

Sports

Sports have always played a big role in my life, especially when I was younger. In primary and secondary school I was heavily into **Gaelic football**, swimming and track running. Sports were a big part of school life in Ireland, with **PE** classes being compulsory. Outside school, your local community or parish had various sports teams, for Gaelic, hurling, running, swimming, football and so on. My particular school and parish encouraged Gaelic football, with a league and championship played every year. It was a tough physical **full contact sport**, so I was always getting **knocks**, but I enjoyed it too. As a teenager, sport was very important not only for physical fitness but also for character; it helped me understand the competitive nature of people, their determination to win, and the importance of team work.

After secondary school I went to university and gradually lost contact with my sporting past and concentrated on my studies more. I still met up with friends at weekends and **played a round of golf** or a game of snooker, more just to **catch up with** old mates, than to compete.

These days I'm more of a **spectator** than a participant. I really enjoy **putting my feet up** in front of the television to watch a variety of sports. Some of my favorite spectator sports include GPs, the EPL, darts, snooker, golf and basketball. Recently I have started watching baseball too, although I'm not really a **fan** of any team in particular.

Of course, at present the World Cup Finals are taking center stage in the sporting world, with teams from around the world **battling it out** to see who can be **crowned champions**. Unfortunately South Korea were **knocked out** in the last 16; however getting to the last 16 is a great achievement and something to be very proud of. I am following Spain's progress in the cup, I think they'll do well; I hope so as I **have money on them**.

The most common **Phrasal Verbs** connected to **Sport**

Verb	Collocation	Example
bail out		He bailed out France with an equaliser deep into injury time.
battle on		They won the first set 6-4 but lost the second by the same score. However, they battled on to take the title for the third time with a 7-5 win in the third.
be over		The match is over .
bounce back		After a half-time dressing down from their fiery Italian coach Roma bounced back after the interval.
bow out		But acknowledged he may have to bow out to make way for younger players who are emerging.
build up	confidence	If you've never tried Snowboarding before there are plenty of gentle slopes to build up your confidence and technique under the guidance of expert instructors.
build up	speed	Moderation is the key to safe exercise. Don't try to do too much too soon. Always start slowly and gradually build up speed.
build up		Much of the pre-match build-up had focused on the personal battle between Ronaldo and Oliver Kahn, the leading striker and goalkeeper in the 2002 World Cup.
burn up	energy	This game is very popular and is good for burning up energy.
buy out		Fixed fee clauses are common in Spain, and while not so popular in the UK, changes to FIFA rules, where players can buy themselves out of the final year of their contracts, will lead to more clubs considering them.
call off	match	We have called off the match because there is no way we'll be able to play on that ground even if the rain stops now.
call up		The midfielder has emerged as a bright talent and was even call-up to the England squad.
cancel out	goal	Martin Jorgensen's goal for Denmark was cancelled out by an Elvir Bolic header.
carry through	handicap	The manager insists the momentum of an impressive performance will carry them through the handicap of being without a striker at home to sixth-placed Bolton on Saturday week.
catch out		Most of us were experienced walkers so we understood the dangers that can catch you out in these bleak but beautiful places during the winter.
catch up	competitors	She tried to catch up with the other competitors, but they were just too fast.
chuck away	points	We were bitterly disappointed not to have won and it was another two points chucked away in the end.
clear up	confusion	Within hours, however, the competition's French judge cleared up the confusion when she admitted to being pressured to vote for the Russians.
close in		Bandini was closing in on second place when he lost control of his Ferrari.
come away with	title	Finley came away with the title in the 400 meter run with a time of 50.05.
come back		We came back all refreshed from the fresh air and exercise.
come on		She played well for us last year and I'm tickled how she's come on and done what we've told her to do.
come out		Finland came out third in their group behind Argentina and Egypt.
come through		I hope that the fantastic, open entertaining football of Brazil comes through in the final and wins this World Cup.
cool down		After any period of exercise you should cool down equally and possibly more than you warmed up.

cram in	bar	Streets were deserted as people crammed into bars and cafes to watch the match.
crash out crash out		England crashed out of the World Cup after a 4-1 defeat to Germany. Tim Henman has crashed out of the French Open in the second round at the hands of Belgium's Xavier Malisse.
drop back		Three laps from the end he started losing ground until he dropped back to third.
drop out	marathon	I ran in a marathon last year but I wasn't fit enough. I dropped out after 10 kilometres.
ease through		Martina Hingis eased through to the Wimbledon third round on Wednesday after beating Jing-Qian Yi 6-4, 6-1.
face up to	fact	We now have to face up to the fact we'll be without him for the rest of the season.
fall behind		When he started the marathon he was in first place, but he became tired and fell behind . He finished the race in 23rd place.
firm up	rink	Surprisingly, the skating rink on the river looks awesome! One cool evening is all we need to firm it up and make it perfect.
fool around		Taekwondo is a martial art to be practised with control. Careless practice or fooling around can lead to injury.
fuck up	match	Every time we win, we go and fuck up the next match with a stupid result.
gear up		Millions of fans are gearing up to watch England's crucial World Cup quarter-final against Brazil.
get in	practice	Some of the girls were able to get some practice in before it got too crowded later in the day.
get off		The World Cup got off to a sensational start in Seoul as Senegal snatched a 1-0 victory against defending champions France.
get out slide back	pool	I got out of the pool after an hour of drills and freestyle swimming. Ryan held the top spot until Dale Earnhardt Jr. passed for the lead on lap nine. By lap 20, Elliott had resumed the lead; Earnhardt had slid back to sixth and Ryan to seventh.

Some popular **Sports Idioms**.

The biology test was a **slamdunk**.

The price you're asking is **in the ballpark**.

When I caught Bob's finger in the car door, he was **a good sport** about it.

You **dropped the ball**.

More **Sports Idioms** can be found here: <http://www.idiomconnection.com/sports.html>