

<h1>Sidetrack</h1>	<h1>Distract</h1>	<h1>Put sb off</h1>
<p><b>to direct a person's attention away from an activity or subject towards another one that is less important:</b></p> <ul style="list-style-type: none"> <li>● The students sidetracked their teacher into talking about her hobby.</li> </ul> <p><b>Be/get sidetracked</b></p> <ul style="list-style-type: none"> <li>● I'm sorry I'm late - I got sidetracked.</li> </ul> <p><b>to delay the progress of something by causing people to waste time on something else that is unimportant</b></p> <ul style="list-style-type: none"> <li>● It's easy to get sidetracked by the design details.</li> </ul>	<p><b>to get someone's attention and prevent them from concentrating on something</b></p> <p><b>Be/get distracted</b></p> <ul style="list-style-type: none"> <li>● She was distracted by the sound of running water.</li> <li>● When driving, you can't get distracted for even one second.</li> </ul> <p><b>Distract from</b></p> <ul style="list-style-type: none"> <li>● If the TV is distracting you from your homework, turn it off.</li> </ul> <p><b>Distract (someone's) attention from something:</b></p> <p><b>to do something in order to stop someone from paying attention to something</b></p> <ul style="list-style-type: none"> <li>● They tried to distract attention from the crisis.</li> <li>● The nurse talked to the baby to distract his attention from the injection.</li> </ul>	<p><b>to prevent someone from concentrating on something so that they have difficulty doing it</b></p> <ul style="list-style-type: none"> <li>● Stop laughing – you'll put her off.</li> <li>● Don't talk to me while I'm counting, you'll put me off.</li> </ul> <p><b>Phrase:</b></p> <p><b>Put someone off their stride/ stroke</b></p> <p><b>to stop someone from concentrating on what they are doing, so that they do not do it as well as usual</b></p> <ul style="list-style-type: none"> <li>● The player's bad behaviour is a tactic designed to put his opponent off his stride.</li> <li>● He was put off his stroke by the arguing in the next room.</li> </ul>