

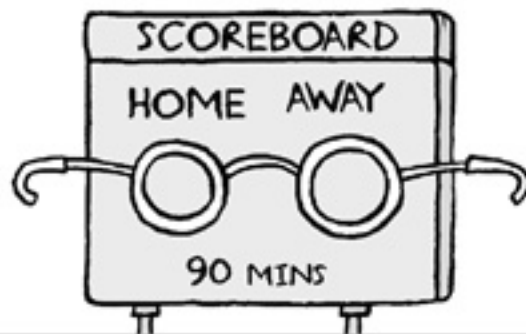
**biscotto** (Italian for biscuit)

- A fixed match in a group tournament which usually involves two teams that would both benefit from a draw and decide to do that, without money or corruption being involved. The term comes from horse-racing, when jockeys would give their horse a doped biscuit to improve their performance. ☹



**brilstand** (Dutch for glasses stand)

- A goalless game, since 0-0 looks like glasses. ☹☹



**cola da vaca** (Spanish for cow's tail)

- A trick that involves stopping the ball and then changing direction. Skilful players like Lionel Messi and Gareth Bale are experts at doing this, often by keeping the ball close to their instep and leaving their marker behind. ♡



**fahrstuhlmannschaft** (German for elevator team)

- A yo-yo team, describing a side that regularly gets relegated and then promoted. ☹☹

**frango** (Brazilian Portuguese for chicken)

- One of the most common phrases used in Brazilian football, it means a goal that is the result of an embarrassing mistake by the goalkeeper. X



**hacer un sombrero** (Spanish for to make a hat)

- Chipping the ball over an opponent's head and running around to retrieve it. ☹



**jisatsu-ten** (Japanese for suicide point)

- An own goal, dating back from when ancient Japanese warriors, known as samurai, would commit *harakiri*, or kill themselves, rather

than suffer the shame of being captured and tortured by enemies. Each player on the pitch takes responsibility for his actions – but he does not die if he scores past his own goalkeeper! ☹☹









## DON'T SKIP THIS

Footballers need to be fit, fast, agile and have a great sense of balance. One of the

best ways to practise these things at the same time is ... skipping! You thought skipping was easy? Think again! Boxers are well known for incorporating skipping into their training routines, and footballers do it now too. It's a proper work-out without putting too much stress on your joints. Hop to it!



### Skip 1: Double jump

Jump as high as you can and swing the rope fast, so you get the rope under your feet twice while you are in the air.

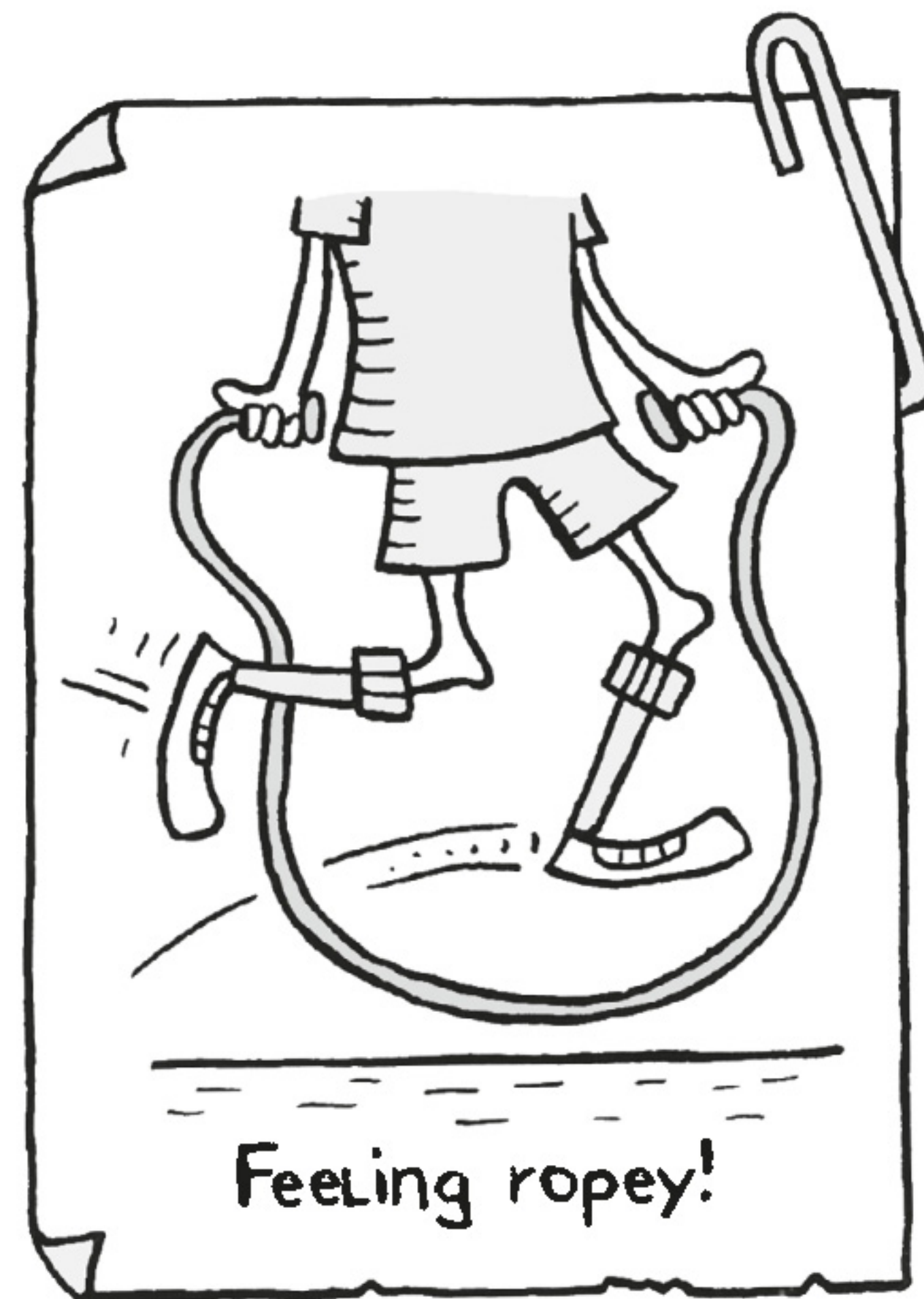
**GOOD FOR:** Increasing pulse rate  
**DIFFICULTY RATING:** 1/4



### Skip 2: Run skips

You need some space, as this involves jogging and then skipping without stopping your running motion.

**GOOD FOR:** improving fitness and balance  
**DIFFICULTY RATING:** 2/4



### Skip 3: High Knees

Instead of lifting both feet off the ground at the same time and at the same height, run on the spot and skip; then raise one knee at a time. It's tiring, so only try it for a few swings before going back to normal skipping.

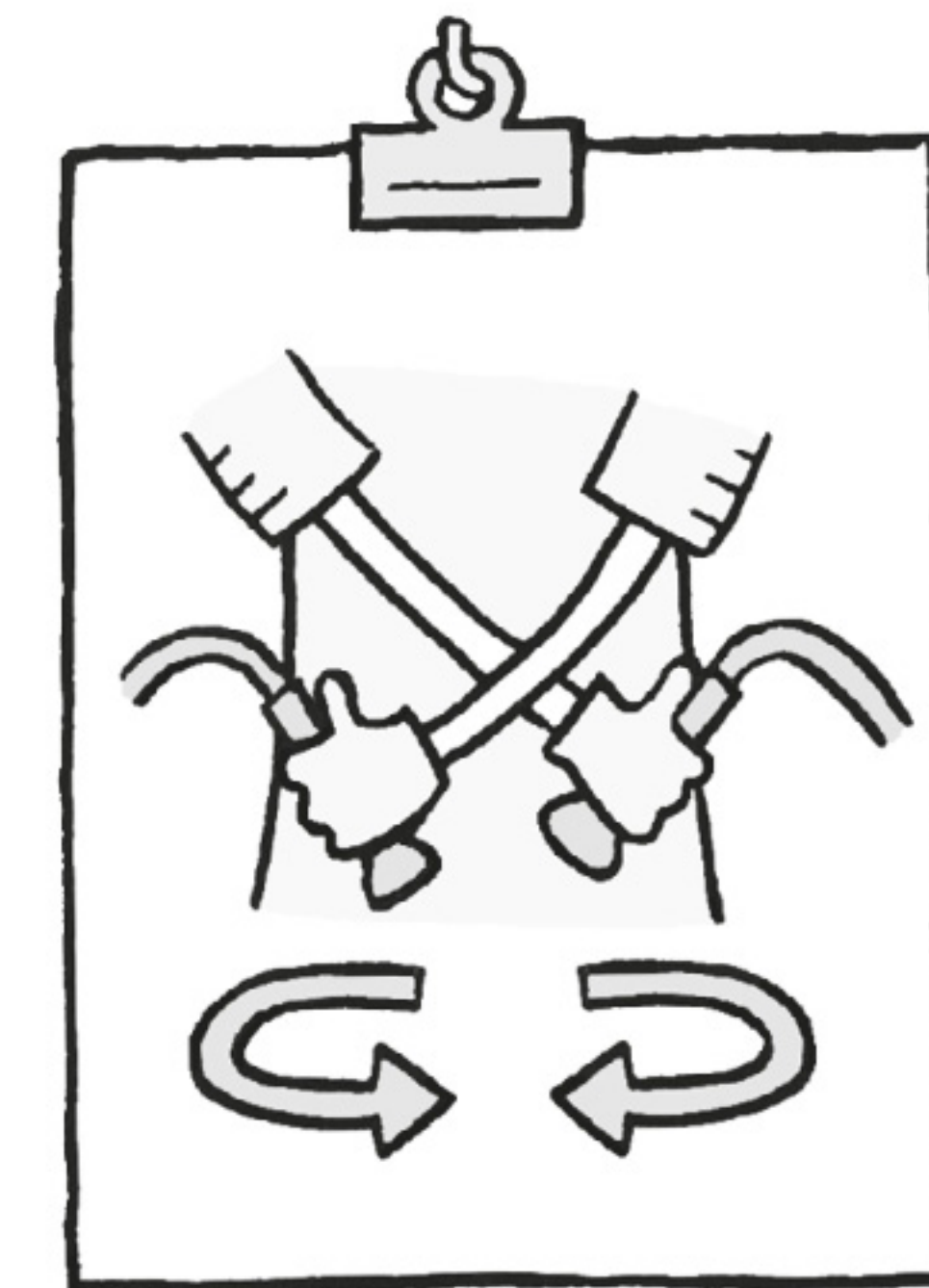
**GOOD FOR:** Building leg strength  
**DIFFICULTY RATING:** 3/4



### Skip 4: Crossover

Lift both feet while jumping and swinging the rope normally. Then quickly cross your arms in front of you, stretching your hands as far apart as they can go, and jump through the loop you create. Then cross your hands back so you are skipping normally. It might take some practice to get the loop size right, but it will happen!

**GOOD FOR:** Pushing off strongly in sprints  
**DIFFICULTY RATING:** 4/4



## BEAT IT

The number of times your heart beats every minute is your pulse. When skipping, your pulse should be 130 beats per minute. To find your pulse, lightly touch the side of your neck until you feel the regular beat. Count how many beats you feel in 10 seconds. Multiply this number by 6 and you have the number of beats per minute.





## GRASS IS CLASS

For a start, grass is one of the oldest types of plant. Scientists think it was growing around 100 million years ago, during the age of the dinosaurs, because they found five types of grass in a dinosaur's fossilized poo. Stinky business!



All grasses have similar characteristics. They all have a hollow stem and usually leaves, or blades, which are long and thin and relatively rigid. Some grass leaves are so sharp they can cut human skin.

Grass comes in many varieties. There are about 10,000 different species, including short grass that we use on our lawns and long grass that can grow higher than a house.

Grasses are long-lived. Some species of grass can live for hundreds of years.

Grass is versatile. It will grow on pretty much every habitat on Earth, including hot deserts, rainforests and cold mountains.

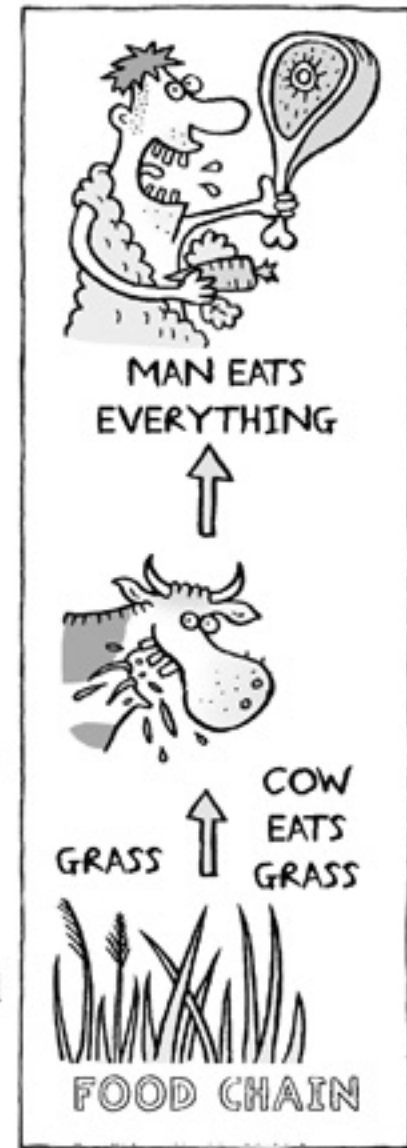
Grass is everywhere! You will find it on all the world's continents even Antarctica. In fact, up to 40 per cent of all the land in the world is covered in grass.

## GRAZE CRAZE

Some of the most common foods we eat are grasses, such as wheat, maize, rice and oats. We eat the seeds of these grasses, which we call **grains**. In fact, the discovery that we could grow grasses for their grains was the moment that humans stopped being hunter-gatherers, moving from place to place, looking for food. Instead we became farmers, based in the same place, tending our fields and storing grains for use all year round. This was the beginning of villages, towns and eventually cities.

Animals like cows, horses, sheep and deer are grass-eaters too. In fact, the word "graze", which we use to describe how these animals eat, means to eat grass.

This means that grass is an important food for humans in two ways. First, as something for us to eat, and second as something for the animals that we eat to eat. The process by which plants (such as grass) are eaten by animals (such as cows) which in turn are eaten by other animals (such as humans) is called a **food chain**.



### MULTI-GRASSING

Bread comes from wheat, which is a grass, and sugar comes from sugar cane, which is also a grass. So if you are having a sandwich and some orange squash while watching a football match, you are eating, drinking and watching grass at the same time!