



MY MATCHDAY

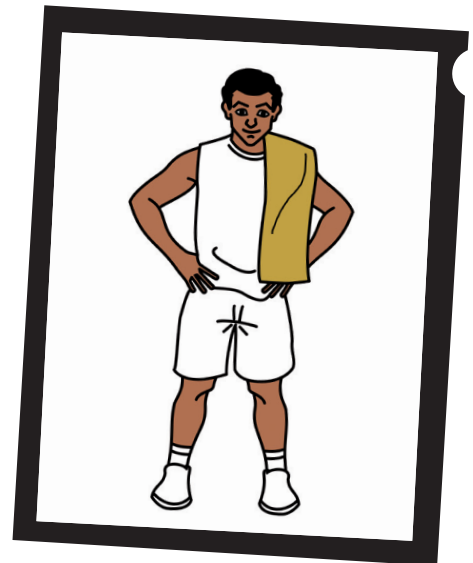
THE PHYSIO

I am the team **1.** _____ and my match day starts early. Most of the players come in late on a match day because there is no **2.** _____. But some players have injuries and need physiotherapy today. I take a player to the swimming pool and another to the gym for some light **3.** _____ work. I also work with the **4.** _____ to talk about players who are injured.

Before the match, I give a few of the players a massage because it is part of their **5.** _____ routine. It helps them prepare for a match both physically and mentally.

During the match, there is an **6.** _____ to a player. I run on to the pitch. Normally, players continue, but this time I tell the **7.** _____ that the player needs to go off. The manager brings on a **8.** _____.

After the match, I make sure all the players have warmed down correctly so they don't get any more injuries. It's a long day!



PHYSIO



TRAINING



FITNESS



CLUB DOCTOR



WARM UP



INJURY



MANAGER



SUBSTITUTE



ANSWER KEY: 1. physio 2. training 3. fitness 4. club doctor 5. warm up 6. injury 7. manager 8. substitute