Three Lions not underestimating opponents as Rome awaits

England take on Ukraine at the Stadio Olimpico on Saturday for a place in the Euro 2020 semi-finals but vice-captain Jordan Henderson says anyone underestimating Andriy Shevchenko's men is "delusional". The Three Lions are overriding favourites to reach the semi-finals having beaten rivals Germany 2-0 at Wembley in Tuesday's last-16 encounter - and are even viewed now as tournament favourites by Sky Sports' Jamie Carragher. But Henderson and manager Gareth Southgate are not taking anything for granted.

"It was a fantastic performance but we haven't achieved anything yet and we've still got a long way to go," Henderson said. "Full focus on Ukraine. It'll be a really difficult test and anybody that says that it won't be are delusional, really.

"I know people say 'well, we beat Germany' but you can't underestimate the importance of this game and how hard good of a team Ukraine are and how hard it will be against them.

"We're fully prepared and fully aware of that. We just need to go out there and give absolutely everything again and hopefully that's enough to get us through."

Social media was awash with videos showing Henderson celebrating against Germany but the midfielder says he was "probably the biggest party pooper" after the game.

The Liverpool captain knows what it takes to be successful and England are now having to play away from Wembley for the first time at Euro 2020.

"It's a different challenge to what we've been used to over the past few weeks with it being at Wembley," Henderson told the Official England Podcast.

"Maybe the atmosphere won't be as good or there might be less fans in the crowd and things like that, but you've got to try and create your own atmosphere and your intensity on the pitch.

"That's going to be important, and just focus on the game. I think a lot of us will be used to playing without any fans, within the past year or so anyway, so it's nothing new. "We've just got to go out there, put on a real good performance and if we do that then we'll have a good chance of getting through to the semi-final."

Southgate echoed Henderson at his press conference, insisting his side's focus would not be distracted by a perceived favourable route through the knockout stage, with the Czech Republic or Denmark potential semi-final opponents.

"I can't think of a country in the world that would do that for a quarter-final and especially not a country that's only ever been to three semi-finals in its history. It would be a big error for us to be thinking about anything else and it would be an insult to Ukraine as well. "We watched them a lot, particularly a year ago. We could see how well they use the ball, they have got a threat with their forwards and of course they've got tremendous spirit. They showed all of those things against Sweden." England will not have the home backing they have so far enjoyed but Southgate admits the 8pm kick-off could provide some respite and has called upon his players to generate their own momentum. "[It will be a] different experience for us but our players are used to playing all season in front of no fans and having to create their own atmosphere.

"You need leaders on the pitch in those moments and we've got some very good leaders in our squad so it doesn't matter too much to us. We know it's a fantastic stadium to play in, a great venue, a great arena, an historic arena and we're looking forward to playing the game."

Austrian GP: Lewis Hamilton feels Mercedes have made 'small progress' but Red Bull still quickest

Lewis Hamilton is optimistic Mercedes have made improvements to their car in their attempt to tackle Red Bull in this weekend's Austrian Grand Prix, although was not reading too much into their position at the top of Friday's timesheet.

Five days after Max Verstappen dominated F1's first of two races around the Red Bull Ring, Hamilton led a Mercedes one-two in Friday afternoon practice to give them early hope of an improved weekend amid cooler conditions in the Styrian hills compared to last week.

However, neither Hamilton nor team boss Toto Wolff believe Red Bull, winners of the last four grands prix, have shown their hand just yet with their rivals two tenths off the pace in Practice Two's qualifying simulations.

"Well, they have definitely got some extra in their bag, I already know that," said Hamilton, who felt Mercedes were a quarter of a second adrift of Red Bull last week.

"But I think we have made some small progress today. I think they still have the two tenths, or maybe it's a tenth and a half, something like that. We've definitely made some small steps forward but not the two tenths."

Speaking to Sky Sports F1, Mercedes chief Wolff concurred: "Probably the [same] speech that Red Bull had [about Mercedes] all these years. I expect more engine to come from these guys tomorrow.

"But we have improved in some of the corner sequences, so that's encouraging."

With Mercedes having struggled to match Red Bull's combination of Honda power and skinnier rear wing in recent races, Hamilton said: "Over a single lap it felt ok, that felt pretty good, and I just expect them to turn up a little bit more tomorrow.

"They've also basically got the qualifying mode that we used to have. I asked my guys, I don't understand where they get it from, but it's impressive and we've got to work hard to see if we can match it somehow.

Hamilton, 18 points behind Verstappen in the championship, added: "Whatever gap they're going to have tomorrow is usually the gap they seem to have on the Sunday.

"But we'll be pushing trying to make that gap as small as possible tomorrow. If we can improve the car at all tonight, then great, and I'd like to think our long run was ok. I obviously had my off, but we'll wait and see."

The seven-time world champion admitted opening practice, when he was only seventh quickest, had been a "bit of a struggle" after trying set-up variations based on his work at the team's simulator in the week. He reverted to a set-up closer to the one he ran at last week's race for the afternoon.

Hamilton suspected he would only now be making the "tiniest of tweaks" with his engineers to the W12 ahead of Saturday's running.

Although the full focus on Mercedes' wind-tunnel development time at their Brackley HQ is now on next year's car, the world champions have made clear they are not finished in attempting to improve and maximise their package for 2021.

Indeed, a physical update is scheduled for the British GP in two weeks' time.

"There is one more development that's going to come onto the car in Silverstone, but that has been up the sleeve for a long time," Wolff told Sky F1.

Speaking of their chances at the UK-based team's home circuit, on which they have won seven times in the last nine attempts, the Wolff added: "Silverstone was a good track for us in the past but then with these new regulations where they cut off big chunks of the floor, it's very difficult to correlate and say 'well let's go to Silverstone, because that's going to be our track. "Normally, our car should be functioning better there than here."

Andy Murray frustrated at manner of Wimbledon exit, raising question marks about his future

Andy Murray raised question marks about his future after feeling "extremely frustrated" at the manner of his Wimbledon exit at the hands of Denis Shapovalov.

The 34-year-old had won back-to-back matches at a Grand Slam for the first time since his hip problems started in 2017, but 10th seed Shapovalov was a step up from Nikoloz Basilashvili and Oscar Otte, as Murray was comfortably beaten.

Murray walked off Centre Court to a standing ovation and he will now focus his attention on the Tokyo Olympics where he will be defending the singles title he won in London and Rio de Janeiro.

"Is all of that training and everything that you're doing in the gym, unless you're able to practise and improve your game and get matches and get a run of tournaments, is it worth all of the work that you're doing?"

After his victory over Basilashvili, Murray had asked why he would want to give up such occasions, but those two conflicting emotions were playing on the Scot's mind.

He said: "It was great playing in front of the crowds again. I got amazing support here. I'm very thankful for that. Something I have missed. It kind of reminds you why you do all of the work and everything.

"But then, on the flip side of that, the positive part is getting through the matches and feeling OK physically and not getting injured.

"That's good but then there is a part of me that feels a bit like I have put in so much work the last three months and ultimately didn't play how I would want and expect, and it's like, is it worth it?

"Is all of that training and everything that you're doing in the gym, unless you're able to practise and improve your game and get matches and get a run of tournaments, is it worth all of the work that you're doing?

"There is part of me that feels like, yes, it is, because I had great memories and stuff from this event and playing in some brilliant atmospheres. But I finished the match tonight and I'm saying to my team, 'I'm just not happy with how I played'.

"So, unless me and my team can find a way of keeping me on the court for a consistent period of time and allow me to practise the way that I need to compete with these guys, that's when the discussion about what I do next will come in.

"Because I have genuinely put a lot into this to get to this point, but I'm not being able to practise and prepare how I need to perform how I would like at these events.

"I'm not expecting and saying I would beat Denis Shapovalov. He's a brilliant player. But I feel like I can do a lot better than what I did this evening."

The Scot, who also played two competitive best-of-three set matches at Queen's Club, gave an honest assessment of his week, saying: "(It) has been really good in some ways, but it's been frustrating too. I played two long matches, and it's really significantly more than anything I have done in the last six months really.

"So if my game is not quite spot-on physically, I'm not perfect, or physically really fresh, it's going to be hard for me.

"It's extremely frustrating, because I feel like I put a lot of work into getting to this point, and then obviously to lose like that is tough. Being as good as he is. I don't want to take anything away from his performance. He played really, really well. But f I'm going to put that much effort in, I want to be performing better than what I did here. Even though there were some great moments."

Murray did, however, offer some positives in the fact there was no recurrence of the groin injury which has hampered his stop-start season since the Miami Masters in March.

"There was moments of really good tennis mixed in with some pretty bad moments. I should really have been off the court in three sets against Basilashvili. No excuse for what happened in that match," he said. "And you need all of your reserves and to conserve as much energy as you can during these events. I messed up there. "I was a set and a break up against Otte and immediately lost three games on the spin and was the break down and then two sets to one down. It's like, those sorts of things I could have put myself in a much better position going into today.

"It was positive that I got through the event without getting hurt, but I feel like I can do better tennis-wise. I feel like I can play better and close matches out better. But to do that, I need time on the match court and I need more time on the practice court, and I've had neither in the last few months."

Mark Petchey (left) is currently part of Murray's coaching team but the Scot does not know how long he plans on staying

Murray plans on preparing for the Tokyo Games, which start on July 23, by practising with doubles specialist Joe Salisbury. When he arrives in Japan, the back-to-back men's singles gold medallist says he doesn't mind the strict coronavirus restrictions which will be put in place in the bubble for athletes, saying "I'm all right with that".

The three-time Grand Slam champion is currently coached by Jamie Delgado with strength and conditioning guru Matt Little also part of the team.

Former coach Mark Petchey recently joined the set-up, but the Scot remains unsure how long he plans on staying as part of the team due to his TV commitments. Murray also indicated he has no plans on hiring anyone else.

Who will impress when Warren Gatland's side step out for first match in South Africa?

A number of contenders staked their claim to start in the Test team following last Saturday's impressive 28-10 win over Japan at Murrayfield.

With Josh Adams the only player to retain his place from that game, others will now get the chance to show their worth to Warren Gatland as the Test series fast approaches.

Will Russell's partnership with Farrell work?

Perhaps the most intriguing selection decision sees Finn Russell form the 10-12 axis with Owen Farrell - one of his potential rivals for fly-half duties against the Springboks.

Farrell has long been utilised at 12 by Eddie Jones for England and the 29-year-old starred in that position on the last tour alongside Johnny Sexton as the Lions secured an improbable draw against New Zealand.

The hope is the pair will complement each other well, with Farrell bringing pragmatism and an additional playmaking option to proceedings.

After Dan Biggar was named man of the match against Japan, both Russell and Farrell will be keen to stake their claims for starting spots in the upcoming Test series.

Can Itoje replace Jones?

The Lions suffered a huge blow with the loss of inspirational captain Alun Wyn Jones due to a dislocated shoulder against Japan.

Although Jones remains optimistic of a 'miracle recovery', it's hoped that England talisman Maro Itoje can fill the void if the 35-year-old is unable to join up with the squad.

Itoje had been one of the favourites to lead the touring party, but it's Conor Murray who has been named as the replacement captain after the Welshman's withdrawal.

The lock didn't perform at his sensational best as a struggling England side finished a disappointing fifth in this year's Six Nations.

However, he's appeared rejuvenated in recent times, leading his club Saracens back to the Gallagher Premiership, with the 26-year-old now hoping to help the Lions secure their first Test series win over South Africa since 1997.

Copa America: Brazil's Jesus sent off after flying kick in QF win

Brazil striker Gabriel Jesus was sent off after hitting Chile's Eugenio Mena with a flying kick in the 48th minute of Copa America quarter-final at Estadio Nilton Santos in Rio de Janeiro on Friday.

Defending champions Brazil advanced to the semi-finals with a 1-0 win after substitute Lucas Paqueta scored the only goal of the match.

Paqueta's winner to the left corner of Chilean goalkeeper Claudio Bravo in the 46th minute gave Brazil fans some hope that the Selecao would ease into the next stage.

But only two minutes later, Jesus was sent off after hitting Chile's Eugenio Mena with a flying kick.

Neymar and Brazil coach Tite said after the match that Jesus did not see Mena and accidentally kicked him as he tried to recover possession in the midfield.

"Defending well is a characteristic of ours," Brazil's Thiago Silva said. "Regardless of what we did today we concede few goals. Ever down to 10 we created clear opportunities. I am very proud of this team, for its fighting spirit."

Paqueta replaced Roberto Firmino after a tense first half with few opportunities for both sides.