

## IELTS Vocabulary Topics

### Sports Word List

<b>Word/phrase</b>	<b>Meaning</b>	<b>Example</b>
Spectator	Someone who watches a sporting event.	The stadium was filled to capacity for the final with 50,000 spectators.
Fan	Someone who is very enthusiastic about sports.	He's a lifelong fan of his local football club and never misses a match.
Opposition	A rival team or individual.	Our opposition in the semi-final will be the toughest game of the season.
Stadium	A large building with seats where people can watch sports such as football and athletics.	Arsenal FC moved to a 75,000-seat stadium several years ago.
Court	A surface, marked with lines, where sports such as tennis and badminton are played.	He covered the badminton court well and reached every shot his opponent made.
Pitch	A surface, marked with lines, where sporting events are played such as a football pitch.	The captain always leads the team onto the pitch at the start of the game.
Promotion	To move to a higher division or league.	Our basketball team gained promotion to the national league after finishing top of the regional division.
Relegation	To move to a lower division or league.	Our team are facing relegation to the second division. We've only won 1 game this season so far.
Team spirit	The feeling of belonging to a team or group.	There's a real positive team spirit at our club. We all believe in each other.
Hooligan	A violent person who causes trouble.	The government passed travel restrictions against convicted football hooligans.
Outplay	To play more successfully than your opponent.	The team was completely outplayed and eventually lost the game by a record 30 points.
Personal best	To achieve your best performance in a sport.	She broke her personal best time for the 100 meters but still only managed third place.
Sports center	A building where people can do many different sports.	The new city center sports center offers a wide range of sports, including swimming and table tennis.
Changing room	A room at a sports venue where people change their clothes.	Our changing room has been upgraded to include showers and central heating.
Season ticket	A ticket to a sports venue that can be used many times.	My season ticket allows entry for all this season's home games.

Unfit	Not being physically fit.	After my injury I wasn't able to exercise so I became quite unfit.
Fitness	Being fit and healthy.	You can improve your level of fitness by walking and jogging every day.
Fitness fanatic	To be extremely keen on keeping fit.	My brother is a fitness fanatic. He takes exercise every day and is careful about what he eats and drinks.
Extreme sport	A dangerous and exciting sport.	I really want to try an extreme sport like bungee jumping.
Esport	Multiplayer video games played, usually, by professional gamers.	Esports have become incredibly popular with millions of dollars on offer to the best players.
Aerobic exercise	Exercise that strengthens your heart and lungs.	Jogging and swimming are excellent forms of aerobic exercise.
Umpire	Someone who supervises a game, such as cricket or tennis, and makes sure the rules are followed.	The umpire ruled that he was out, leg before wicket.
Kit	The equipment and clothes for a particular sport or activity.	I bought my nephew the new Arsenal FC kit for his birthday.
Tournament	A competition where teams or individuals play against each other until there is a winner.	The World Cup, held every 4 years, is the most famous global football tournament.
Versus	When an individual or team competes against another.	The cup final will be Arsenal versus Liverpool.
Draw	When a game between opponents ends with no winner or loser.	The match was a disappointing 0-0 draw. Neither team deserved to win.
Injury	Physical harm to one's body.	The injury to his knee, he picked up during the game, will mean he will be out of action for a month.
Membership	To belong to a club or organization.	My golf club membership expires next month and I'm not sure if I will renew it. It's too expensive.
Athlete	Someone who is very good at sports and competes in events.	She became a professional athlete at 16 because she was an outstanding tennis player.

## IELTS Vocabulary Topics

### Sports Idioms

#### *Start the ball rolling*

**Meaning:** To start or begin something.

**Example:** Welcome to the monthly meeting and let's *start the ball rolling* with the first item on the agenda.

#### *Get the wooden spoon*

**Meaning:** To come last in a competition.

**Example:** Our team only won 2 games all season. I guess we *got the wooden spoon* for finishing at the bottom of the league.

#### *Move the goalposts*

**Meaning:** To change the rules or plans after something has started.

**Example:** Every time we almost reach an agreement, the company *moves the goalposts* and we need to renegotiate according to the new rules.

#### *Par for the course*

**Meaning:** Normal or what is expected based on experience.

**Example:** The budget for our department will be cut again this year. That's *par for the course*, it's the third straight year this has happened.

#### *Roll with the punches*

**Meaning:** To be able to deal with difficult situations.

**Example:** During the pandemic, we all had to *roll with the punches* and cope with the restrictions and stay safe.

#### *Workout*

**Meaning:** To take physical exercise.

**Example:** I workout twice a week at the gym with my personal trainer.

#### *Drop the ball*

**Meaning:** To make a mistake or miss an opportunity.

**Example:** I *dropped the ball* when it came to investing in that company. Their shares have doubled in price.

#### *Slam dunk*

**Meaning:** Something which is very easy to achieve.

**Example:** Getting a 7.0 in IELTS should be a *slam dunk* for her. She's studied English for years and her level is almost native speaker.

#### *Stumped*

**Meaning:** To feel confused and not know what to do.

**Example:** The writing task 2 really *stumped* me. I didn't really understand the task and had very little to say about the topic.

#### *Throw in the towel*

**Meaning:** To give up or surrender.

**Example:** After failing his driving test three times, he finally *threw in the towel* and decided to buy a bicycle.

#### *The ball is in your court*

**Meaning:** To make a decision or do something to make progress.

**Example:** This is our contract extension offer. *The ball is in your court now*, so tell us before Friday if you accept it.