

Sentence Practice

• 정답 p. 74

C 다음을 /로 끊어 읽기를 표시하고, 빨간색으로 된 부분에 유의하여 해석해 봅시다.

¹**Have** you **ever dreamed** about flying in the sky while you're awake? ²That's called
_____ daydreaming. ³But did you know you can use your imagination to get better at something?

⁴When you imagine hitting a baseball, your muscles make tiny movements, almost **as**
_____ **if** you're really doing it. ⁵In sports, this is called mental imagery. ⁶Athletes use it to feel
_____ readier and more confident. ⁷For example, a soccer player might close their eyes and
_____ imagine kicking the ball into the goal. ⁸They see the field, the ball, and even hear the
_____ crowd. ⁹This **helps their brain get used to the action.**

¹⁰About 90 percent of Olympic athletes in North America use mental imagery. ¹¹Experts
_____ say that when you imagine an action, your brain acts like you're really doing it. ¹²So if you
_____ imagine hitting a baseball, your brain responds almost the same **as if** you really hit the
_____ ball.

¹³The goal is to make athletes feel like they **have done it before.** ¹⁴That way, they don't
_____ feel nervous. ¹⁵Instead, they feel calm and ready. ¹⁶This helps them play better during the
_____ real game.