

Win Your Own World Cup

English learning resource · EN

Key words & expressions · English

20 learning entries

Study task: Listen again and notice the expressions you studied.

1

completely deafening

DEF

So extremely loud that it is overwhelming.

Strong collocation often used for crowds, applause or noise.

MetLife Stadium, completely silent and then completely deafening all in the same second.

The applause became completely deafening after the final whistle.

2

here's the twist

DEF

Here is the surprising change or revelation in the story.

A narrative signpost used before unexpected information.

Now, here's the twist, friends.

Here is the twist: the smallest habit produced the biggest change.

3

walk away with

DEF

To finish an experience having gained something useful.

Phrasal verb emphasizing what a person retains afterward.

Because if you stay with us until the end, you will walk away with four things.

Every player walked away with a lesson about patience.

4

clean sheet

DEF

A match in which a team concedes no goals.

Standard football collocation, especially common in British English.

Seven clean sheets on a new World Cup record.

The goalkeeper kept a clean sheet in the most important match.

5

fall behind

DEF

To move into a losing position in a game or competition.

Also used figuratively for failing to keep pace.

Spain never even fell behind, not in one single match of the whole tournament.

Missing one practice session does not mean you have fallen behind.



6

composure

DEF

Calm self-control in a difficult or high-pressure situation.

More formal and precise than calmness.

How does a team play with that much composure on the biggest stage in the world?

She kept her composure even when the result looked impossible.

7

grow up together

DEF

To spend one's childhood or formative years together.

Here it also suggests shared development inside one system.

About solidarity, about a group of footballers who grew up together

The players grew up together and trusted one another completely.

8

back that up

DEF

To provide evidence that supports a claim.

Informal phrasal verb; here the manager's record supplies proof.

And his own record backs that up perfectly.

The statistics back up his claim about consistent practice.

9

shared identity

DEF

A common sense of who a group is and what it represents.

A sociological collocation connecting values, belonging and behavior.

It was a team's shared identity that actually won it.

A shared identity helped the team work toward one goal.

10

land on the same four words

DEF

To independently arrive at the same four words or conclusion.

Figurative use of land on meaning reach or select.

And a sports journalist all land on the same four words,

After a long discussion, they landed on the same four words.

11

keep their shape

DEF

To maintain an organized formation under pressure.

Football collocation also useful figuratively for preserving structure.

They simply kept their shape.

Strong routines keep their shape when pressure increases.



12

hold on to that idea

DEF

To remember and keep considering a particular idea.

Figurative phrasal verb treating an idea like an object one can hold.

Friends, hold on to that idea.

Hold on to that idea when progress feels slow.

13

compound into

DEF

To accumulate gradually and develop into a much larger result.

Borrowed from compound growth in finance; common in habit formation.

Small habits, repeated consistently, compound into something enormous over time.

Small improvements compound into a major advantage over time.

14

at the heart of

DEF

At the central or most important part of something.

Common figurative prepositional phrase.

There's a training exercise at the heart of Spanish football, friends, called a rondo.

Trust was at the heart of the team's success.

15

a handful of

DEF

A small number or amount of something.

Informal quantifier; figuratively, what could fit in one hand.

A handful of words.

A handful of useful phrases can transform a conversation.

16

transfer to real conversation

DEF

To carry over and become usable in genuine conversation.

Educational collocation about applying practice beyond the learning exercise.

Very little transfer to real conversation.

Repeated practice helps new language transfer to real conversation.

17

in isolation

DEF

Separately, without context or connection to other things.

Common academic phrase criticizing decontextualized learning.

Endless grammar worksheets, for instance, memorized in isolation with no real context.

A single result means very little when viewed in isolation.



18

flashy

DEF

Designed to attract attention by appearing exciting or impressive.

Often mildly negative: attractive on the surface but not necessarily substantial.

It is not flashy.

The method is not flashy, but it works consistently.

19

hiding in plain sight

DEF

Present and visible, yet unnoticed because people fail to recognize it.

Idiom for something concealed despite being openly observable.

And the training secret hiding in plain sight.

The solution had been hiding in plain sight all along.

20

show up for

DEF

To be present and committed to an activity or responsibility.

More than physically arriving: it implies dependable effort.

And show up for them tomorrow, whether you feel like a champion or not.

Show up for your practice even when motivation is low.

