

英汉对照

内容提要

Football Today

现代足球运动

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前 言

一位足球专家曾经说过：“足球比赛像战争，同时它也像下棋和跳芭蕾。”我相信，将足球比赛比喻为战争那是因为在足球场上剧烈的拼抢有时候类似于战场上的格斗。在一场足球比赛中，如果一方取胜，另一方必定是失败者，恰似战争的结局。足球是一项需要运用策略和战术的运动，所以它更类似于下棋。从某种意义上说，足球也像芭蕾。运动员在比赛中的身体动作几乎与芭蕾舞演员有着同样的节奏感。他们所表现出来的不只是那种不同寻常的脚步和平衡动作，更有那足球运动中所充溢着的青春与活力。但是，战争（格斗）、棋类和芭蕾都只能单方面地激发观众的兴趣和热情，而唯有足球能够将这三种中的全部优良品质和内涵集中于一体，使观众迸发出激情并为之倾倒。

可以断言，足球是世界上拥有观众最多的运动项目。毕竟，在观看足球比赛的时候无论如何不会去限制观众的出身或血统，也不需要身份或地位的认证。无论是青年人还是老年人、穷人或富者、知识分子、失业者或工人阶层均可成为观众的一员。温暖的起居室和冰冷的阁楼、高雅舒适的场所和街角上烟雾弥漫的酒馆，都是人们对足球施加评论、分担忧虑或参与争辩的地方。

作为全世界最为普及的一项体育运动，足球也是各国人民借以沟通的一种世界语言。从英格兰的超级联赛到正在崛起的日本足球，在地球上每一个角落，都能找到足球运动的知音。足球被认为是体育运动的风尚和激情的象征，各种不同年龄的人们都可以通过亲身参与或观赏足球比赛而获得欢乐。从世界杯到社区规模的小型群体比赛，足球使人们认识到团队精神的重要作用，它将参与者带入了一个更为“真实的世界”。

没有人会否认英语是世界性语言。它风行国际体育、经济、文化和互联网等领域的方方面面。事实上，并非世界上所有的人都

崇尚足球或喜欢英语，但足球和英语确是各国人民文化当中极为重要的一部分。足球会带给你欢乐，英语会使你充实。我希望本书的读者在学习足球基本技术及其相关知识的同时，也能领略到足球英语的风采和乐趣。

本书以英汉双语的形式将足球运动展现给读者，是一部较为全面的关于足球知识和技能的作品。各部分内容均力求以最新的概念出现，并体现出鲜明的时代特色。它可以作为我国普通高校学生、体育教师、教练员和运动员的学习和参考资料。

令全世界瞩目的体育盛会——2008年北京奥运会即将拉开帷幕。它为世界各国人民提供了交往的机会，能为中国与世界各国人民和运动员之间搭建一座双向沟通的桥梁。这也是本书希望达到的一个主要目的。

在编写的过程中，得到了许多专家、教授的帮助和指导，在此，谨向他们表示最诚挚的谢意！

编者
2007年3月



Preface

A football expert once said that football is war, while at the same time it is also chess and ballet. I believe that football can be like war because the fierce struggle on a football field sometimes resembles combat. Football can also be likened to a game of chess because football is a sport that requires strategy and tactics, much like playing chess. Football is also similar to ballet in a sense. The body movements of players during matches are nearly as rhythmic as those of ballet dancers. Not only does the movement of a football player's feet show extraordinary balance, but the sport overflows with lively movements during matches. War, chess and ballet, any one of them can excite spectators, but only football has the quality of all three of those endeavors.

As for football it now arguably ranks as the world's major spectator sport. After all, when neither social origins nor status count for anything, it does not matter whether you are young or old, poor or rich, well-educated, out-of-work or successful, intellectual or working class. It is equally at home in cozy living rooms and cool lofts, chic in-places and smoke-filled corner pubs, people everywhere can add their say, share the anxiety or join in the quarrel. Football would appear to be a universal language that everyone speaks and understands.

As the most popular sport in the world, football is a universal language that can help bridge divides. No matter where you go on this planet, you can find someone playing this sport. From professional league

play in England to a pick-up game in Japan, football is understood to be a symbol of sportsmanship and excitement. All ages can enjoy playing and watching this sport. From World Cup to small community games, this sport teaches the value of the team, which helps each player in the "real world".

No one can deny the fact that English is the global language. It is sweeping the planet's physical, economic, cultural, and cyber space. In fact, not all people of the world worship football and English, but both of them are an important part of their culture. Football can bring you happiness, and English can make you rich. I hope the readers of this book can appreciate the graces and delight in football English when they are learning the basic football skills and related knowledge of it.

In this book, the football game is described to the readers with the English and Chinese languages, and it is the more comprehensive product about football knowledge and skills. The new concepts are to be introduced in all contents, and modern tendency is to be performed in the text. It will be acted as the book for students as well as are reference for physical teachers, coaches, and players.

The world renowned 2008 Olympic Games will be held in Beijing. It provides the opportunity to improve the exchange among peoples all over the world. The purpose of the book is to be a bridge among Chinese, international peoples and athletes.

The author is most appreciative of all contributions, assistance, guidance from experts and professors.

Author

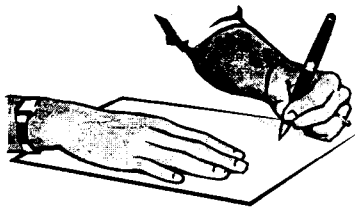
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I Introduction

足球运动概述

The origin of football can be traced back to 300 B.C. in ancient China. There is documentary evidence that a football-like game was played by the Chinese military men during the Han Dynasty.

足球运动的起源可以追溯到公元前300年的古代中国。有资料记载，中国汉代的军队中就流行着一种类似于足球比赛的游戏。

Britain is the undisputed birthplace of the modern football. While the modern game of football started with the foundation of the Football Association of England in 1863, its roots extend to opposite ends of the earth.

英国是无可争辩的现代足球运动的发源地。1863年，伴随着英格兰足球协会的诞生，现代足球运动开始了其辉煌的历程，它的根基和影响力扩展到世界上每一个角落。

In 1900, football became one of the first team sports included in the Olympic Games. During the Sydney Games, the sport celebrated 100 years of Olympic football. Women's football was introduced at the 1996



Olympic Games, when the final attracted a world record crowd for a women's sporting event of 76,000 people.

1900年，足球作为首批的集体竞技项目之一进入奥运会赛场。在悉尼奥运会期间，奥运足球度过了它100周年的纪念日。女子足球于1996年被纳入奥运会竞赛项目之中，在决赛中，吸引了76 000名之多的观众，创女子体育比赛中单场观众最多的世界纪录。

When FIFA was founded in Paris in May 1904, it had seven founder members: France, Belgium, Denmark, the Netherlands, Spain, Sweden and Switzerland. Today, FIFA comprises 207 football associations in the four corners of the earth. According to statistics, there are now more than 250 million players, of whom 40 million are women. Exactly 99.8 percent are amateurs and only 0.2 percent are professional players. 80 percent of the players are young people.

1904年5月，国际足球联合会在巴黎成立。法国、比利时、丹麦、荷兰、西班牙、瑞典和瑞士等七个国家成为创始成员。今天，国际足联已在全世界范围内拥有207个成员。据统计，全世界有超过2.5亿人在踢足球，其中有4 000万为女性。确切地说，业余运动员占99.8%，专业选手仅占0.20%。其中有80%是青年人。

The First World Cup Football was staged in 1930 in Uruguay. The tournament is played every four years and has become the world's most popular sporting event. Olympic football competition was traditionally limited to amateur players, therefore, it has been largely overshadowed by the World Cup. In an attempt to invigorate football at the Olympic Games, eligibility requirements were modified in the 1980's to allow the participating of professional players. Olympic players must be aged 23 or under, but each team is allowed to field three over-age players.

第一届世界杯足球锦标赛于1930年在乌拉圭举行。这项每四年举办一次的足球比赛成为世界体坛上最受欢迎的赛事。按照惯例，奥运会足球比赛只允许业余运动员参加，所以，与世界杯足球赛相

比，其精彩程度便大打折扣。为改善这种状况，20世纪80年代，国际奥委会对足球运动员的参赛资格进行了适当的修改，允许年龄不超过23岁的职业运动员参加比赛，但是每队上场队员中可以有3名超龄队员。

Football is a favorite with people all over the world. It is regarded as the “King of Sports”, because of the features of the large playing field, long playing time, many participators, fierce antagonism, and appreciation to audiences.

足球运动深受世界各国人民的喜爱，有“运动之王”的美称，原因是场地大、比赛时间长、参加人数多、对抗性强和极具观赏性。

Americans call the game “soccer” instead of “football” which stands for rugby there. In England and other countries speaking English call it “association football” or “football”.

足球运动在美国被称为“soccer”，而“football”则指橄榄球运动。在英国和其他说英语的国家称其为“football”或“association football”。

Football is a sport requiring high levels of physical fitness. It demands a multiple quality which include speed, power, agility, flexibility and endurance. Players at top levels can run over 14 km in a game while they must undertake the frequent accelerations, decelerations, changes of direction and jumps.

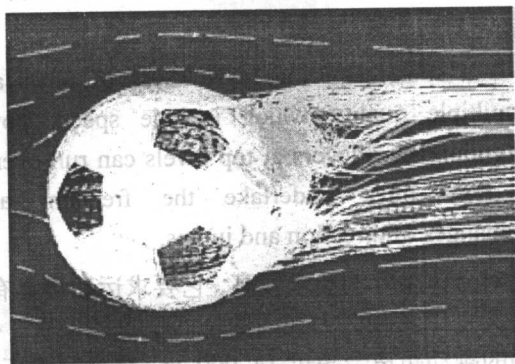
足球运动对身体条件的要求较高，它要求运动员具有包括速度、力量、灵敏、柔韧以及耐久力在内的全面型身体素质。优秀运动员在一场比赛中的跑动距离会超过14 000 m，这个过程还必须包括各种频繁的变速、变向跑以及跳跃等动作。

Although football is a sport, it represents more. It is a way of developing human body and a vehicle of communication for all people. The players from many different backgrounds can come together not



only for the purpose of winning, but more importantly to learn about each other and strengthen friendship.

足球运动所表现出来的丰富内涵已远远超出了其运动本身的意义。它是锻炼身体的一种方式，同时也是承载人们思想感情并借以相互沟通的一种社会交往途径。来自不同社会背景的运动员聚集在比赛场上，其目的不仅仅是为了赢得比赛，更重要的是获得了互相学习和增进友谊的机会。



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II Basic Skills

基本技术

The basic skills of football are the general name that the players use their feet or the other part of the body which the rules permit to play the ball rationally with purpose and consciousness.

足球基本技术是运动员在比赛中有目的、有意识地利用脚和规则允许的身体其他部位合理地处理球的方法的总称。

The basic skills include: kicking, trapping, dribbling, feinting, tackling, heading, throw-in and goalkeeping.

足球基本技术包括：踢球、接球、运球、假动作、抢截球、头顶球、掷界外球以及守门员技术。

1 Kicking 踢球

Kicking is a vital skill that a player should grasp. It is the main way to pass and shoot.

踢球是足球运动员应掌握的一项重要基本技术。它是传球和射门的主要手段。

1.1 Inside-of-Foot Kick 脚内侧踢球

Over 75% of passes are made using the inside-of-foot kick in football game. It is the simplest and most accurate method for short distance passes.

在足球比赛中，有 75%以上的传球都是采用脚内侧踢球的方法



来完成的。这是短距离传球的一种最简单、最准确的踢球技术。

Main points 动作要领:

Face the ball and the target, approach the ball in a straight line. Place the non-kicking foot about 15 cm from the side back of the ball with the knee slightly bent, and the toe-end point toward the target. Swing the striking leg from back to front with the knee and the toe turned outward, when contacting, the sole of foot should be parallel to the ground and the ankle locked, kick the back middle of the ball with the inside-of-foot. After kicking, the striking leg should be in the direction of the ball flight (Figure 1) .

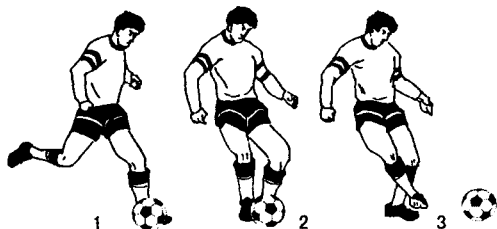


Figure 1

面对球和出球方向，直线助跑，支撑脚踏在球的侧后方约 15 cm 的地方，膝关节稍弯曲，脚尖指向出球的方向。击球腿由后向前摆，膝关节与脚尖外转，击球的瞬间脚底和地面平行，踝关节固定，以脚内侧击球的后中部。击球后，击球腿继续随球前摆（图 1）。

1.2 Inner Edge of Instep Kick 脚背内侧踢球

It is suitable for middle and long distance passing and shooting. Usually, it is used to play high pass or swerving ball.

适用于中、远距离传球和射门。通常，用脚背内侧传高球或踢出弧线球。

Main point 动作要领:

Make an angled approach, it is approximately 45 degrees between



the direction of approach and the way of the ball. Plant the supporting foot on the back side about 20 cm from the ball. Bend the knee slightly, the toe-end towards the direction which the ball will move, slope the body to the supporting foot slightly. When the supporting foot touches the field, the kicking leg swing from back to front with the shin following the thigh. While the body turn towards the way of the ball, the knee is nearly above the inside of the ball, the shin make an explosive swing instantly, the ton-end turn outwards and downwards, keep the instep tight, strike the back bottom of the ball with the inner edge of instep (Figure 2) .

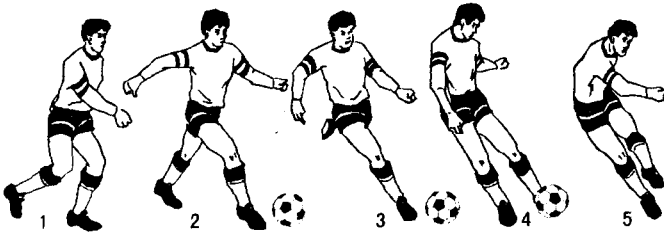


Figure 2

斜线助跑，助跑的方向与出球的方向约成 45° 。支撑脚踏在球的侧后方约 20 cm 的位置，膝关节微屈，脚尖指向出球的方向。身体微向支撑脚一侧倾斜。支撑脚踏地的同时，击球腿大腿带小腿由后向前摆。当身体转向出球方向，膝盖摆至接近球的内侧上方的刹那，小腿做作爆发式前摆，脚尖稍外转，脚面绷直，脚尖指向斜下方，用脚背内侧击球的后下部（图 2）。

1.3 Instep Kick

脚背正面踢球

The instep kick is the most powerful kick in football skills. Usually, it is taken to play a middle and long pass or shot.

脚背正面踢球是足球技术中最具力量的一种踢球方法。通常，

在中远距离的传球或射门时被采用。

Main points 动作要领:

Make a straight approach, place the non-kicking foot at the side back 15-20 cm from the ball with the toes pointing to where you want to kick it, and the knee bended slightly. The kicking leg swing backward with the knee bended. When the non-kicking foot touches the field, swing the kicking leg from back to front with shin following the thigh. As the knee swing nearly the vertical point above the ball, the shin make an explosive forward swing instantly, the instep is tight, the toe-end towards the field vertically, strike the back middle of the ball with the full instep (Figure 3) .

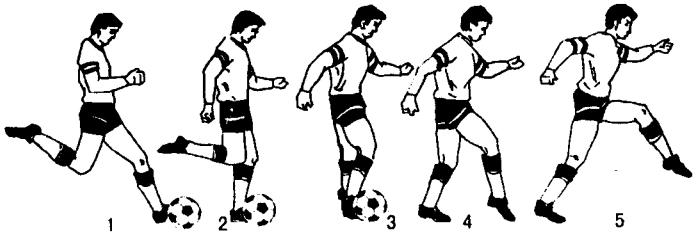


Figure 3

直线助跑，支撑脚踏在球的侧后方 15~20 cm 的位置，膝关节微屈，脚尖指向出球的方向。击球腿屈膝后摆，在支撑脚落地的同时，击球腿大腿带小腿由后向前摆。当膝盖摆至球的垂直上方的刹那，小腿作爆发式前摆，脚背绷直，脚尖垂直指向地面，以脚背正面击球的后中部（图 3）。

1.4 Outer Edge of Instep Kick 脚背外侧踢球

It is used to shoot and pass for variety of distance, also play a bending kick.



脚背外侧踢球适用于各种距离的传球和射门，亦可以踢出弧线球。

Main points 动作要领:

It has the same essentials as the full instep kick, only the toe-end and the knee of the kicking leg turn inside, strike the back middle of the ball with the outer edge of instep.

脚背外侧踢球与脚背正面踢球基本相同，只是在击球的瞬间踢球腿的膝关节和脚尖内转，以脚背外侧击球的后中部。

When play a bending kick, the body should slope to the non-kicking foot slightly, while ankle makes force, chop the back-side part of the ball with the outer edge of instep (Figure 4) .

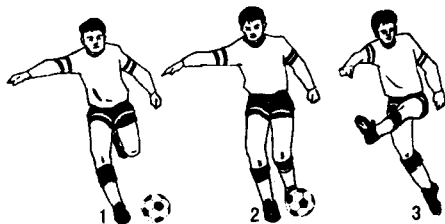


Figure 4

踢弧线球时，身体稍向支撑脚一侧倾斜，踝关节发力，用脚背外侧切击球的侧后部（图4）。

1.5 Chipping 搓球

The chipping is a football kicking technique used to quickly lift the ball over short distances, for example, to pass the ball over an opponent to one of your team players, or to lift the ball into the penalty area from a few meters away.

搓球是将球快速铲起使其越过较短距离的一种踢球技术。例如，将球搓起越过对手传给同伴，或从几米以外的地点将球搓起吊至罚球区内。

Main points 动作要领: