

Basketball

精品课程教材系列

Textbook Of Distinguished Education Series

篮球技术战术 英汉双语教程

The Course For
Basketball Strategy
Making-Bilingual
Edition

谢铁兔 郭永波 主编

 北京体育大学出版社

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前言

Foreword

《篮球技术战术英汉双语教程》旨在篮球运动的教学与训练中有更多的语言表达方式，以推动篮球运动的交流和促进篮球运动国际化。

2008年北京奥运会为我国的体育教育事业带来了前所未有的发展机遇和挑战，世界各国篮球运动水平在交流中不断发展，中国的篮球运动在同以NBA为代表的美国篮球和欧洲篮球的交流过程中得到提高，不同篮球理念的碰撞开拓着国人的篮球视野。然而，我国篮球人才在西学的过程中却不同程度地暴露出了语言方面的障碍，这些现实状况对我国篮球教育事业的发展提出了新的要求——转变教学理念，以扩大学生视野、培养具有国际交流和竞争能力的人才为目的。在提高我国篮球人才专业水平的同时，进行教材建设以弥补国内尚未出版过篮球运动的专业英语教材的不足。

为适应这一形势发展需要，《篮球技术战术英汉双语教程》编写组经过查阅大量国内外前沿资料，精心撰写了这部培养篮球高层次人才的中、英文对照篮球教学用书，它及时汲取国外篮球教学、训练中成功的经验和成果并反映到教材上，为我国的篮球文化更好地与国际进行交流解决了当务之急，为促进我国篮球人才更快、更好地掌握国际前沿的教学、训练方法提供了重要的帮助。本书由北京体育大学郭永波教授和谢铁兔副教授担任主编，郑磊担任副主编。参加编写的人员还有：许博、



李辉、田育骞、潘祥、马潇曼等。

最后，在本教材出版之际，感谢教材编写组各位专家对该教材所做的艰辛努力。同时，对于本教材的不足之处，欢迎广大读者和同行不吝指正，以便我们能够不断地改进和提高。

《篮球运动双语教材》编写组

2010年6月17日



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第一章 篮球运动总论

Chapter 1 Sketch Survey on Basketball

一、篮球运动

1891年詹姆斯·奈史密斯博士发明了篮球运动。他是马萨诸塞州春田国际基督教青年会训练学校（现称作春田学院）的一名教师。奈史密斯创立篮球运动是为了完成体育教育系主任卢瑟·顾立科博士布置的任务，要求他设计一个像足球或者长曲棍球之类的运动，并且是冬天可以在室内进行的运动。随着基督教青年会训练学校学生的毕业，篮球运动迅速在全国以及世界范围内快速地传播。

20世纪初，学校之间的比赛开始盛行，全美邀请赛（第一届全国大学生锦标赛）开始于1938年，全美大学体育协会成立于1939年，职业协会早在1906年成立，全国职业联盟（NBA）成立于1946年。篮球在1936年成为奥运会的比赛项目。

The Game of Basketball

Basketball was invented in December 1891 by Dr. James Naismith, a faculty member at the International YMCA Training School in Springfield, Massachusetts (known now as Springfield College). Naismith invented basketball in response to an assignment by Dr. Luther Gulick, the director of the physical education department, who assigned Naismith the task of devising a competitive game like football or lacrosse that could be played indoors during the cold winter months. Basketball immediately became



popular and quickly spread nationally and internationally due to the travels of the YMCA Training School graduates.

Competition among colleges spread after the turn of the twentieth century. The National Invitation Tournament (the first national collegiate tournament) was initiated in 1938, and the National Collegiate Athletic Association tournament was started in 1939. Professional leagues were formed as early as 1906. The National Basketball Association (NBA), the major professional basketball league, was formed in 1946. Basketball first became a part of the Olympics in 1936.

二、篮球运动现状

当今的篮球运动是世界上发展最快的体育项目之一，这有以下几个原因使其备受人们关注：

(1) 篮球是一项群众非常乐于观赏的运动项目，NBA 在世界范围内的转播以及全美大学生男篮和女篮比赛吸引了很多人投入这项运动。

(2) 篮球运动的特点吸引了人们踊跃参与。尽管篮球作为一种室内的运动而被发明，现在人们却可以一年四季在室内和室外打篮球，几乎 40% 的比赛是在室外、无正规组织的环境中进行。

(3) 篮球是一项任何人都能够参与的运动。尽管十几岁的年轻男性是参与篮球运动的主体，可实际上无论男女老少和各种身体状况的人都可以参加，包括残障人士及坐在轮椅上的人。尽管高个运动员有一些优势，但对于小个子的技术型运动员，仍然有很多展示自己的机会。年纪较大的参与者和女性参与者人数正在增加。在不同篮球项目中，女生更多地参与了校际高中篮球比赛。女子篮球团体支持的网页建立使得女性参与者人数不断上升。

(4) 篮球运动正在快速地发展，在美国之外以及全球范围内的竞争正在创造极大的激情以及吸引更多人的参与。1992 年职业运动员参加奥运会对于篮球的普及产生了巨大的影响，这项运动已经遍及世界各地，目前世界上已有 200 多个国家组织了篮球联盟。



(5) 篮球是一种特别的运动, 因为和其他体育项目不同, 篮球比赛的可以有多种形式。尽管多数正规的篮球比赛是由五个运动员组成球队, 但非正规的篮球比赛也可以以全场 5 对 5 或者半场 3 对 3、2 对 2、1 对 1 的方式进行。在正规的篮球竞赛中 3 对 3 的比赛已有了快速增长的趋势。NBA 正在 60 多个国家寻求对于联赛的赞助。由学校、俱乐部和其他组织赞助的罚球和其他方式的个人投篮比赛也在迅速发展。

(6) 篮球同样可以是一个人的运动。需要的是一个球、一个球篮、一个有限的空间 (例如一条车道或者一个操场), 并想象亲身经历一场比赛, 其他的运动无法与之相比。

Basketball Today

Today, basketball is the fastest growing sport in the world. Some of the reasons for the game's growth include the following:

(1) Basketball is a tremendously popular spectator sport, particularly on television. The televising of NBA games worldwide and of men's and women's college games nationally has influenced many people to participate in the sport.

(2) The nature of the game keeps people involved. Although basketball was invented as an indoor sport, it is now played indoors and outdoors in all seasons. Almost 40% of play is outside in an unorganized environment.

(3) Basketball is for everyone. Although basketball is an extremely youthful sport with participation heaviest among teenage males, it is played by both sexes of all ages and sizes and also by the physically challenged, including those in wheelchairs. Although there are advantages to being tall, there are also many opportunities for the skillful smaller player. Participation among older players and female players is growing. More girls play interscholastic high school basketball than any other sport, and women's support groups are building networks that will continue the expansion of female participation.



(4) Basketball is growing rapidly, outside the United States and international competition is creating even greater excitement and participation in the sport. The addition of NBA players into Olympic competition in 1992 has had a tremendous impact on the popularity of basketball, a game that was already being played throughout the world. Currently, there are basketball federations in almost 200 countries.

(5) Basketball competition is unique because, unlike other sports, it can be easily modified. Although most organized basketball competition consists of teams of five players, unorganized basketball competition can

be played from full court 5-on-5 down to smaller groups of half court 3-on-3, 2-on-2, and 1-on-1. There has been a particularly rapid growth in organized 3-on-3 basketball tournaments. The NBA is now leading the way by sponsoring NBA Hoop it Up tournaments in over 60 countries. There has also been growth in individual competition in the form of free throw and other shooting contests sponsored by schools, clubs, and other organizations.

(6) Basketball can be played alone. All you need is a ball, a basket, a confined space (such as a driveway or playground), and your imagination to provide a competitive game like experience that other sports simply can not match.

三、比 赛

篮球比赛是由两支球队各五名运动员上场比赛。每支球队的目标是将球投进对方的球篮得分，同时阻止对方在本方球篮得分。可以用手传球或运球（拍球），球与地板可以接触一次或几次但不能双手同时接触球。基本的技术包括步法、投篮技术、传球和接球、运球、篮板球、带球前进、不带球移动和防守。

尽管每个运动员可以在任何位置上比赛，一个队中五个运动员最通常的位置为：一号位是控球后卫（最好的控球手）、二号位是得分后卫（最好的投手）、三号位是小前锋（全能的内外线选手）、四号位是大前锋（超强的篮板球运动员）、五号位是中锋（内线得分、抢篮板球和封盖者）。



Playing The Game

The game of basketball is played by two teams of five players on a court. The objective of each team is to score by putting a ball into its own basket and to prevent the other team from doing so. The ball can be advanced only by passing with the hands or by dribbling (batting, pushing, or tapping) the ball on the floor once or several times without touching it with both hands simultaneously. Fundamental skills include footwork, shooting, passing and catching, dribbling, rebounding, using moves with the ball, moving without the ball, and defending.

Although Players are allowed to Play in any position. the most common position of the five players on a team are point guard or 1 (best ball handler), shooting guard or 2 (best shooter), small forward or 3 (versatile inside and outside player), power forward or 4 (strong rebounding forward), and center or 5 (inside score, rebounder, and shot blocker).

四、规 则

目前世界上有几套篮球规则。国际比赛规则由 FIBA 制定；在美国，职业篮球运动员按照 NBA 规则打球；大学篮球运动员按照 NCAA 制定的一套规则打球；高中篮球规则由国立高中协会全国联盟制定。在最近几年各种规则向统一的方向发展，差异主要体现在长度、距离和时间上，比赛并没有实质的区别。为了培养孩子的兴趣，规则被修改以适应更小的篮球、更低的篮筐、更小的球场

Rules

Currently there are several sets of basketball rules in the world. International rules for competition between nations are established by the Federation International de Basketball (FIBA). In the United States, professional players play under the rules of National Basketball Association (NBA). College men and women play under separate



sets of rules as established by the National Collegiate Athletic Association (NCAA). High schools play by rules established by the National Federation of State High School Associations. In recent years there has been a movement toward uniformity in rules. Differences remain, mostly in degree of length, distance, and time, rather than in substance and content. To foster children's enjoyment and development, modified rules calling for smaller basketballs, lower baskets, and scaled-down courts have been devised.

五、运动装备

在篮球场上篮球鞋所附着摩擦力是很重要的，运动短裤、无袖汗衫、宽松的T恤衫和白色的短袜都是必备的，也可以带护膝或护肘来保护膝盖或是肘部、佩戴眼镜保护器或护目镜以保护眼睛，珠宝首饰是不允许佩戴的。

Player Equipment

Basketball shoes are necessary for traction on the court. Athletic shorts, tank tops or loose fitting T-shirts, and white socks are recommended. You may wear soft pads to protect your knees and elbows and eyeglass protectors or goggles to protect your eyes. Jewelry is illegal.

六、篮球、篮筐和篮板

篮球是球形的和被认可的橙色。男子篮球的周长是最大 30 英寸，最小 29.5 英寸；女子篮球最大 29 英寸和最小 28.5 英寸。篮板是有个平滑的表面的矩形，长 6 英尺，高 3.5 英尺到 4 英尺。位于篮筐后篮板的中心一个矩形的方框长 24 英寸、高 18 英寸，基线顶部的边缘与篮筐圆环相平。每个篮筐内径 18 英寸，附着在篮板上，上边缘离地 10 英尺，最近的边缘离篮板 6 英寸。



Basketball, Basket and Backboards

Basketballs are spherical and an approved orange color. The circumference of the men's ball is a maximum of 30 inches and a minimum 29-1/2 inches, and the circumference of the women's ball is a maximum of 29 inches and a minimum of 28-1/2 inches. The backboard is a rectangle, with a flat surface, measuring 6 feet horizontally and either 3-1/2 feet or 4 feet vertically. A rectangular box measuring 24 inches horizontally and 18 inches vertically is centered on the backboard behind the ring(rim) with the top edge of its baseline level with the ring. Each basket is 18 inches in inside diameter and is attached to the backboard with its upper edge 10 feet above the floor and its nearest edge 6 inches from the backboard.

七、球场尺寸和标记

比赛球场是一个长方形的地面，四周没有障碍物，宽 50 英尺、长 94 英尺（通常高中是 84 英尺）。(图 1.1)

球场的每一个区域都有特定的名称。在球场的每一边和底部的边界分别叫做边线和底线或是基线。球队的前场指的是位于基线与球场分界线或中场之间的半个球场，包括篮筐，后场指得是另外一半。进攻球队必须在 8 秒钟之内运球过中线，一旦球进入前场不允许回到后场。球场上有三个圆环，罚球线离篮板 15 英尺，分割了每一个罚球圆环。连接罚球线底部线到基线被称作三秒区线，沿着罚球线和基线标记出的区域称作三秒区。进攻队员呆在三秒区内不能超过连续 3 秒钟。大学生和高中生三分球线距离篮筐中心为 19 英尺 9 英寸(NBA 线是 23 英尺 9 英寸)。在每一边罚球线另外的标记称作三秒区线。

Court Dimensions and Markings

The playing courts is a rectangular surface free from obstructions with dimensions of 50 feet by 94 feet(usually 84 feet for high schools). (Figure 1.1)



Court areas are referred to by specific names. The boundary lines at each side and each end of the court are called the sideline and endline or baseline, respectively. A team's frontcourt refers to the half of the court between its end line and the nearer edge of the division or midcourt including the basket, and the backcourt includes the other half of the located. Your team must advance the ball over the midcourt line within 10 seconds, and once the ball is in the frontcourt it is a violation if it is returned backcourt. There are three circles on the court-a free throw line, 15 feet from the backboard, dissects each free throw circle. Lines from the ends of the free throw line to the baseline are called lane lines and along with the free throw line and baseline mark an area called the free throw lane or key. Offensive players cannot stay in the lane for more than 3 consecutive seconds unless a shot is taken. The college and high school 3-point line is marked at 19 feet, 9 inches(NBA line is 23 feet, 9 inches)from the center of the basket. Additional markings on each side of the lane lines are called the block and hash marks.

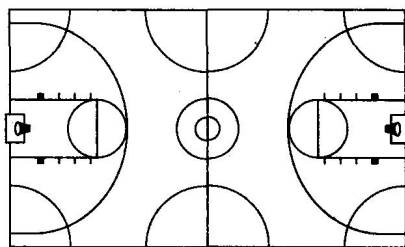


Figure 1.1

八、得分

三分线外围区域投中球得 3 分，其他所有的区域投球得两分，罚球得 1 分。

Scoring

A goal from the field beyond the 3-point line counts 3 points, any other field goal counts 2 points, and a free throw counts 1 point.

九、比赛时间

职业比赛由四节组成，每一节 12 分钟。大学比赛由两个半场，每个半场 20



分钟组成。高中比赛四节，每一节 8 分钟。平局的时候就进行加时赛。年轻人比赛的长度根据运动员的年龄来调整。在每一节或是半场比赛之间、暂停的时候、当球出边界的时候、罚篮的时候比赛的计时即停止。职业比赛、国际比赛、大学生、女子、高中生比赛所用钟计时的长度不同。

Length of Game

Professional games consist of 4 quarters of 12 minutes each. College games consist of 2 halves of 20 minutes each. High school games consist of 4 quarters of 8 minutes each. Overtime periods are used for tie games. The length of the youth games are adjusted according to the ages of the players. The game clock is stopped between quarters or halves, during time-outs, when the ball goes out of bounds, and when free throws are attempted. Shot clocks vary in length for professional, international, college women, and high school competition.

十、犯 规

官方将“犯规”概念引入以防球队通过粗鲁的方式来取得优势。犯规会被处罚，当犯规五次之后，则会被罚下场。对一名投篮运动员犯规时，该运动员会获得两次罚球。当对手没有在投篮时被犯规，将得到掷界外球的机会。一支球队在一节或一个比赛的半时犯规达到一定次数，对手在没有投篮时被犯规也可以罚球。一些犯规的种类如下：

(1) 拉、推、冲撞、绊或者阻碍对手的进攻—身体或身体的一部分位于非正常的位置，或使用任何粗鲁的手段。

(2) 用手接触对手—用手以任何方式阻止对手的自由移动。

(3) 伸出手臂阻碍对手—故意或部分不是垂直地伸出手臂，以限制对手的自由移动。

(4) 非法掩护—在防守队员移动时阻挡其前进路线。



Fouls

Fouls are called by officials for the purpose of not allowing a team to gain an advantage through rough play. Fouls carry penalties. When you commit five fouls, you are disqualified from the game. When you foul an opponent in the act of shooting, the opponent is awarded 2 free throws. When you foul an opponent other than when shooting, the opponent is awarded the ball out of bounds. When your team commits more than a specified amount of fouls in a quarter or a half, the opposing team is allowed to shoot bonus free throws for nonshooting fouls. Some of the types of fouls are listed here:

(1) Holding, pushing, charging, tripping, or impeding an opponent's progress—extending a body or body part into other than a normal position, or using any rough tactics.

(2) Using your hands on an opponent—using your hands in any way that inhibits the freedom of movement of the opponent or acts as an aid in stopping or starting.

(3) Extending your arms to hinder your opponent—extending your arms fully or partially, other than vertically, so that freedom of movement of an opponent is hindered when contact with your arms occurs.

(4) Illegal screen—when setting a screen you are still moving when defender makes contact.

十一、违 例

控球违例导致球队将控球权让给防守方。一些常见的违例如下:

(一) 控球违例

出界—球出了界限。

回场—球进入前场又回到后半场而防守运动员未触及球。

走步—运球前移动一步以上, 或球传出、投出之前移动两步或两步以上。