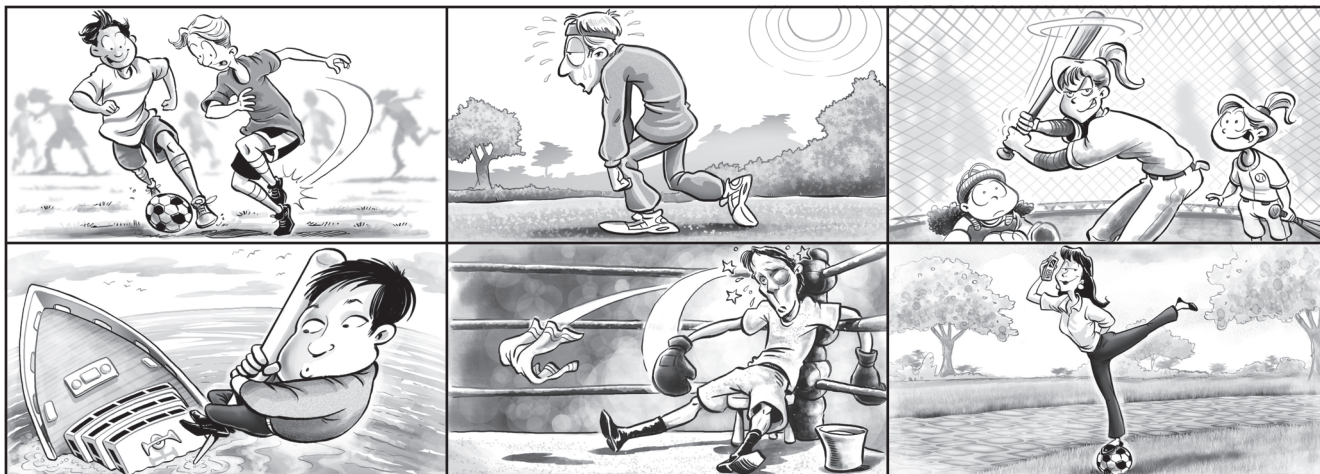


# Talking point 7 Sports idioms



| Idioms                   | Definitions                                 |
|--------------------------|---------------------------------------------|
| to kick yourself         | to be angry with yourself                   |
| to be run down           | to be very tired                            |
| to go to bat for someone | to help or support someone                  |
| to sink or swim          | to fail or succeed in a difficult situation |
| to throw in the towel    | to give up or quit                          |
| to be on the ball        | to be able to think and act quickly         |

|                    |              |           |
|--------------------|--------------|-----------|
| on the ball        | sink or swim | go to bat |
| throw in the towel | run down     | kick      |

- I worked for twelve hours yesterday. I'm really \_\_\_\_\_.
- John tried snowboarding several times, but he didn't enjoy it. He finally decided to \_\_\_\_\_.
- I didn't study for my exam, and I got a bad grade. I want to \_\_\_\_\_ myself.
- The first year of college can be very difficult. Students either \_\_\_\_\_.
- Miho is my best friend. When I need help, she'll always \_\_\_\_\_ for me.
- Tim is really \_\_\_\_\_. He's always ready for action.