

## English for Football – week 24

### To play out of (your) skin

This week's English for Football expression is the phrase **to play out of your skin**, which means to do something extremely well, to be outstanding. In football it usually means that a team or a player is playing far better than they usually perform. We sometimes use this expression when lower league teams or players raise their game against higher-ranked teams, they unexpectedly play extremely well. So, in this week's Carling Cup semi final second leg, Burnley from the Championship **played out of their skins** against Premier League side Tottenham while in this weekend's FA Cup 4th Round matches non-league Kettering will **have to play out of their skins** to defeat Premier League side Fulham. **To play out of your skin.**