



# Sports & Fitness in English: Intermediate Vocabulary

81 words

ENGLISH	TRANSCRIPTION
<b>tournament</b>	<i>/ˈtɔːnəmənt/</i>
<b>playoffs</b>	<i>/'pleɪɔːfs/</i>
<b>qualifier</b>	<i>/'kwɑːlɪfaɪər/</i>
<b>opponent</b>	<i>/ə'pɒnənt/</i>
<b>offense</b>	<i>/ə'fens/</i>
<b>defense</b>	<i>/dɪ'fens/</i>
<b>strategy</b>	<i>/'strætədʒi/</i>
<b>tactic</b>	<i>/'tæktɪk/</i>
<b>formation</b>	<i>/fɔːr'meɪʃən/</i>
<b>possession</b>	<i>/pə'zɛʃən/</i>
<b>pass</b>	<i>/pæs/</i>
<b>shot</b>	<i>/ʃɑːt/</i>
<b>dribble</b>	<i>/'drɪbəl/</i>
<b>tackle</b>	<i>/'tækəl/</i>
<b>foul</b>	<i>/faʊl/</i>
<b>penalty</b>	<i>/'penəlti/</i>
<b>free kick</b>	<i>/friː kɪk/</i>
<b>corner kick</b>	<i>/'kɔːnər kɪk/</i>
<b>serve</b>	<i>/sɜːrv/</i>
<b>volley</b>	<i>/'vɔːli/</i>
<b>time-out</b>	<i>/taɪm aʊt/</i>
<b>substitution</b>	<i>/,sʌbstɪ'tuːʃən/</i>
<b>warm-down</b>	<i>/'wɔːrm daʊn/</i>
<b>workout</b>	<i>/'wɜːrkaʊt/</i>

ENGLISH	TRANSCRIPTION
<b>reps</b>	/rɛps/
<b>sets</b>	/sɛts/
<b>endurance</b>	/ɪnˈdʊərəns/
<b>agility</b>	/əˈdʒɪlɪti/
<b>sprint</b>	/sprɪnt/
<b>relay</b>	/'ri:lɪ/
<b>lane</b>	/leɪn/
<b>pace</b>	/peɪs/
<b>personal best</b>	/'pɜ:rsənəl bɛst/
<b>record</b>	/'rɛkərd/
<b>ranking</b>	/'ræŋkɪŋ/
<b>standings</b>	/'stændɪŋz/
<b>assistant coach</b>	/əˈsɪstənt kəʊtʃ/
<b>goalkeeper</b>	/'gəʊl,ki:pər/
<b>midfielder</b>	/'mɪd,fi:ldər/
<b>forward</b>	/'fɔ:rwərd/
<b>defender</b>	/dɪˈfɛndər/
<b>home game</b>	/hoʊm geɪm/
<b>away game</b>	/əˈweɪ geɪm/
<b>scoreboard</b>	/'skɔ:rbɔ:rd/
<b>timekeeper</b>	/'taɪm,ki:pər/
<b>referee call</b>	/,rɛfəˈri: kɔ:l/
<b>yellow card</b>	/'jɛləʊ kɑ:rd/
<b>red card</b>	/rɛd kɑ:rd/
<b>drill</b>	/drɪl/
<b>scrimmage</b>	/'skrɪmɪdʒ/
<b>practice session</b>	/'præktɪs 'sɛʃən/

ENGLISH	TRANSCRIPTION
<b>conditioning</b>	/kən'diʃənɪŋ/
<b>flexibility</b>	/ˌfleksə'bɪləti/
<b>balance</b>	/'bæləns/
<b>core</b>	/kɔːr/
<b>cardio</b>	/'kɑːrdiəʊ/
<b>resistance</b>	/rɪ'zɪstəns/
<b>weights</b>	/weɪts/
<b>dumbbell</b>	/'dʌm,bel/
<b>barbell</b>	/'bɑːr,bel/
<b>bench press</b>	/bentʃ pres/
<b>squat</b>	/skwɑːt/
<b>deadlift</b>	/'ded,lɪft/
<b>pull-up</b>	/'pʊl ʌp/
<b>push-up</b>	/'pʊʃ ʌp/
<b>plank</b>	/plæŋk/
<b>resistance band</b>	/rɪ'zɪstəns bænd/
<b>hydration</b>	/haɪ'dreɪʃən/
<b>nutrition</b>	/nuː'trɪʃən/
<b>warm-up drill</b>	/'wɔːrm ʌp drɪl/
<b>cooldown</b>	/'kuːldaʊn/
<b>recovery day</b>	/rɪ'kʌvəri deɪ/
<b>training plan</b>	/'treɪnɪŋ plæn/
<b>game plan</b>	/geɪm plæn/
<b>scouting</b>	/'skaʊtɪŋ/
<b>tryout</b>	/'traɪaʊt/
<b>roster</b>	/'rɔːstər/
<b>overtime</b>	/'oʊvətaɪm/

ENGLISH	TRANSCRIPTION
<b>tie-break</b>	<i>/'taɪ breɪk/</i>
<b>competition</b>	<i>/,kɑ:mpe'tɪʃən/</i>
<b>sportsmanship</b>	<i>/'spɔ:rtsmənʃɪp/</i>

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