

**aerobic**



**agility**



**anaerobic**



**arbitration**



**athlete**



**baulk**



**biomechanics**



**bye**



**cadence**



**calibre**



The ability to move quickly and change direction with ease.

*"Agility drills are a key part of football training."*

B2



Relating to exercise that improves oxygen consumption by the body.

*"Running and cycling are classic aerobic activities."*

B2



A dispute resolution process used in sports contracts and doping cases.

*"The case went to arbitration after the federation rejected the appeal."*

C1



Relating to high-intensity exercise performed without sufficient oxygen.

*"Sprinting is an anaerobic activity that builds fast-twitch muscle fibres."*

C1



An illegal motion by a pitcher in baseball; to hesitate.

*"The umpire called a balk, advancing the runner to second base."*

C2



A person who is trained or skilled in sport or physical exercise.

*"Elite athletes train for several hours every day."*

A2



An automatic advancement in a tournament without playing a match.

*"As the top seed, she received a bye in the first round."*

B2



The study of the mechanical laws relating to movement in living organisms.

*"Biomechanics research has improved sprint technique significantly."*

C1



The quality or level of skill of a person.

*"Players of this calibre are rarely available in the transfer market."*

B2



The rhythm or rate of movement in cycling or running.

*"Maintaining a high cadence reduces muscle fatigue on long rides."*

C1



**circuit training**



**clean sheet**



**concession**



**counterattack**



**decathlon**



**default**



**doping**



**draw**



**endurance**



**final**



A game in which a team concedes no goals.

*"The goalkeeper kept a clean sheet in both legs of the tie."*

B1



A workout involving a series of exercises performed in rotation.

*"Circuit training improves both strength and cardiovascular fitness."*

B2



A swift attack after successfully defending.

*"The team scored on the counterattack with their first shot on target."*

B2



An acknowledgement of defeat; also a privilege granted in sport.

*"The boxer's corner threw in the towel as a concession."*

B2



A failure to compete; winning because an opponent withdraws.

*"She won by default when her opponent pulled out injured."*

B2



An athletic contest consisting of ten events over two days.

*"The decathlon is considered the ultimate test of all-round athleticism."*

B2



A result where neither side wins; a tied match.

*"The match ended in a goalless draw."*

A2



The use of prohibited substances to enhance athletic performance.

*"The cyclist was suspended for two years after a doping violation."*

B2



The last match in a competition, deciding the overall winner.

*"They reached the final after defeating the defending champions."*

A2



The ability to sustain prolonged physical effort.

*"Marathon running demands exceptional endurance."*

B2



**fixture**



**foul**



**handicap**



**hat-trick**



**heat**



**hydration**



**interval training**



**knockout**



**league**



**marathon**



An action against the rules of a sport.

*"The referee awarded a penalty after the defender committed a foul."*

B1



A scheduled match or sporting event.

*"The fixture list for the new season was released in June."*

B1



Three achievements by the same player in a single match.

*"She completed a hat-trick in the final ten minutes of the game."*

B1



An advantage given to a weaker competitor to equalise chances.

*"His golf handicap dropped from 12 to 8 after a strong season."*

B2



The process of maintaining adequate fluid levels in the body.

*"Proper hydration before a marathon is as important as training."*

B2



A preliminary round of a race or competition.

*"He qualified fastest in the heat and went straight to the final."*

B1



A competition format where the loser of each match is eliminated.

*"The knockout stage begins after the group phase."*

B1



Exercise alternating high-intensity effort with recovery periods.

*"Interval training is the most efficient way to improve running speed."*

C1



A long-distance running race of 42.195 kilometres.

*"She completed her first marathon in under four hours."*

A2



A group of teams competing against each other over a season.

*"They were relegated from the top league for the first time in thirty years."*

A2



**match point**



**offside**



**overtime**



**pace**



**penalty**



**physiotherapy**



**qualifier**



**rankings**



**relay**



**seed**



In an illegal position closer to the opponents' goal than the ball.

*"The goal was disallowed because the striker was caught offside."*

B1



A point that, if won, will win the match for a player.

*"He served an ace to convert his first match point."*

B1



The speed at which someone moves or runs.

*"She set a blistering pace that the other runners could not match."*

B1



Extra time played when a match ends level.

*"The match went to overtime after a last-minute equaliser."*

B1



Treatment of injury or disability using physical methods.

*"Six months of physiotherapy helped him recover from the knee operation."*

B2



A punishment for a foul; a free shot at goal.

*"The referee pointed to the spot and awarded a penalty."*

B1



An ordered list of competitors by performance or rating.

*"She rose to number three in the world rankings after her title win."*

B1



A match or round that determines who advances to the main competition.

*"They secured their place at the World Cup in the final qualifier."*

B2



A ranked player given a favourable position in a tournament draw.

*"The top seed was knocked out in the third round by an unseeded opponent."*

B2



A race between teams where each member runs part of the distance.

*"The 4x100 relay team broke the national record."*

B1



**set**



**squad**



**stamina**



**tackle**



**tactics**



**transfer**



**umpire**



**velocity**



**warm-up**



**wildcard**



A group of players from which a team is selected.

*"The manager named a 23-player squad for the tournament."*

B1



A group of games forming a unit in sports such as tennis.

*"She won the match in straight sets without dropping a game."*

A2



An attempt to take the ball from an opponent; in rugby, to bring down.

*"The defender made a perfectly timed tackle to clear the danger."*

B1



The ability to sustain prolonged physical or mental effort.

*"Building stamina takes months of consistent training."*

B2



The movement of a player from one club to another.

*"The transfer fee was a world record for a goalkeeper."*

B1



A plan or method to achieve a goal in sport or competition.

*"The manager changed tactics at half-time to stop the opponent's wingers."*

B2



The speed of something in a given direction.

*"Ball velocity was measured at over 150 km/h on the radar gun."*

B2



An official who enforces rules in sports such as cricket and tennis.

*"The umpire overruled the line judge's call."*

B1



A competitor given entry to a tournament outside normal qualification.

*"The wildcard entry went on to reach the semi-finals."*

B2



Light exercise done before intense physical activity.

*"A proper warm-up reduces the risk of injury."*

A2

