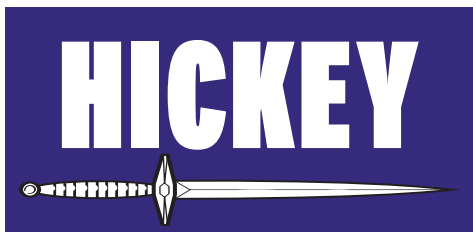


HICKEY



HAVING portrayed Prince Charles in Channel 4 comedy *The Windsors* – and now due to play the heir to the throne in next month's stage version – Harry Enfield recalls the real Duchess of Cornwall giving his talents her seal of approval in the past.



Promoting the West End production, outrageously satirising the royals, 60-year-old Harry says: "I've met Camilla, *pictured*. I've sat next to her at one of those charity carol services." He adds on ITV's *This Morning*: "I had to get up and do a funny turn...and then she went: 'You're very good!'"

With the show including what Enfield jokily describes as "live nookie" between Charles and Camilla – played by actress Tracy-Ann Oberman – it would seem safe to conclude the Duchess won't be in the audience this time around...

DETERMINED to become a Labour MP, transgender entertainer Eddie Izzard now remarks: "Hopefully a by-election comes along that's a good fit. If not, it will be the next election." Izzard, 59, grandly declares: "I'm a radical moderate – I do radical things with a moderate message."

Eddie's struggled to convince the Labour comrades to date.

ACTOR and former professional boxer Jack O'Halloran, 78, who played Superman's menacing foe Non, recalls a fight breaking out with late leading man Christopher Reeve after the latter insulted him on set.

The 6ft 6in American – who'd once fought future heavyweight world champion George Foreman – claims: "I threw Christopher against a wall, and I was ready to smack him right in the mouth." O'Halloran adds of late Superman director Richard Donner, who died last week: "He said, 'Jack, not in the face! Don't hit him in the face!' That cracked me up, so I dropped him to the floor instead."

DISCUSSING his and wife Tina's 19th century Highlands abode, presenter Nicky Campbell, 60, proudly reveals the original freestanding bath they inherited once contained none other than Bing Crosby, *pictured*.



Recalling his delight on being reliably informed the Hollywood legend had enjoyed a soak at the property during a long ago golfing tour, the broadcaster adds: "I went to this shop... got two Bing Crosby vinyl LPs. We had them framed: 'Bing Crosby Bathed Here!'"

THE impressive sight of the Red Arrows flying over Wembley prior to the Euro 2020 final wasn't warmly greeted by everyone.

Former Oasis frontman Liam Gallagher, 48, barked from his North London home: "The ***** Red Arrows just flew past my garden...nearly gave me a ***** heart attack."

PRINCESS Diana's brother Charles Spencer predicts further romantic misfortune for Althorp's high-profile resident Tim the Peacock.

Announcing the new peahens appear to have rejected Tim's elaborate displays, the Earl reports from his Northamptonshire estate: "The ground seems to be clear for Tim's younger rival, Jim...it's like a Jackie Collins novel at Althorp House."

Dry those tears... England's success will be forged in the furnace of disappointment



By Dr Kevin Dutton

IF I WERE to ask you what Ronaldo and George Best have in common you'd probably think I was nuts. But if I were to ask you what Ronaldo and George Best have in common apart from football then that's a different matter. The answer is they both have airports named after them. The Portuguese striker has a landing strip at Madeira airport named in his honour and if you fly into Belfast you land at George Best.

They both encapsulate the identity of the cities they represent; and the cities and the countries to which they give their names in turn identify with them. Because sport – none more so, perhaps, than football – is a banner under which we can unite.

The Spanish and the French may see themselves as European on the political stage against the backdrop of EU membership. But when watching their national teams in the bars and plazas of Paris and Madrid they are French and Spanish to the core.

In the first major football tournament post-Brexit, we've never felt more English than when watching Harry Kane, Raheem Sterling and Harry Maguire step out onto the turf at Wembley.

And yet, there was something different. It wasn't just about the "B" word (although there was a delicious irony in the prospect of coming out of Europe and then nipping back in just to nick their trophy).

This wasn't just England. This was New England. This was an England forged in the crucible of lockdown – a team that reflected the pandemic-inspired values of togetherness and kinship that saw us through the dark times. Gone were the egos and the cliquey cabals of yesteryear.

Back in the mid-Nineties, when Liverpool were playing Manchester United, Alex Ferguson once famously exhorted his players to "keep playing the ball around their area because David James (the Liverpool goalkeeper) will probably be waving at Giorgio

Bouncing back from setbacks like the Euros final is what creates world champions, says a leading psychologist

Armani up in the directors' box." Can you imagine any manager saying that about Jordan Pickford? Or, for that matter, any member of Gareth Southgate's squad?

The members of this team, to a man, play for each other; they play for their manager, and they play for us. They do so like no other England team since 1966.

I call it New England. But really it is Old England. It is a return to the traditional values of what makes us us. It is a sporting elite with a social conscience. Raheem Sterling has tackled racism in football head on. Jordan Henderson and Marcus Rashford were awarded MBEs for their charity work. All three

might be good in the air but in every other respect their feet are planted firmly on the ground. Every member of the team is one of us. And as supporters, we are invited to be one of them.

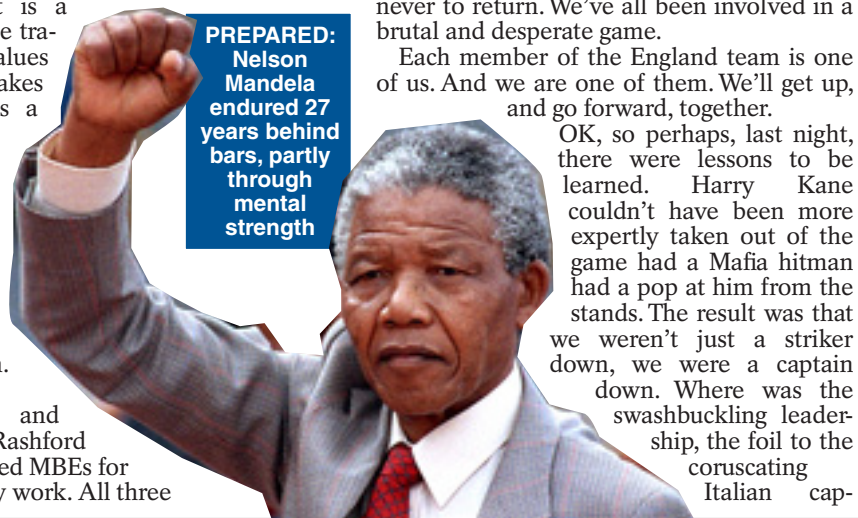
For a couple of hours on Sunday evening I, along with 31 million other viewers, accepted that invitation. I suspect that for many, like me, the clash with the Azzurri was a football-shaped light at the end of a long, labyrinthine tunnel blackened by Brexit divisions and by the pain of the pandemic.

And oh, how it shone before it finally fizzled out and died; before the Italian keeper Gianluigi Donnarumma cruelly snuffed it out by saving Bukayo Saka's penalty.

But is that light out for good? Not likely! We are a team, and a nation, in transition. When our heads have cleared, our hangovers have gone, the kids have been fed and watered, and our in-trays are back to a respectable level of professional and personal neglect, we will reflect, perhaps, on how we've all missed penalties over the past 16 months doing battle with the Covid pandemic; how we've all turned away with our heads in our hands wondering what might've been. The weddings on hold. The jobs up in smoke. The loved ones who've left the field never to return. We've all been involved in a brutal and desperate game.

Each member of the England team is one of us. And we are one of them. We'll get up, and go forward, together.

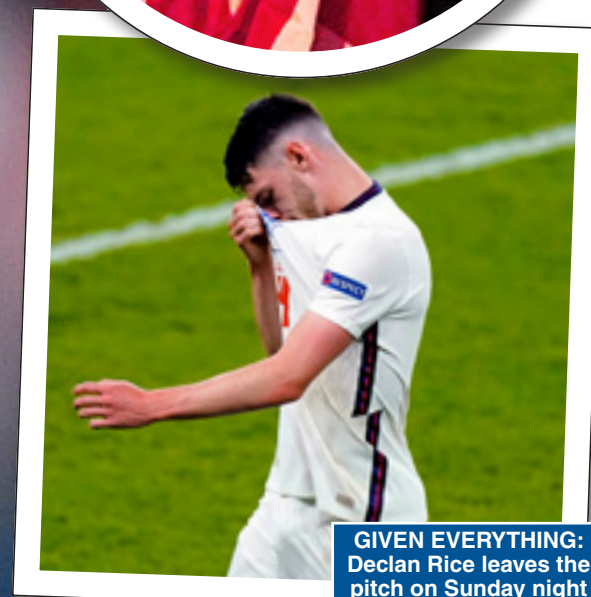
OK, so perhaps, last night, there were lessons to be learned. Harry Kane couldn't have been more expertly taken out of the game had a Mafia hitman had a pop at him from the stands. The result was that we weren't just a striker down, we were a captain down. Where was the swashbuckling leadership, the foil to the coruscating Italian cap-



PREPARED:
Nelson Mandela endured 27 years behind bars, partly through mental strength



FLAGGING: A dejected England fan after the Italian victory. Main, Gareth Southgate comforts Bukayo Saka



GIVEN EVERYTHING: Declan Rice leaves the pitch on Sunday night

SCANNERS
Please cut out the figure below right and the byline pic. Thanks.

tain Giorgio Chiellini, digging the team out when spirits and energy levels lagged around the 70 minutes mark?

Gareth Southgate must take care going forward that he doesn't "gentrify" his players too much: that by ridding the team of egos and cliques he doesn't extinguish their edge.

After their early exit from the 2014 World Cup in Brazil in the group stages, Wayne Rooney commented that England were "too nice" to win a major tournament and that we need to develop a "nastiness". He may still have a point. When we lost 4-2 on penalties to Italy in the Euros in 2012, the then manager Roy Hodgson lamented the need for mental fortitude among his players:

"The bottom line is you need confident players," he observed. "You need players who have that cold streak, like many golfers or tennis players. It is all down to a tie-break at 6-6 in the final set. The other guy is serving and he has two serves for the title. How do you deal with that? How do you find the mental strength to hit the ball back over the net? If anyone has a good idea please write it down on a piece of paper!"

Evidently, they haven't. Not yet. But this is where science can help. In the BBC studio, just prior to the penalty shootout, Gary Lineker mused rhetorically on why the team that elected to go first usually ended up win-

ning. The answer can be found in the realms of cognitive psychology. The threat of punishment weighs far heavier on the brain than the prospect of reward. So, if, in a penalty shootout, a player finds themselves needing to score to ensure a win they have around a 90 per cent success rate. If, on the other hand, they need to score to prevent a loss, the figure drops to 60 per cent. But all that is for another day. Another year. Next year, in fact, at the World Cup in Qatar.

As a psychologist, I do a lot of work with elite sportspeople. Not just in football but across a whole range of sports.

Putting arms around shoulders, as Gareth Southgate did for his disappointed young penalty takers, is one part of it. "Sharpening weapons" – by which I mean toughening up, getting things in perspective (we lost but we live to fight another day, to simplify it) – is another. The two aren't mutually exclusive.

Perhaps unsurprisingly, the truly elite in any sport bounce back from setbacks very quickly. They don't dwell on their failures, they learn from them. That is because they have what we call a "growth mindset": they

use failure as a signpost to success, as a harbinger of improvement rather than as a barrier to future glory.

"I've missed more than 9,000 shots in my career," the basketball hall-of-famer Michael Jordan once remarked. "I've lost almost 300 games, 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

That's the mindset that Marcus Rashford needs to have, that Jadon Sancho and Bukayo Saka need to harness; that without losing there can be no winning. Success is forged from the furnace of disappointment.

These young players have still got their careers ahead of them and, with the right guidance, which Southgate can give them, they can use their growth mindset to achieve future success.

There's been criticism that the penalty takers were too young. But the young are fearless, the older you get, the more scared

you are, and the less abandon you play with. Arguably it was a smart move from the manager, they would have been less chained by fear of failure.

THE only thing that went wrong was the fact they missed, but that's with the benefit of hindsight. To be fair, it was a pretty logical decision Southgate used there. And the Italian goalkeeper is 6ft 7in. Taking a penalty against him is not like taking a penalty against an ordinary keeper. This was a tall order to start with. In this case, ironically, it would be far more damaging had the players who missed been older, closer to the ends of their careers.

One of the good things about the young is that their brains are more flexible, like muscles, and they're likely to become more resilient, tougher, better players as a result of this. It's a way of thinking that all of us need to plug into.

But it was penalties, again? Well, yes. But let's get things into perspective. We need to move on. After all, it's not as if penalties come as a surprise. We all know what's coming at the end of 120 minutes if the game's all square.

We have to prepare for them as best we can. It's a brutal way of deciding a game, but it's the same for both sides.

It happened to Italy against Brazil in the World Cup final in 1994. Any great side has been on the receiving end of this. It's NOT just us. And look at our record; two semi-finals and a final in three years.

We may not have any silverware. Yet. But does anyone have a better record? Nelson Mandela was once asked how he'd managed to survive 27 years in jail. His answer? "I didn't survive. I prepared." We're all on the long walk to freedom. Let's prepare, and walk, together.

● See @TheRealDrKev on Twitter for more information; *Black and White Thinking: The Burden of a Binary Brain in a Complex World* by Dr Kevin Dutton (Bantam, £20) is out now

COOL HEADS: Former England boss Roy Hodgson says a cold streak is necessary to win

