____ (WALK) to the park, James met two of his other friends and invited them along.
When they all arrived, they saw that James _____ (FIND) some other kids to play with, and they had enough people for a full match.

After the game, Sam went home. On the way, he _____ (STOP) at a shop to buy something for his lunch. He was about to pay when he realised he _____ (FORGET) to take his wallet when he had left the house.

CHOOSE THE CORRECT OPTION

1.The help of the psychologist allows them ____ the day of the competition.

*to visualize

*visualizing

*visualize

2.They can ____ the day and sounds in the stadium.

*to imagine

*imagining

*imagine

3.They also imagine ____ the competition.

*to win

*winning

*win

4.On the day of the match, they try ____ the success they had imagined.

*to recreate

*recreating

*recreate

5.Psychologists encourage sportspeople ____ this before a big race or match.

*to do

*doing

*do