



MY MATCHDAY

THE MANAGER

I am the team **1.** _____. When there is no match, the players come to me and the coach for **2.** _____. The players arrive after breakfast at 9 o'clock. First, the players do some **3.** _____ to get their muscles warm. After the stretching, we do some running. We do long runs and short runs to improve stamina and speed.

When all the players are ready, we do some training with the **4.** _____. All the players enjoy this part because it's like playing. Different players practise together – the goalkeepers do some specialist goalkeeping training with another **5.** _____. Later in the morning, we play small 5-a-side games.

After lunch, the coach and I talk to the players about **6.** _____. We watch videos of different matches and speak about how we are going to play in the next game. We speak about what **7.** _____ we are going to use. Sometimes we play 4-4-2 and sometimes we play 4-3-3. Later in the afternoon, some players go to the gym to work on **8.** _____ and some do more training with me. They are ready for the big match!



MANAGER



TRAINING



STRETCHING



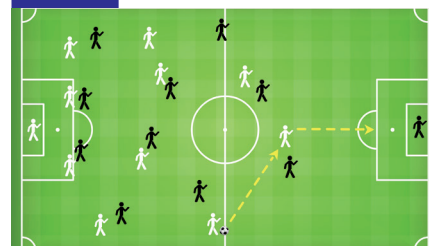
BALL



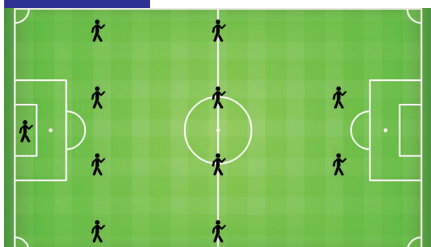
TRAINER



TACTICS



FORMATION



FITNESS



ANSWER KEY: 1. manager 2. training 3. stretching 4. ball 5. trainer 6. tactics 7. formation 8. fitness