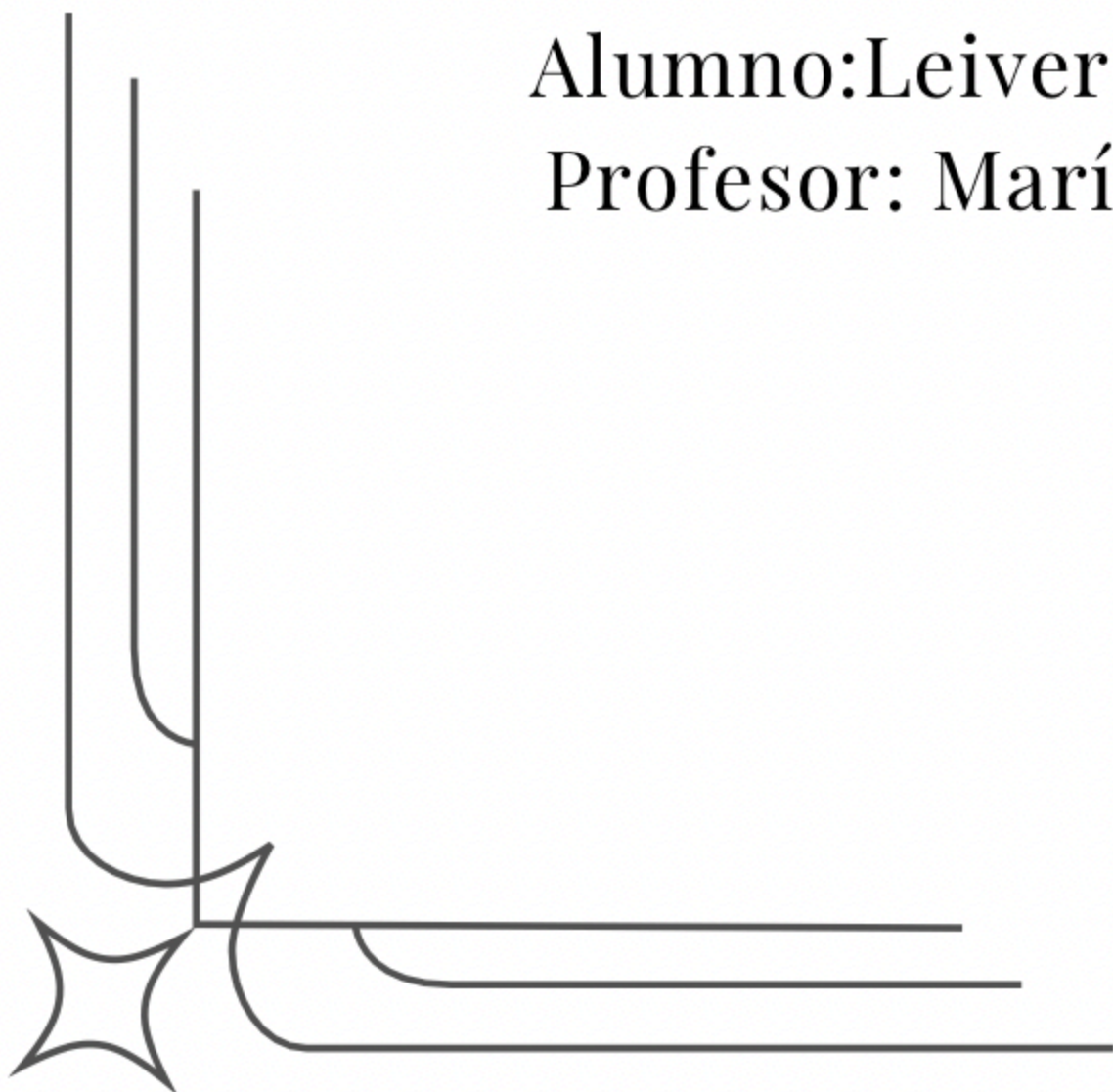


DIARIO DE REFLEXIÓN EN INGLÉS ACTIVIDAD DE PLATAFORMA

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Profesor: María Fernanda Monserrat
Campos



March 29, 2025

MATCH DAY

Today was an unforgettable day—we played a great match for UDS and won! Before the game, my teammates kept telling me, “Stay calm and enjoy it.” Later, I reminded myself that they had told me to relax and focus on the game.

At first, I felt nervous, but once the match started, I got into the rhythm. The other team was strong, but we stayed focused and never gave up. If we had lost concentration, we might have struggled more, but we kept pushing. Every pass, every tackle, and every move mattered. We knew that victory wasn’t going to come easily, but we were determined to fight for it.

During halftime, our coach told us, “Keep the energy up and don’t lose control.” We followed his advice, and in the second half, we played even better. My teammates cheered, and one of them said, “I knew you would make a difference!” That motivated me even more. I felt proud to contribute to the team’s performance and encouraged my teammates as well.

When the final whistle blew, we celebrated together.

Winning today felt amazing, but I know this is just the beginning. If we keep working hard and giving our best, we can achieve even greater things. This match showed me that effort and determination always pay off, so I’ll keep pushing myself to improve every day.