

北京市优秀人才培养资助项目

北京市属市管高等学校人才强教计划资助项目

# 篮球运动英汉双语教程

LANQIUYUNDONG  
YINGHANSHUANGYUJIAOCHENG

主编 谭朕斌



北京体育大学出版社  
北京体育大学音像电子出版社

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## **Basketball English – Chinese Bilingual Textbook**

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# 前 言

使用外语进行专业课的“双语教学”已成为我国高等教育各学科课程教学改革的热点和发展趋势。篮球学科是我国高等体育院校的主干课程之一，对篮球课运用“双语教学”有着积极的现实意义。随着我国职业篮球市场的不断发展及 NBA 的不断渗透，社会急需大量既掌握篮球专业技能又懂篮球专业英语的高素质人才。只有懂得一些篮球运动专业英语才可能“师夷长技以制夷”，《篮球运动英汉双语教程》因而应运而生。本教程着眼于为新世纪培养国际化体育双语人才的实际需要，从我国学生英语水平的实际出发，旨在提高我国篮球运动专业英语水平，培养国际化人才以促进与先进国家的交流。

《篮球运动英汉双语教程》编写思路完全不同于国内现已出版的体育术科类双语教材，不是简单地将原版的外文教材全盘翻译过来，而是根据我国学生英语水平的实际情况，在大量阅读篮球原版教材的基础上精选材料，仔细研究，精心编写。其主要特色：一是重点突出，结构层次清楚。全书以篮球基本技术内容为主，将篮球运动的传、运、投、突、抢、防、切七大技术分章节编写，突出动作方法与动作要点；同时简要介绍篮球基本攻防战术方法。二是言简意赅，简单易学。全书运用简明的英语表达，力求易学易记，灵活运用。三是图文并茂，用词准确。所有的技术动作均配以彩色照片，专业术语全部从英文原版教材中筛选。本教材适用于体育学院篮球专业本科生、研究生、各级教练员以及其他对篮球运动专业英语感兴趣的人士。此书也可作为奥运会篮球项目志愿者培训和观赏 NBA 比赛的辅助阅读材料。

《篮球运动英汉双语教程》主要针对篮球双语教学的实际需要，突出专项特点，并吸收美国原版教材中最新教学方法和理念，努力使本教材具有时代的新特点



和专项课教材的特色。同时，解决目前篮球双语教学无配套教材的现状，促进篮球专业课教育教学改革的深入及教学质量的提高。

《篮球运动英汉双语教程》一书由谭朕斌教授担任主编，各章节负责人分工如下：谭朕斌负责第一章及词汇表部分的编写工作；谭朕斌、罗海军、李小斌（北京四中）负责第二章的编写工作；张亚谦（北京大学体育部）、徐念峰（北京科技大学体育部）负责第三章的编写工作。全书由谭朕斌教授统编定稿。同时真诚地感谢其他作者、首都体育学院 2005 级运动系篮球专项班的学生在此书的编写、图片拍摄及出版过程中付出的辛勤努力。

由于水平有限，书中的疏漏及错误之处在所难免，我们衷心地欢迎广大读者对本书提出宝贵意见。

作 者

2008 年 3 月





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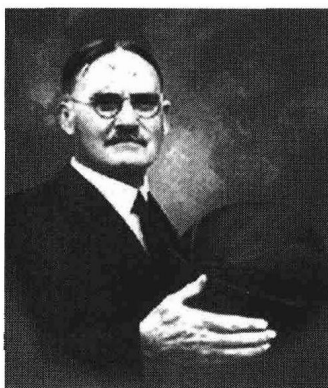


# CHAPTER ONE THE ORIGIN AND THE DEVELOPMENT OF BASKETBALL

## ONE THE ORIGIN OF BASKETBALL

### I. THE ORIGIN OF BASKETBALL

Basketball was invented in the winter of 1891 by James Naismith at the international YMCA (Young Men's Christian Association) training school (now Springfield college) in Springfield, Massachusetts, USA. He was a Canadian - American teacher of Physical Education in YMCA. At that time, he tried to develop a game for Springfield students to satisfy their desire for physical activity in the cold winter day. Challenge brings inspiration. The America's most popular winter sport in the history began with a bored P. E. class and a genius' talented minds.





# 第一章 篮球运动的起源与发展

## 第一节 篮球运动的起源

### 一、篮球运动的起源

詹姆斯·奈史密斯于 1891 年冬在美国马萨诸塞州斯普林菲尔德基督教青年会国际培训学校（今斯普林菲尔德学院）发明了篮球运动。那时他是基督教青年会的一名加拿大裔美国籍体育教师。他想为斯普林菲尔德学院的学生发明一项新的运动项目，以满足他们在寒冷的冬季进行体育活动的需求。挑战激发了灵感，美国有史以来最受欢迎的冬季运动项目源自于乏味的体育课和一个天才的灵感。





## II. THE INVENTION OF BASKETBALL

The challenge that inspired the invention of basketball came from Dr. Luther Halsey Gulick, the superintendent of Physical Education at the international YMCA Training School. During the summer session of 1891, Gulick introduced a new course in the psychology of play, and Naismith was one of his students. In class discussions, Gulick brought up an issue on winter sport: the need for a new indoor game that would be interesting, easy to learn, and easy to play in winter and by artificial light. Several months later, Naismith accepted the position as the P. E instructor of an uncoordinated class that many students distastefully felt for the gymnasium work during the winter month. Therefore, he tried several different approaches such as various types of tag, battle ball, modified rugby and soccer in an effort to improve the attitude of his difficult class, but he failed. Naismith tried to figure out the causes of his failure, he summed up some essential characteristics of the ideal indoor games as followings: It should be easy to learn, but complex enough to be interesting; it must be playable indoors or on any kind of ground, and by a large number of players all at once; It should provide plenty of exercises, yet without the roughness of football or soccer.



## 二、篮球运动的发明

激发篮球运动发明的挑战是由基督教青年会国际培训学校体育主管—卢瑟·哈尔西·古利克博士提出来的。1891年夏季学期，古利克开设了一门《游戏心理学》的新课程，当时奈史密斯是他的学生。在课堂讨论中，古利克提出了一个有关冬季体育项目的问题：有必要开发一种新的室内运动项目，这项运动应既有趣、易学，又易于在冬季和人工照明环境下开展。几个月之后，奈史密斯成了一个捣乱班级的体育教员，班上许多学生对冬季室内体育课感到兴趣索然。为此，奈史密斯试用了好几个教学内容，诸如不同类型的捉人游戏、斗球、改进的橄榄球和足球游戏等，试图提高学生的学习兴趣，但他失败了。奈史密斯仔细分析了失败的原因，认为理想的室内运动项目应具有以下基本特征：（1）容易学习而又足够复杂以保持趣味





性；(2) 既能在室外又能在室内进行，可同时有多人参加；(3) 既有充分的身体练习，又要避免美式橄榄球或足球的粗野对抗。

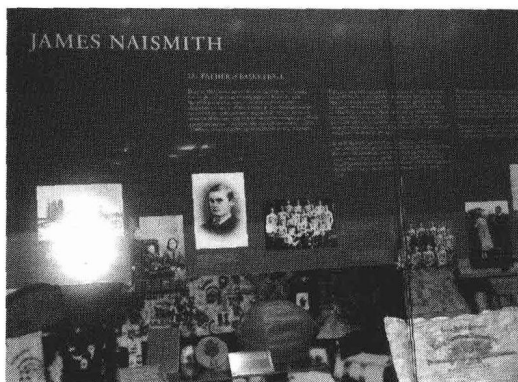
As he conceived of the form such a game might take, Naismith adopted various elements of the games with which he was familiar. He decided the new game should use a ball that was both large and light. Ultimately, the solution was a synthesis: American football, lacrosse, English rugby, soccer, and “duck on a rock”. American rugby was the game Naismith considered most interesting, but tackling made it too rough for an indoor sport. The game of lacrosse suggested the type of goal to be used, the goal would be horizontal so player would have to throw the ball in an arc thus limiting the force with which it was hurled. The method he adapted for putting the ball into play, the toss - up——borrowed from English rugby. The other concept of basketball was born from Naismith's school days in the area where he played a simple children's game known as “duck - on - a - rock” outside his schoolhouse. The game involved attempting to knock a “duck” off the top of a large rock by tossing another rock at it. Naismith assembled the elements needed for the new game. First, he chose a soccer ball as the experimental ball; then, he nailed two peach baskets to the lower rail of the gymnasium balcony on at each end. A man was stationed at both goals in the balcony to pick the ball from the basket and put it back into play; last, Naismith drew up the rules. Besides outlining the method and objective of moving the ball, he described various fouls, such as holding, pushing, or tripping. The game would be divided into 15 - minute halves, with a 5 - minute rest between. While any number could play, nine on a side was suggested as the ideal.

奈史密斯仔细构思这种新的运动项目的基本框架，他仔细分析了当时流行的多个运动项目的特点，认为这种新的运动项目应使用大而轻的球。最终的解决办法是综合多个运动项目的不同特征：美式橄榄球、长柄曲棍球（冰球）、英式橄榄球、足球，还有“打鸭子”游戏。奈史密斯觉得最有趣的运动是美式橄榄球，但是橄榄球比赛中的擒抱动作过于粗野，橄榄球运动不适合在室内进行，因而篮球运动的活动方式虽可采纳美式橄榄球的方法，但必须限制其粗野的动作；长柄曲棍球运动启发了他采用何种样式的球篮，他认为球篮应水平设置，以便使运动员投篮出手时有一定弧度，这样就能限制投篮的力度；比赛开始时的抛球方式则是借鉴了英式橄榄球的开球方法；篮球运动的活动方式还有一个重要来源，就是奈史密斯在学生时代在校舍外玩的一种“打鸭子”的游戏。这种游戏就是试着用一块石头去击打另一块大石头上的“鸭子”。奈史密斯根据创造一项新运动项目的要求将以上各种要





素进行了综合。首先，他选了一个足球作为试验用球；然后，他在体操馆两侧看台下较低的栏杆上钉上两个桃篮，两边各一人站在看台的球篮旁从筐里捡球并将球扔还给队员；最后，奈史密斯制定了比赛规则，概述了比赛方法，限定了多种犯规行为，比如阻挡、推人、带球走等。一场篮球比赛分成上、下两个半时，每半时 15 分钟，中间休息 5 分钟。上场人数没有限定，但规则建议每队 9 名上场队员最为理想。



Naismith's secretary typed the rules and tacked them on the bulletin board, and the students cooperated well with their popular instructor and listened attentively as he outlined the method of play. The new game was a success from the minute the first ball was tossed into the air by James Naismith. It was the start of the first basketball game and the finish of the trouble with that class. Spectators began crowding the balconies. Once launched, basketball spread with incredible speed. Some students introduced it at their local YMCAs during Christmas vacation, and the rules of the game were soon printed in the school newspaper. With the help of the college's international student body, it wasn't long before students carried it throughout the world.

奈史密斯的秘书将规则打印好并贴在校园公告栏上，学生们与奈史密斯默契配合，全神贯注倾听老师介绍比赛方法，随后进行了首场篮球比赛，同时也彻底结束学生们上冬季体育课的烦恼。从詹姆斯·奈史密斯第一次将球抛入空中的那一刻起，这项全新的运动就大获成功。学生们对这项新的运动表现出极大的兴趣，观众们开始拥入楼厅。篮球运动一经发明，就以难以置信的速度传播开来。一些学生在圣诞假期向他们当地的基督教青年会介绍了篮球运动的方法，并且比赛规则很快就





刊登在校报上。在学院国际学生团体的努力下，不久学生们便将篮球运动传遍了全世界。

## TWO CHANGING EQUIPMENT AND COURT

### I. CHANGING EQUIPMENT

At the beginning stage of the invention of basketball, gymnasium is not handy, a barrel hoop over the garage door will do—or even peach baskets tied to the top of poles in any convenient field.

Nowadays, the peach basket and the soccer ball soon give way to specialized equipments. In developing basketball equipment, Dr. Naismith was supported enthusiastically by A G Spalding and Bros, who pioneered most of the improvements, especially in basketballs.

## 第二节 篮球场地设备的变化

### 一、篮球器材设备的变化

在篮球运动发明的起始阶段，要在体育馆打球是很困难的。人们常常自己搭建简易的场地设备进行篮球运动，如在车库门上搭个酒桶上的铁箍作为篮筐，甚至在任何适宜场地的柱子顶端钉个桃篮等。

现在，桃篮和足球已被专用的器材设备所取代。在篮球器材设备的发展过程中，奈史密斯博士得到了 A·G·斯伯丁和其兄弟的热心帮助，他们在大多数篮球器材设备尤其是篮球的改进方面始终走在最前沿。

### II. BACKBOARDS

1. Backboards were introduced in 1894 to deal with the problem of keeping spectators away from the goals. The first backboards were strips of screen six feet by four feet, placed



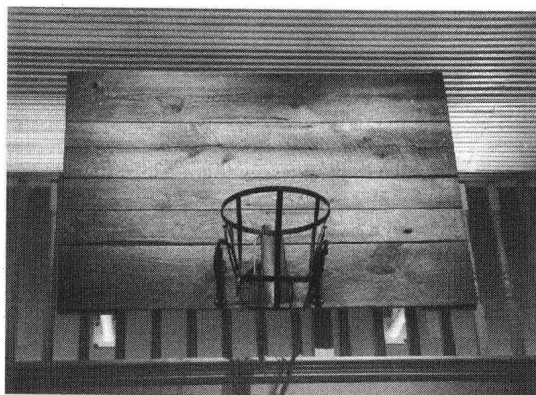


in back of each basket.

2. In 1905, the Rules Committee required backboards were perpendicular, rigid, and made of solid material. The goals were to be one foot from the bottom of the backboard.

3. The collegiate rules of 1906 recommended that the backboards be painted white.

4. In 1909, the Rules Committee said the backboards could be of plate glass. This came about because in many places the backboards hindered the spectator's view.



## 二、篮 板

(一) 为了将观众和球篮区隔开, 1894 年发明了篮板。最初的篮板是 6 英尺长、4 英尺宽的板条, 安放在每个球篮的后部。

(二) 1905 年, 规则委员会要求篮板应该竖直、不易变形, 并且由固体材料做成, 篮圈应高于篮板底部 1 英寸。

(三) 1906 年的大学篮球规则建议篮板应漆成白色。

(四) 1909 年, 规则委员会建议篮板应由平板强化玻璃制作, 以便篮板不会阻挡位于篮板后面观众的视线。



### III . GOALS

1. In the first game, Dr. Naismith chose the boxes and peach baskets as the goal.
2. The height of the baskets has remained at ten feet (3.05M) since the first rules.
3. When the iron hoop came into being, the Rules Committee legislated that they be painted black.
4. The 1949 change in color of the ring to bright orange was made after experimentation proved that orange color aided the shooter's efficiency.

### 三、球 篮

- (一) 在第一场篮球比赛中，奈史密斯博士选择了纸箱和桃篮作为球篮。
- (二) 自篮球规则制定之后篮圈的高度一直保持在 10 英尺 (3.05 米)。
- (三) 当铁质篮圈开始使用时，篮球规则委员会就规定篮圈应漆成黑色。
- (四) 试验证明橙色有助于提高投篮命中率，因此，1949 年篮圈改为亮橙色。





## IV. BALLS

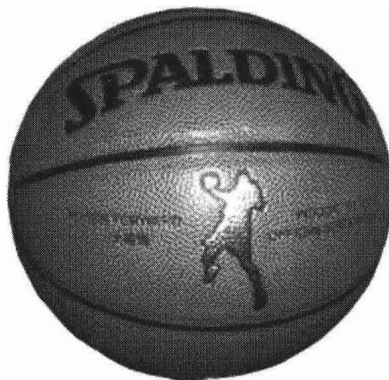
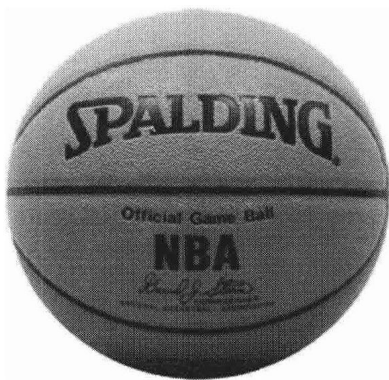
1. In the first year, the ordinary soccer ball was used, but in the next year, definite dimensions were added.

2. In 1934, the Rules Committee reduced the size of the ball to 29.5 inches in circumference. In 1984, a - one - half inch smaller and two - and - a - half ounce lighter women's basketball was adopted, and it has been a great success.

3. The weight of a basketball should be from 18 to 20 ounces, according to the rules in 1897. Then in 1900, the rule read that an official ball should weight no less than 20 ounces nor more than 23 ounces.

4. The first official recognition of the molded type of ball came in 1942 when the Rules Committee recommended it because of its superiority with respect to shape, reaction, and durability.

5. The ball is more of an orange - tan color, which makes for better visibility and more appeal as far as players and spectators are concerned.



## 四、球

(一) 1891 年使用的是普通的足球，而 1892 年统一了球的尺寸。

(二) 1934 年，规则委员会将球的大小缩小至周长 29.5 英寸。1984 年开始使用女子比赛专用球，它比男子用球小 1.5 英寸、轻 2.5 盎司，这种比赛用球大获成