

Forget what you know about sports.

You watch a football game. 22 players run after a ball. People shout. That is the game you see. But there is another game. You cannot see it.

Tennis

A tennis player waits. The ball comes fast. Her brain works very fast. It thinks: Where is the ball going? Then her body moves. She runs. She hits the ball. Good shot!

Running

A runner is very fast. He does not think about winning. He only feels his breath. He feels his feet on the ground. He wants to be faster. He runs to be better than before.

Basketball

In basketball, players do not need words. A player passes the ball. He does not pass to where his friend is. He passes to where his friend will be. Five players work like one person. The best part is not the big jump. The best part is the small passes before it.

Gymnastics

A gymnast walks on a long, thin board. She fights fear. She thinks: "What if I fall?" Her heart beats fast. But she stays calm. That is hard to do.

The Real Game

The scoreboard shows who wins. But the real game is inside the player. Next time you watch sports, look closely. Do not just see the goal. See all the small choices to make the goal.

Reading comprehension

How many players run after the ball in a football game?

Does the tennis player's brain work fast or slow?

What does the runner feel? (Name two things.)

In basketball, do players use many words or not many words?

What does the gymnast think when she walks on the long, thin board?

Where is the real game? On the scoreboard or inside the player?
