

## 2.5 Grammar

### Verb patterns

I can recognise and use different verb patterns.

- 1 What does a sports psychologist do? Discuss in pairs. Then read the text to find out.

### Think like a winner



I'm a sports psychologist. I work with top athletes and I **help them to prepare** for important competitions. Of course, they **need to prepare** physically: they **should get** plenty of sleep, remember to drink lots of fluids and avoid drinking alcohol. That's the easy part! But after they've **spent time preparing**

their body, I **make them relax** and prepare the mind. I focus on three areas: visualisation, positive thinking and relaxation.

- 2 Read and complete the GRAMMAR FOCUS with the phrases in blue in the text in Exercise 1.

### GRAMMAR FOCUS

#### Verb patterns

##### verb + to infinitive

Of course, they **need to prepare** physically.

Examples: aim, arrange, attempt, can't afford, decide, expect, hope, intend, manage, offer, plan, refuse, remember, seem, tend, try, want

##### verb + object + to infinitive

I **help them to** prepare for important competitions.

Examples: advise, allow, encourage, force, remind, teach, urge, warn (not)

##### verb + -ing

But after they've **spent time** preparing their body, I ...

Examples: avoid, can't help, can't stand, don't mind, enjoy, fancy, finish, imagine, keep, miss, stop, waste time

##### modal verb + infinitive without to

... they **should** get plenty of sleep ...

Examples: can, could, might, should, would

##### verb + object + infinitive without to

I **make them** relax and prepare the mind.

Examples: make, let

- 3 Complete the texts with the correct form of the verbs in brackets. Then listen and check.

### Visualisation

Before an important event, I **advise** athletes **to visit** (athletes/visit) the stadium. This **allows** them **to visualise** (them/visualise) the day of the competition. They **can** imagine the smells and the sounds in the stadium, and they imagine (win) the competition. Then, when the day of the competition arrives, they **try** to (recreate) the success they imagined.

### Positive thinking

I **encourage** athletes **to talk** (athletes/talk) to themselves before a big race. I **force** them **to concentrate** (them/concentrate) on the times when they won. They **need** to (stay) in the present and tell the negative voice in their head to **stop** (talk). Good athletes **want** to (win), but top athletes **expect** to (win). That's positive thinking!

### Relaxation

Even top athletes **can't help** to (feel) nervous, especially when they find themselves standing next to last year's champion! I **let** them **to talk** (them/talk) to me about their worries, but on the day of the competition, negative thoughts are not allowed! It's a simple fact that if they **manage** to (control) their nerves, they **tend** to (do) better. Winning – it's all in the mind!

- 4 Rewrite the sentences using the verbs in brackets. Then tick the sentences that are true for you.

- 1 I'm happy to lend my bike to my friends. (not mind) ☐  
I **don't mind** lending my bike to my friends.  
2 I don't have enough money to buy new trainers. (can't afford) ☐  
3 It is my intention to learn how to skate one day. (hope) ☐  
4 My uncle showed me how to swim. (teach) ☐  
5 I don't want to take up jogging. (not intend) ☐  
6 My parents won't allow me to stay out all night with my friends. (let) ☐

- 5 Complete the sentences about you. Write four true sentences and one false one.

- 1 I can't stand **watching sport on TV**.  
2 I enjoyed ...  
3 I wasted a lot of time ...  
4 I spend a lot of time ...  
5 I've decided ...

- 6 In pairs, take turns to read your sentences from Exercise 5. Guess which of your partner's sentences is false.