

SOCCER

普通高等学校双语(中英文)教材

足 球

何永超 著



人民体育出版社

CHINA PEOPLE'S SPORTS PUBLISHING HOUSE

普通高等学校双语（中、英文）教材

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何永超 著

人民体育出版

图书在版编目(CIP)数据

足球：中英对照 / 何永超著. -北京：人民体育出版社，2007

普通高等学校双语（中、英文）教材

ISBN 978-7-5009-3305-2

I. 足… II. 何… III. 足球运动-高等学校-教材-中、英 IV. G843

中国版本图书馆 CIP 数据核字(2007)第 166652 号

*

人民体育出版社出版发行

三河兴达印务有限公司印刷

新华书店经销

*

850×1168 32 开本 6.75 印张 165 千字

2008 年 7 月第 1 版 2008 年 7 月第 1 次印刷

印数：1—2,000 册

*

ISBN 978-7-5009-3305-2

定价：16.00 元

社址：北京市崇文区体育馆路 8 号（天坛公园东门）

电话：67151482（发行部） 邮编：100061

传真：67151483 邮购：67143708

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编写说明

Introduction

近年来，许多普通高等院校的体育课不论是必修课还是选修课，足球均作为主要的学习科目出现在众多高等院校的体育教学大纲中，足球课受到了学生的普遍欢迎。目前，各种版本的中文《足球》教材被一些院校选用。但是，《足球》双语教材几乎没有。作者本人从事足球教学与运动训练几十年，积累了较丰富的教学经验和运动体验，对足球运动有着较深刻地理解。作者试图通过《足球》双语教材的编写，使学生一方面对足球运动有一个较全面的认识 and 了解，另一方面，为了贯彻落实教育部《关于加强高等学校本科教学工作提高教学质量的若干意见》文件精神中，关于积极推动使用外语进行教学，从而力求达到提高学生英语水平的目的。

Soccer, for its popularity among students, has become a major subject in the PE syllabus in these years, no matter whether PE is taken as a required or elective course in many colleges and universities. Although there are many kinds of soccer textbooks used in colleges and universities, a textbook bilingual in Chinese and English has hardly been seen yet. Based on my many year's experience of soccer playing and training, I compile this bilingual soccer textbook, hoping to help the students cultivate a comprehensive knowledge and

understanding of soccer, and secondly, to improve the student's English in this special domain, which meets the spirit of *Several Opinions on How to Promote the Teaching Quality of Undergraduate Course in College and University*, published by the ministry of education.

另外,随着现代足球运动的国际化、普及化,迫切需要既懂足球,又懂外语的专门人才,尤其是2008年北京奥运会迫在眉睫,作为一名多年从事体育教育工作者,愿以此教材的出版作为一种尝试,促进足球运动在普通高等院校的进一步普及与发展尽微薄之力,《足球》双语教材的出版也是作者多年的愿望。

Moreover, due to the internationalization and popularization of soccer, especially the forthcoming Beijing Olympics 2008, the personnel with the knowledge of soccer and proficiency in foreign language are in great need of. Therefore, to promote the popularity of soccer and to develop this sport in universities with this bilingual textbook is my great wish during many years.

本教材对足球运动技术、战术、比赛阵形、身体训练、竞赛规则及裁判方法等进行了较深入的阐述,力求图文并茂,文字精练、准确。本教材适用于普通高等学校学生,也可作为体育院校学生、教师和足球运动爱好者学习和工作的参考用书。

With vivid pictures, graphs and annotations, this textbook mainly contains the illustration and explanation about soccer techniques, tactics, competition formation, physical training, competition rules and regulation for referee. This textbook can be used as a reference book, highly recommended to the

students in university and the soccer lovers, especially to the students and teachers in PE.

书中不妥之处敬请广大使用者指正。

Suggestions are welcome.

目 录

CONTENTS

第一章 足球运动概述 (1)

Chapter 1 General Introduction of Soccer Sport

第一节 足球运动的主要特点与作用 (1)

§1. The Main Characteristics and Functions of Soccer Sport

第二节 中国足球运动的起源与发展 (6)

§2. The Origin and Development of Soccer Sport in China

第三节 世界足球运动的起源与发展 (14)

§3. The Origin and Development of Worldwide Soccer Sport

第四节 足球运动发展趋势 (18)

§4. The Developing Trend of Soccer Sport

第二章 足球技术 (23)

Chapter 2 Soccer Techniques

第一节 足球技术概念、特征与分类 (24)

§1. Concepts, Characteristics and Classification of Soccer Techniques

第二节 足球技术教学与训练 (25)

§2. Teaching and Training of Soccer Techniques

第三节 足球技术训练原则 (85)

§3. Training Principles of Soccer Techniques

第三章 足球战术 (88)

Chapter 3 Soccer Tactics

第一节 足球战术概念、特征与分类 (89)

**§1. Concept of Soccer Tactics, Characteristics and
Classification**

第二节 进攻战术 (91)

§2. Attack Tactics

第三节 防守战术 (101)

§3. Defence Tactics

第四节 定位球战术 (105)

§4. Placekick Tactics

第五节 足球战术训练原则 (109)

§5. Training Principles of Soccer Tactics

第四章 比赛阵形 (111)

Chapter 4 Competition Formation

第一节 比赛阵形的演变 (112)

§1. Evolution of the Competition Formation

第二节 常用比赛阵形的特点 (124)

§2. Characteristics of Competition Formation

第三节 比赛原则 (128)

§3. Principles of Competition

第四节 各位置职责 (131)

§4. Duties of Positions

第五章 身体训练与运动损伤的防治 (135)
Chapter 5 Physical Training and Injury Prevention and Cure

第一节 身体训练的意义 (136)
§1. Significance of Physical Training
第二节 身体训练的内容与任务 (137)
§2. Contents and Tasks of Physical Training
第三节 身体训练的方法 (138)
§3. The Methods of Physical Training
第四节 身体训练中应注意的问题 (161)
§4. Main Problems in Physical Training
第五节 运动损伤的防治 (163)
§5. Injuries Prevention and Care

第六章 足球竞赛规则与裁判法 (170)
Chapter 6 Rules of Soccer Competition and
Regulations for Referees

第一节 足球竞赛规则的基本原则 (171)
§1. Basic Principles of Soccer Competition
第二节 足球竞赛规则简介 (172)
§2. The Induction to Soccer Competition Rules
第三节 足球竞赛裁判法简析 (187)
§3. Brief Introduction to Soccer Referee Regulations

附录：足球词汇表 (197)
Glossary

主要参考书目 (202)
后记 (204)
作者简介 (205)

第一章 足球运动概述

Chapter 1 General Introduction of Soccer Sport

内容提要：本章阐述了足球运动的主要特点与作用，中国足球运动、世界足球运动的起源与发展，以及足球运动的发展趋势。

Abstract: This chapter explains the main characteristics and functions of soccer sport, the origin and development of soccer sport in China and in the world, and its developing trends.

第一节 足球运动的主要特点与作用

§ 1. The Main Characteristics and Functions of Soccer Sport

足球运动是以脚支配球为主，且两队在同一场地内进行互有攻守，且将球射入对方球门多者为胜的体育运动项目。它是世界上最为普及和影响力最大的运动项目之一，并已经成为亿万人们喜爱的“世界第一运动”。踢足球需要技术、意志品质、速度、耐力和团队精神等，而不仅仅是身体的强

壮和高大，任何一位身体健康，动作灵活、反应机敏的人均适合踢足球。据不完全统计，现在世界上经常参加足球运动的有 2.5 亿人，经常参加足球比赛的球队近百万支，登记注册的运动员近 5000 万人，其中职业运动员十几万人。足球运动水平的高低，一定意义上代表了一个国家的体育运动水平，也是一个国家物质文明和精神文明的标志之一。足球运动具有如此大的魅力，不仅在于足球运动孕育着丰富的内涵，而且也与其本身的特点和作用有关。

Soccer is a kind of sport game in which the two opposite teams' players mainly use their feet to control the ball for attacking and defending in one soccer field. The team that pursuing goals more wins the game. It is one of the most popular and influential worldwide sports, having become "the first sport in the world" beloved by hundreds of millions of people. It is a game which requires techniques, strong will, speed, stamina and team spirit. Not only for high and strong athletes but also for those who have healthy body, agile movement and quick reaction. According to general statistics, now there are 250,000,000 people who play soccer games, nearly 1,000,000 soccer teams which often take part in soccer competition, 50,000,000 soccer players who have officially registered and among them over 100,000 soccer players who are professional registered athletes. The development of soccer sport not only shows the whole country's sports level but also becomes one of the symbols both for material and mental civilization. It is soccer's rich connotation and its characteristics and functions that make the soccer sport a great fascination.

一、足球运动的主要特点

The Main Characteristics of Soccer Sport

(一) 高速度

High Speed

足球运动是一项高速度运动项目。在一场高水平的比赛中,一名优秀运动员冲刺跑要占总跑距(约12000米)的20%~30%,冲刺跑的距离达到2400~3600米。

Soccer is a fast-moving game. In a high quality soccer competition, an excellent player's sprint distance is 2,400 to 3,600 meters, which is about 20%~30% of the whole running distance (12,000 meters) .

(二) 强对抗

Strong Rivalry

足球运动是一项对抗性强的项目,比赛中双方为争夺控制权,达到将球攻进对方球门的目的,在球场上寸土必争和分秒必争,一场高水平的比赛双方冲撞倒地次数上百次,可见对抗之强。

Soccer sport has strong rivalry between two opposite teams. In order to win the goals, both of them try their best to control the whole game, even to struggle to be dominant in every inch and second. Hundreds of charges and stumbles are quite normal in a high-quality soccer competition.

(三) 多变性

Complexity

足球运动是一项技术复杂、战术多变的非周期性运动项目,比赛中要受对手的干扰、限制、抵抗等,技术、战术须视临场情况而灵活运用。

Soccer is a non-periodicity sport, including complex techniques and tactics in which players are often affected by the opponent's disturbing, restricting and defending and should be changed according to the different situations.

(四) 整体性

Collectivity

足球运动是一项集体项目,比赛中全队要思想统一、行动统一,只有形成整体的攻防,才能取得比赛的主动权和预期的结果。

Soccer is a kind of collective sport. In soccer competition, each team as a whole must be unified in thought and action. One team cannot gain the initiative and expectant result without teammates' cooperation.

(五) 艰辛性

Hardships

足球比赛场地大(7000多平米)、比赛时间长(至少90分钟),因而运动员的能量消耗很大。一名运动员在一场激烈的比赛中的能量消耗可达到2000大卡以上,体重可下降2~5公斤。

Soccer player has enormous energy-consuming because of the

big soccer field (7,000 square meters) and the long match time (at least 90 minutes) . Soccer players must have a strong body to competent for rigorous play. Each player may consume over 2,000 kilocalories and lose 2~5Kgs of weight during one match.

(六) 易行性

Facileness

足球竞赛规则较简练，器材设备要求简单，因而是十分易于开展的运动项目。

Both the rules and sports equipment of soccer competition are simple and easy, so the game is a kind of sport which is easy to extend.

二、足球运动的作用

Soccer Functions

经常参加足球运动，可以提高人们的力量、速度、耐力、灵敏、柔韧等身体素质，并能使人的高级神经活动得到改善，尤其是能增强人体的心血管系统、呼吸系统等内脏器官的功能，从而促进人体的健康，且有利于形成良好品质，协调人际关系，提高凝聚力。另外，还有利于振奋民族精神和加强国际交往，有利于发展经济和增加税收等。

Playing soccer not only can improve one's power, speed, stamina, and agility, but also can better the senior nerve activities, especially for strengthening internal organs such as the coronary vascular system and breathing system. Consequently it is useful for people to be healthier, at the same time cultivating good quality, harmonizing the relationship and improving the solidarity.

What's more, it is good for heartening ethos and strengthening international communication as well as developing the economy and increasing the state taxation.

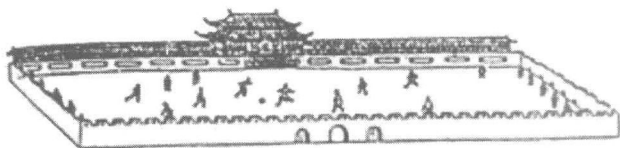
第二节 中国足球运动的起源与发展

§ 2. The Origin and Development of Soccer Sport in China

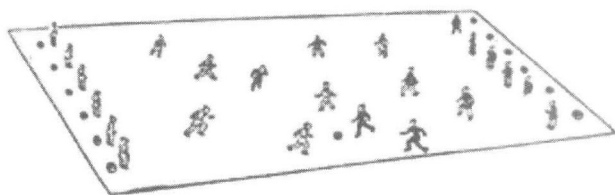
一、中国古代足球运动的起源

The Origin of Chinese Ancient Soccer Sport

古代足球起源于中国是世界公认的。据史料查证，在我国战国时代（公元前 475—公元前 221 年）就有用脚踢球的游戏“蹴鞠”或“蹋鞠”。“蹴”或“蹋”是用脚踢的意思，“鞠”则是



汉代宫苑内校园的足球竞赛图



汉代训练军队的足球竞赛图

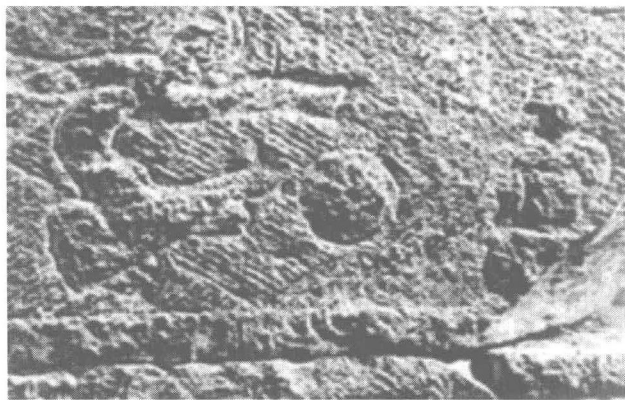
汉代蹴鞠场地及竞赛示意图

指球。

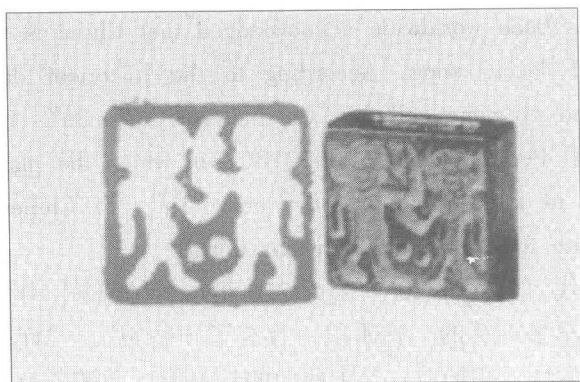
It has been worldwide acknowledged that China is the origin of ancient soccer sport. According to the historical data, there was a kind of game called “Cu Ju” or “Ta Ju” in ancient Spring-Fall Period (475BC to 221BC), in which the players used their feet to kick balls. “Cu” or “Ta” in Chinese means kicking with foot and “Ju” means a ball.

到汉代（公元前 206—公元 220 年），“蹴鞠”由娱乐活动演变成为军事训练的一种手段，且有了“鞠城”。“鞠城”是专供比赛“蹴鞠”的场地，是东西向的长方形，两端各有 6 个“鞠室”，呈月洞形，互相对称，场地四周有围墙。汉代的“蹴鞠”达到了“建长立平，其例有常”。说明当时的比赛已有执法裁判员，并遵守一定规则。

In Han Dynasty, “Cu Ju” as a recreational game turned into a military training exercise which offered the special playground



东汉蹴鞠画像石拓本



汉代蹴鞠纹肖形印

called “Ju Cheng”. “Ju Cheng” was a West-East -directional rectangle around people set four bounding walls. Both west and east sides have 6 rooms respectively, like symmetric half-moon shape. “Cu Ju” at that time reached a very high level: there was not only a special playground, but also the referee and correlative rules and regulations.

唐代（公元 618—公元 907 年）是“蹴鞠”活动的昌盛时期，当时有两项重大发展，一是用充气的球代替了过去以毛发之物充填的球。二是用球门代替了“鞠室”。唐代的女子“蹴鞠”游戏也很盛行，而且将“蹴鞠”传到了日本。宋代（公元 960—公元 1279 年）出现了球会组织，并发明了用气筒为鞠球充气的方法。

“Cu Ju” developed to a prosperous period in Tang Dynasty (618 AD-907 AD) . There were two important improvements as follow: one is that the ball was filled with air instead of hair and threads; the other is that the game had a goal instead of “Ju-