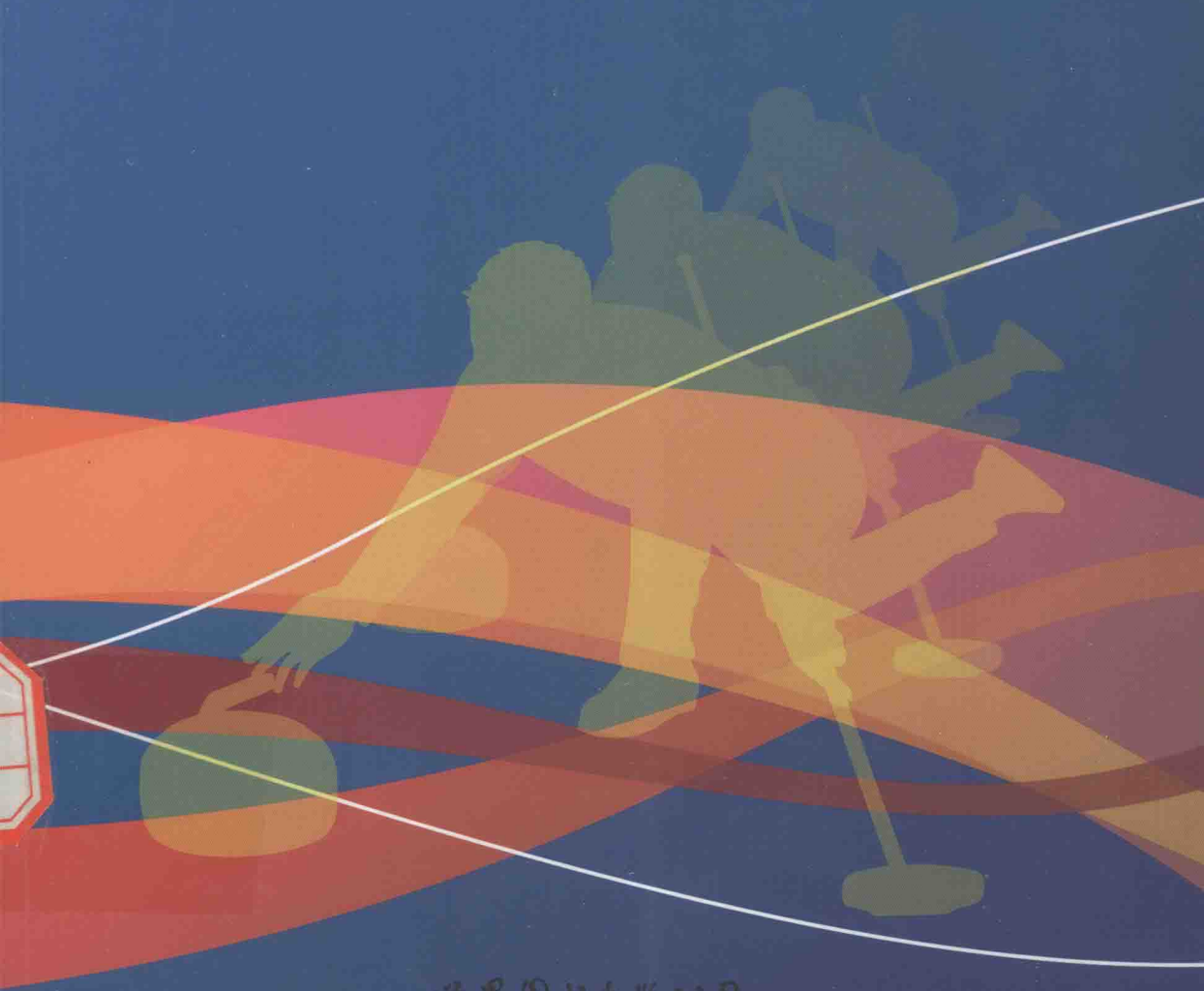


冰壶入门与教学实践

INTRODUCTION AND TEACHING PRACTICE OF CURLING

李凌姝 钱军 王骏 陆中玉 编著



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前 言

Preface

在编写这本《冰壶入门与教学实践》之前,我们一直希望该领域能够出现更多有关冰壶体育的书籍。撰写本书,也是为了将自己的些许心得记录下来,为冰壶教育界的发展贡献绵薄之力。对于书中的错误与不足,欢迎各位同仁共同讨论并加以指正。在编写这本书的过程中,我们认为以下几点非常重要。

第一,得益于冬奥会重要性的日益增强,当前国内冰壶运动发展非常迅速,然而冰壶教育出现了较大缺口,教育界专业丛书较少,冰壶教育还远未到达成熟阶段。冰壶运动的教师不仅需要过硬的专业素质,也需要专业的系统理论。在写这本书的过程中,我们将冰壶的基础知识和教学方法融入其中,以期对冰壶专业教师的培养有所裨益。

第二,冰壶教育普及面较窄,适合广泛普及初学者的书籍也比较少。目前市面上冰壶运动的启蒙书

We have long waited to have more books on curling, and that's the motivation driven us to put our hands on compiling the book *Introduction and Teaching Practice of Curling*. To put what we have learnt in the practice of curling and contribute to the development of our beloved sport is another motive for writing the book. We sincerely welcome the correction on whatever we wronged in the book. During the compiling of the book, we deem the four points below crucial.

Firstly, the development of curling in China has been rapid growth due to the increasing importance attached to the Winter Olympic Games. However, the training and grounding education of curling fail to keep pace with the development of the sport. The lack of books on the education of curling attributes to the immaturity of the sport. We highly reckon that qualified coaches as well as skilled in practice are as important as books that emphasize on systematical theories. During the process of compiling this book, we combined the basic knowledge and the educating methods all together, we sincerely hope that more teachers could be benefited from this book.

Secondly, we can barely find curling books on the market, let alone books with a comprehensive review. In order to make up for it, we decided to



籍比较少,并且大多篇幅较短,内容也不全面。我们在写书时有意将冰壶运动发展的国内外现状、前景也加入其中,使初学者也能对冰壶运动的发展状况有宏观的了解,而不是仅仅局限于会玩冰壶,更能了解冰壶发展的历史和未来展望。

第三,冰壶教育与国际接轨的程度较低,冰壶教育还需要不断引进国际先进理念和前沿思路。冰壶是发源于欧洲的体育运动,目前,也是在加拿大、欧洲国家等地较为成熟。要想使冰壶运动发展登上新的台阶,我们必须加速“引进来”,多多参考国外的研究文献和训练方法,真正使冰壶运动发展与国际尖端水平相连。本书采用中英双语撰写,也是为了能够让国内外冰壶运动有更多的交流空间和更大的相互了解的平台。

第四,冰壶运动的发展仍然呈现着“举国体制”的影响,尖端人才后继乏人,冰壶运动群众基础薄弱,呈现“金字塔”形的发展模式。由于气候条件和冰壶运动自身条件的影响,冰壶运动在国内成本较高,器材较贵,被很多人视为“贵族运动”而不敢接近。虽然中国在世界冰壶比赛中也有一定成绩,但仍然是少数尖端人才长期在国外培训的结果,国内的冰壶运动并没有被广泛推广。在写书时,我们避免使用晦涩的专业术语,希望能够引起广大读者的兴趣。

put several parts into the book, including the current development of curling and the prospect for curling. We hope the readers will not only enjoy playing curling but also gain insight into curling culture, namely, the history and prospect of curling.

Thirdly, the education of curling in China is left far behind comparing to the average world level. It's high time that we imported advanced theories from advanced countries. As is known to all, curling is a European-originated sport. Both theories and practice are more mature in Canada and Europe countries. In order to improve the curling education in China, we have to import core ideas and practice from abroad. We wrote this book in both Chinese and English version, so as to make convenience the communication between China and the world.

Fourthly, the development of curling in China is deeply affected by the institution, top end curling players facing no qualified descendants; the impoverished foundation caused the unhealthy “Pyramid Style” of development. Due to the limits of climates and the sport itself, the cost of curling is expensive in China, not many people can afford to play curling. Although China has achieved reputation in international competitions, curling has not been familiar to the public. So we avoid technical terms when compiling the book, and wish it could raise interest among readers.



本书由华东师范大学在读博士、上海外国语大学教师李凌姝；上海医疗器械高等专科学校教师钱军；上海外国语大学教师王骏；上海师范大学教师陆中玉共同编撰，具体分工如下：

李凌姝：第一章第五、六节，第三章，第四章第三节，第七章，第八章，第九章第一、二节；

钱军：第一章第一、二、三、四节，第四章第一、二节，第五章，第六章；

王骏：第二章第一、四节，第九章第三节，第十章；

陆中玉：第一章第七节，第二章第二、三节，第九章第四节；

最后由李凌姝对全书进行了统稿与定稿。

虽然我们已经完成了一本可以称为“冰壶入门与教学实践”书籍的编写，但也清楚地了解到自己在冰壶领域的不足。在写作过程中，我们认识到了更深刻的问题，也对冰壶教育有了更多想法，希望以后能够加以修订与完善，对于现在的不足还请各位同仁予以原谅和包涵。

李凌姝写于华东师范大学体育与健康学院

2014年10月15日

The book *Introduction and Teaching Practice of Curling* is written by Li Lingshu, lecturer in Shanghai International Studies University, PhD candidate in East China Normal University; Qian Jun, Shanghai Medical Instrumentation School; Wang Jun, Shanghai International Studies University and Lu Zhongyu, Shanghai Normal University. The work done by each individual is listed as below:

Li Lingshu: Section five and six of Chapter One, Chapter Three, Section three of Chapter Four, Chapter Seven and Eight, Section One and Two of Chapter Nine.

Qian Jun: Section one to four of Chapter one, Section one and two of Chapter Four, Chapter Five and Six.

Wang Jun: Section One and Four of Chapter Two, Section Three of Chapter Nine, Chapter Ten.

Lu Zhongyu: Section Seven of Chapter One, Section Two and Three of Chapter Two, Section Four of Chapter Nine.

The final version was marshaled and revised by Li Lingshu.

Although we have finished the book *Introduction and Teaching Practice of Curling*, there is much left to desire. In the process of writing, we encountered more profound questions as well as more ideas. We will perfect the book in editions to come, and we sincerely appreciate your understandings.

Li Lingshu in School of Sports and Health,
East China Normal University

15th, Oct., 2014

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第一章 冰壶运动概述

Chapter One Overview of Curling

第一节 冰壶运动简介

Section One The Introduction of Curling

一、冰壶运动的引入

冰壶指的是一种用花岗岩制作而成的运动器材,同时也是一项运动的名称,除了这种名称之外,也被叫做“掷冰壶”“冰上溜石”,是一种以队为单位,在冰上进行的投掷性竞赛项目,分为男子、女子、男女混合以及轮椅冰壶等小项目。冰壶是冬季奥林匹克运动会竞赛项目的队制项目之一,冰壶所用的“壶”称为“石壶”,冰壶呈圆壶状,由不含云母的苏格兰天然花岗岩制成。它的球身稍呈扁状,而且有柄,直径为 29 厘米、重量为 42 磅,即大约有 19.1 千克。

现代的冰壶游戏是从在冰冻的苏格兰湖上户外追击、玩耍等活动演变而来的,运动员只要饮用少量酒就可以兴奋起来。到了今天,冰壶运动已经演化成了一种需要高度技巧的室内运动。

因为良好的战术战略和高超的冰壶技巧是冰壶比赛获胜的关键,所以有人将冰壶运动称为“冰上国际象棋”。此外,它素有冰上高

I . The Basics of Curling

Curling is a kind of sports equipments which is made of granite, also is the name of a sport. Besides this name, the sport can be also called throwing curling. Curling is a competitive event which makes a team as a unit playing on the ice and has small events such as the men's curling, the women's curling, the mixed curling and the wheelchair curling. Curling is one of the Winter Olympic medal sports. The curling stone, sometimes called *rock*, is like a pot, and is made of granite. The granite for the stone comes from Scotland. Its shape is slightly flat and has a handle, its diameter is 29 cm and its weight is 42 pounds, i.e., about 19.1 kg.

The modern game had its beginnings as an out hunting or a game on the frozen ponds and streams of Scotland. There is no doubt that only a little wine can make players excited. Until now, the game has become an indoor sports which is more complex and need a great deal of strategy.

Good tactical strategy and superb technique are key to winning the game, some people call curling as “Chess on Ice”. In addition, curling has a reputation of ice golf, and it is an intelligent sport which



尔夫运动的美誉,是一种集技巧与智慧于一体、将个人与集体相结合、同时还具有较强战术性的智力运动项目,堪称“智者的博弈”。

二、冰壶运动适应的年龄范围

冰壶的适宜范围很广。一般认为,上至90岁的老人,下至5岁的儿童都可以参与冰壶运动,可以说,无论男女老少闲暇时都可以聚集在冰场上,或动作优雅地下滑推出冰壶,或用冰刷跟着冰壶用力扫刷,或站在冰道对面的大本营用手势指挥投壶者,紧张而不失淡定。这种在欧美国家广泛流行的运动具有很高的观赏性,被称为最具魅力的冬季运动。

combines skills and wisdom, the individual and collective. It can be called the game between wise men.

II. Suitable Age

Curling is suitable for a wide range of ages. Generally speaking, all the people from 5 to 90 can take part in curling. The old, the young, men and women can gather on the ice in their spare time, delivering the curling stone elegantly, following the curling stone to sweep or standing on the opposite headquarter conducting players with fingers, being nervous but also calm. The sports which is popular among European and American countries is greatly valuable for enjoying viewing, called the most charming winter sports.

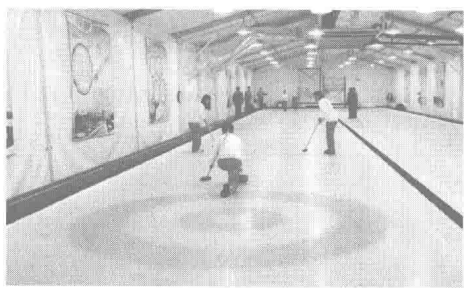


图 1-1 冰壶训练

Figure 1-1 Curling Training

第二节 冰壶运动的起源与发展历史

Section Two The Origin and History of Curling

一、冰壶运动的起源

长久以来,冰壶运动的发源地一直是颇受争议的,至今仍无法确定其真正的起源地。欧洲大陆和苏

I. The Origin of Curling

For a long time, the place of origin curling has a great dispute and so far we cannot confirm the real original place. Continental and Scottish have much