ORANGE SAVES THE DAY.

Rickshaw United were at the bottom of the league and in danger of relegation. There was one game remaining, which Rickshaw had to win. Then the chairman, Rupert Pankhurst had a 'brainwave'.

He announced to his board, "I have decided to appoint Dmitri Nikolaevich as our next manager. I am moving this club into the modern age. We have suffered too long with our outmoded attitude. I have decided to employ a ballet coach."

At that moment even those hard-of-hearing board members could have heard the proverbial pin drop.

"It is my plan to save the team, of which we are all so rightly proud, from relegation by adopting 21st century tactics."

A week later Dmitri Nikolaevich took his first training session. "Today, we are going to analyse 'Swan Lake', focussing on 'the grand jeté', which will enable you to leap into the air, before collapsing to the ground, prior to 'the gawky writhe', which will be accompanied by appropriate facial expressions, indicating extreme agony. The players understood what they had to do.

For their final game, Rickshaw United were at home to their greatest rivals, Pocklington Town. The game was like so many that season, with Rickshaw being on the receiving end of repeated Pocklington attacks, until the moment that Rickshaw's main striker, Freddie De Jong, was put through for a raid on the opposition goal. As Freddie raced in pursuit of the lobbed pass, there was only the opposition goalkeeper between him and glory.

In that split second, Freddie made a decision. Seeing that the goalkeeper would get to the ball before he did and knowing that, with only minutes left, a draw would mean relegation for his team, Freddie knew what he had to do.

As the goalkeeper gathered the ball only a split second before he arrived, Freddie took off, being sure to kick the goalkeeper's arm with his orange boots, so that he performed the perfect 'grand jeté', followed by an equally impressive 'gawky writhe', accompanied by the mandatory expression of extreme agony.

The home fans were in uproar, as the referee made his way to the VAR screen. Returning, he raised his arm, indicating a penalty. Huge cheers greeted the news.

The situation placed enormous pressure on Freddie, as the club's season depended on that kick. But he had donned orange boots especially for the occasion, having researched the fact that the opposition goalkeeper had chrysophobia, fear of the colour orange. Moving towards the ball, wiggling his hips from side to side, and stuttering in his run-up as if he had some incurable disease, Freddie slotted the penalty home.

The crowd again went wild!

That moment saved Rickshaw's season, moving them from the jaws of 'defeat' to a celebration of 'De feet', Freddie De Jong's orange feet.

It then became a tradition before each home game for the 'gawky writhe' theme tune to be played over the p.a. as the loyal fans took to their feet, moving their hips, their faces writhing in pain.