

This week's English for football is **to lose your grip**. To **grip** is the action of holding something with your hand tightly, or firmly. If you have a strong **grip**, you have a strong hold, you control something. To lose your grip means you lose control. In football, teams can **lose their grip** of the game, which means they have lost control and the other team has become stronger. If you are a manager and you **lose your grip**, you have lost control of the direction of the team, you do not know what to do. Many people think that Arsene Wenger, the manager of Arsenal has **lost his grip** and his team have started to lose direction. He has no idea how to stop their bad results, he has **lost his grip**.

To lose your grip.