

There are many expressions that describe how a person or team can **lose** or be defeated. Try out some of those listed below, but remember that many phrases are only appropriate for informal contexts.

lose

come off worst
slip up

go down

be close to defeat

be on your last legs
be on your knees

be on the ropes

lose decisively

take a hammering/thrashing

meet your Waterloo

a heavy loss

a drubbing
a whitewash

a pasting

admit defeat or retire

bottle out (*slang*)
lose your nerve
throw in the towel

lick your wounds
throw in your hand
throw up the cards