

Test 4

SECTION 1: READING

B1 Multiple choice

STEPH CURRY: AN INTERVIEW WITH THE NBA STAR

Read the interview with Stephen Curry. Choose the correct answer (A, B, C or D) for questions 1-8. Only one answer is correct. The first one (0) is an example.

Stephen Curry, 30 years old, is probably the greatest basketball player alive. Many players and analysts have called him the greatest shooter in NBA history. He is number 8 in the world's highest-paid athletes list.

The Golden State Warriors player earned the NBA championship in 2017, and again in 5 2018. Curry, who is 1.90 metres tall, has become the new star of the NBA thanks to his jump shots, crossovers, and dance moves.

Most recently, Curry helped launch a new site that studies biometric data in performers, athletes, and fans, MotionSense Lab.

Using wireless sensors, they monitored Curry's movements, heart rate, and other 10 biometrics while playing basketball. The lab found that Curry's dribble has the gravitational force of a rocket launch!

Tech Insider met Curry to talk about the MotionSense Lab, his approach to the game and some psychology.

TECH INSIDER: What's the craziest thing you have learned through MotionSense?

15 **STEPHEN CURRY:** I have learned how quickly I actually shoot the ball. I know that's something I work on, and really use in games, but I didn't know exactly how quick it was, down to like the millisecond. I try not to think about it during games. But knowing how fast it actually happens gives me more confidence, I think.

TI: What does your daily routine look like? How many shots do you take per day?

20 **SC:** It depends on the situation and the day. If it's normal practice, only 300 shots. During the summer, I can reach 500 when I'm working on my game, trying to get better. During the season, it's more just maintenance, because I don't want to get tired.

TI: What's your daily diet?

25 **SC:** I need as many calories as I can get, considering how much we run during games, and how many games we play. It's not a very strict diet at all, but the more years I go, the more experience I have, the more nutrition and eating the right foods are important for recovery and things like that.

TI: With all of the travel and early mornings, are you a coffee drinker?

SC: Just coffee when I need it. I might have a cup or two, but I'm not a fan of coffee
30 or energy drinks or anything like that.

TI: How do data and analytics influence the Warriors' gameplay and how you play?

SC: It's very important to understand how our body works and different loads that we
35 put on it throughout the course of games and practices. It helps you make changes if
you need to, helps you be smarter about your workouts, and I think it protects you from
injuries.

TI: What's going through your head when you're going to take a shot that could decide
a game?

SC: What goes through my head when I'm going to take a game-winning shot is ... I'd
40 better make it! Don't be afraid of the moment. I'm pretty confident that whatever shot
I'm going to take in that situation is a shot that I've practised many times, so I use the
muscle memory. And I have ultimate confidence in making that shot.

TI: Are you ever afraid of anything?

SC: On the court, I'm not afraid of anything.

(adapted from www.businessinsider.com)

0 *Steph Curry plays basketball in:*

- A. Canada.
- B. The USA.
- C. Italy.
- D. Russia.

1. He is one of the ... players in the world.

- A. tallest
- B. most winning
- C. richest
- D. youngest

2. He has recently contributed to:

- A. a commercial.
- B. a victory of the national team.
- C. a charity.
- D. a scientific study.

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3. Curry has been associated with:
- A. a spacecraft.
 - B. an animal.
 - C. a god.
 - D. another basketball player.
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4. In what period of the year does Curry train the most?
- A. During championships.
 - B. During the holidays.
 - C. There's no difference.
 - D. He can't answer.
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5. What food does he prefer to eat?
- A. Any food.
 - B. The food that's on his personal diet.
 - C. Healthy food.
 - D. He can't eat much food.
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6. Why are technological measurements important for a basketball player?
- A. To score more points.
 - B. Not to have physical damage.
 - C. To play longer.
 - D. Not to get tired.
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7. What does he say about the psychological side of his job?
- A. You don't need to be fearful.
 - B. You mustn't think about anything during the game.
 - C. Don't let stress influence you.
 - D. Just focus on team work.
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8. What does Curry consider important when he plays basketball?
- A. Energy drinks.
 - B. The Warriors fans.
 - C. Self reliance.
 - D. His team.