



50 BEST ENGLISH IDIOMS ABOUT SPORT

General:

be / get off to a flying start start well
be a good sport take a joke well
blow the competition away win big
meet your match meet sby who is your equal
no sweat no problem
play to win be serious about winning
stay ahead of the game be forward-thinking
take sides decide to help sby instead of another

Baseball:

be in a league of your own be uniquely talented
drop the ball make a mistake
hit it out of the park be really successful
touch base with sby meet sby to talk

Boxing:

be a heavy hitter be a very successful person
be a lightweight not be able to drink much alcohol
come out fighting try really hard to achieve sth
have sby in your corner have supporters
hit sby below the belt hurt sby where they are weak
roll with the punches accept what life gives you
saved by the bell sby / sth stops a negative situation
take it on the chin accept a hard situation bravely
that was a low blow that was an unfair remark
the gloves are off we're saying what we really think
throw in the towel quit

Cricket:

be stumped not know how to proceed

Football:

be on the ball be alert
be out of your league be too good for you
get the ball rolling start
have an early bath leave early
it's a funny old game life is strange
it's a game of two halves there is still time to win
keep your eye on the ball focus on what's happening
move the goalposts change the original terms

Golf:

be par for the course be normal / standard

Horse Racing:

be a two-horse race be a competition between two
be neck and neck be equal during a competition
go down to the wire finish just before the deadline
win by a nose win very narrowly
win hands down win by a large margin

Running:

be the front runner for sth be the main candidate
get a head start start before the others
go the distance finish sth, e.g. a big project

Sailing:

be plain sailing be effortless
get a second wind get new enthusiasm for sth

Shooting:

be a big shot be powerful and successful
be a long shot a goal that is unlikely to succeed
give sth your best shot try your best
call the shots tell people what to do

Swimming:

it's sink or swim it's time to fail or succeed
keep your head above water avoid total failure

Tennis:

the ball is in your court it's your decision