

ENGLISH

新一代上班族的案头小百科



运动 休闲



伊恩·奥兹 / 编著

英语

SPORTS AND LEISURE

外文出版社

FOREIGN LANGUAGES PRESS

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作 者 的 话

我写《运动休闲英语》这本书的目的，是为了让读者能轻松地学习活泼生动的英语会话。每一课的篇章名和内容都经过一番深入的研究；每句对白都是一般西方人最自然的说话方式。

本书适合的对象，为本身已具有基础英文水平或具有较高英文水平而希望藉由此书提高自己的语文能力的读者。

我已多次对程度较高的学生讲授本书，证明本书使用的单词和文法都符合他们的水平；此外，还将他们不熟悉或不知悉的惯用语和短语也收录在本书之中。

精心挑选的“重要单词”，在每章的会话中都会反复出现，愈是较难的单词，被使用的频率就愈高。动词的使用则会告诉您如何搭配它的介词。由于此书并非教科书，因此它的内容也以一种有趣而轻松的方式呈现在读者面前。

最后，还必须告诉各位，我在课堂上大约花八小时教完一个章节，所以整本书大约要 100 个小时方可达到教学的满意效果。

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BASKETBALL

11

BASKETBALL

籃球

BASKETBALL

Matt and Jim play on the same basketball team for their University. They have just won a game against another University, as they are leaving the court¹, they are talking about the game.

马特和吉姆为大学里的同一支篮球队打球。他们刚刚打赢另一校；在离开**球场**¹时，他们二人正讨论着这场比赛。

Matt: Jees! What a game. I love playing man-to-man defence², when I can keep my man from scoring.

好棒啊！多么精彩的一场球赛，我喜爱这种一对一盯人防守赛²，这时我可以阻止对方球员得分。

Jim: Yeh! If we had been playing zone defence³, I don't think we'd have beaten them by so much. We might only have tied, and then gone into overtime⁴.

是啊！假如我们当时打的是**区域联防**³，想都别想我们能赢他们那么多，顶多只能打成**平手**，然后**延长比赛**⁴罢了。

Matt: Oh! I don't know. After you hit that long jump-shot⁵ in the first quarter, I knew we were going to win.

嗯！这我就不清楚了，但在你第一个**四分之一场**长距离**跳投**⁵得分时，我就知道我们将会获胜。

Jim: Yeh! Their play was too loose. They should have played a tighter game. Their defence seemed confused, uncoordinated, and their centre⁶ didn't seem to know what their forwards⁷ were doing. Those guys were all over the court.

是啊！他们的防守太松懈，**盯人**应该**盯紧**一点才对，他们的

防守阵容似乎很混乱而且默契不够,中锋⁶好像不知道前锋⁷在做什么,所有的球员都分散在整个球场上。

Matt: I noticed that too. Their guards⁸ didn't seem to be guarding anyone.

那些我也注意到了,他们的后卫⁸似乎没尽到防守的责任。

Jim: Hey! But when those guys were on the offensive, they were mean. They kept cutting through our defence like we were sleeping.

嘿! 但是当他们那些人由防守转为进攻时,他们变得狡猾起来,屡次想切断我们的防守,好像我们都睡着了似的。

Matt: But they did nothing once they had gotten through our defence. I lost count of the number of air-balls⁹ those guys put up¹⁰.

当他们突破我们的防守进击时,却一点效果也没有,那些家伙所投出¹⁰的篮外空心球⁹多得令我难以计算。

Jim: Do you remember their number 10 putting up a shot from the free-throwline¹¹, in the second quarter?

你还记得在第二个四分之一场时,在罚球线¹¹上投篮的十号球员吗?

Matt: Do I remember! I was the guy blocking¹² him. He threw a brick¹³ because he was trying to avoid me. I haven't seen a brick that big since I was in Junior High School. That was bad playing.

我当然记得! 我正是盖他帽¹²的人,他为了要避开我的防守,而投了一个重击篮框的球¹³。自从上初中以后,我就没看过反弹如此厉害的球,投得实在太差了。

Jim: What happened with that free-throw you got after their guard came up from behind, and hit¹⁴ you?

对方的后卫从后面撞¹⁴你而犯规,由你罚球时,你是怎么搞

的？

Matt: So I missed. We all make mistakes. I'm going to have to practice my free-throw shots a little more.

我没投进，在球场上谁都会有失误的。我打算多练习罚球投篮。

Jim: Practice! It was a rebound¹⁵. You were on the free-throw line, and the ball didn't even touch the hoop. It bounced off the backboard straight into their possession¹⁶. If you'd just put it up a little softer, it might have dropped into the key¹⁷, so that one of our guys could have tipped it in. At least we would have scored.

你的确需要多加练习！那还是个反弹球¹⁵，你在罚球线投的球甚至连篮框都没碰到，而且球还直接从篮板弹到对方的手中¹⁶。假如你投得轻一些，球还有可能掉到罚球区¹⁷里，任何一个我方的球员都有机会扣进这个球，至少还可能得分。

Matt: Hey! We all put up bad shots, and good ones too. I also got a slam dunk¹⁸ in that game. That isn't what I call bad playing.

嘿！谁都会投出坏球，也会投出好球来。我在球赛中也灌¹⁸进了一球呢，那可不是我所谓的“打得不好”。

Jim: True. That is something I have never managed to do during a game. The feeling must be amazing.

这倒是真的！那正是我在球场上从不曾做到的事，那种感觉一定很刺激吧！

Matt: So that's what you were doing. I noticed you trying to sit in the key and wait for a pass¹⁹. Were you trying to slam-dunk?

你不就这么做了吗？我注意到你试着守在篮下等待传球¹⁹机会，你想灌篮吗？

Jim: No, I was just trying to be in the right place at the right time. Waiting for a pass, and watching the clock so that I wouldn't foul²⁰.

不,我只是想在适当时机站到适当的位置上等待传来的球,同时能看着计时钟,这样我就不会犯规²⁰了。

Matt: Do you remember when the referee said you'd been traveling²¹ with the ball? I had just tapped the ball to you after that jump-ball²² and you'd dribbled²³ it through their defence on your own. Then the referee called a penalty, and said you were traveling. He gave possession to the other team.

还记得裁判判你带球走²¹的时候吗?我跳球²²后在空中将球拍给你,而你独自运球²³通过对方的防线,但裁判却判你违规带球走,将发球权判给了对方。

Jim: Yes. I was just about to pass it to our number 10, as well. It doesn't matter, we won the game, and we really beat them.

对啊,那时我正要要把球传给 10 号。管它的,反正我们已经赢了,也真正打败了他们。

Matt: Do you want to practice some more next Sunday?

下个星期日你想加强练习吗?

Jim: Okay! You can teach me how to hit the ones from inside the key and I can teach you how to hit the long ones from outside the three-point line.

好啊!你可以教我如何在篮球下投球,而我也可以教你如何在三分线外远投。

Matt: Okay! You can perhaps help me to improve my dribbling skills too. Deal?

好!或许你也可以同时加强我的运球能力,就这么说定喽?

Jim: Deal.

就这么说定了。

Matt: How about getting the team together for a half-court bull-fight²⁴? Then if we go a few hours before, maybe we can practice a little.

找几个人来玩半场斗牛赛²⁴如何? 假如我们早几个小时到球场,也许还可以多练习一些。

Jim: Sounds good. See you on Sunday.

这主意听起来不错,那周日见了!

◆重要单词

1. court (n.) 球场

[kɔ:t]

All the courts have got people on them.

所有的球场都被别人占据了。

Let's see if there is a court free.

让我们看看有没有球场是空的。

He's the best man on the court.

他是球场上的高手。

2. man-to-man defence (n.) 一对一盯人防守

['mæn-'tu-'mæn dɪ'fens]

They play man-to-man (defence) well.

一对一盯人防守赛,他们打得很好。

Let's play man-to-man, and I'll mark this guy.

让我们打一对一盯人防守赛,我会盯着这家伙。

3. zone defence (n.) 区域联防

[zɒn dɪ'fens]

I think that zone defence takes more skill.

我认为区域联防需要多一点技巧。

Which zone are you meant to be in?

你打算进哪一个区域?

I'll take the left-forward zone.

我将守左前锋区域。

4. overtime (n.) 延长赛

['ovətaɪm]

This game is going to go into overtime.

这场比赛将进入延长赛。

I got a point in the last minute of overtime.

在延长赛的最后一分钟我得了一分。

How long has this game been in overtime?

这场比赛有多少时间在延长赛上?

5. jump-shot (n.) 跳投

['dʒʌmp-'ʃʌt]

I scored a point from a jump-shot.

我因跳投而得了一分。

I blocked him on a jump-shot.

他跳投时我盖了他的帽。

You made a bad mistake on that jump-shot.

那次跳投你犯了一个很大的错误。

6. centre (n.) 中锋

['sentə]

Look at the size of their centre!

看他们那个中锋的身高!

The centre is the biggest man on the floor.

在球场上这个中锋是最高的人。

Their centre is a giant.

他们的中锋是个巨人。

7. forward (n.) 前锋

[ˈfɔrwəd]

I passed their forward easily.

我很轻易地突破了他们的前锋。

Their forwards are too slow.

他们的前锋动作太慢了。

You take forward, and I'll take centre.

你盯前锋,我盯中锋。

8. guard (n., v.) 后卫,防守

[gɑrd]

Where were you meant to be guarding?

你打算防守哪里?

Their guards were in front of me everytime I tried to shoot.

每当我投球时,他们的后卫总挡在我前面。

You guarded that basket like your girlfriend.

你防守那球篮像是防守你的女朋友一样。

9. air-ball (n.) 篮外空心球

[ɛr-'bɔl]

Did you see how wide he shot that air-ball?

你有没有看到他投的那个篮外空心球有多偏?

I often put up air-balls from jump-shots.

我通常在跳投时投篮外空心球。

That air-ball went no-where near the backboard.

那个篮外空心球投得离篮板太远了。

10. put up (n., v.) 尝试投篮(shoot)

[put ʌp]

You put that shot up perfectly.

你投的那一球非常完美。

What kind of idiot shoots from their own half of the court?

什么样的笨人会从他们自己的球场投球？

I couldn't put it up because of their guard.

因为他们的防守，我没办法将球投进去。

11. free-throw (line/shot) (adj.) 罚球线/罚球

[fri-θrə]

We've got a free-throw (shot).

我们得到一次罚球的机会。

He tried to shoot from outside the free-throw line.

他试着从罚球线外投球。

We were awarded a free-throw shot, and you missed it.

我们被裁决可有一次罚球，而你却失误没罚进。

12. block (n., v.) 盖帽；合理地用手阻挡对方投球

[blak]

You blocked him like an NBA professional.

你盖他帽的样子好像 NBA 职业球员。

I couldn't pass it because their guy was blocking me.

我投不进，因为他们的人盖我帽。

Nice block!

好棒的一次盖帽！

13. brick (n.) 重击篮框的球

[brɪk]

Did you see how heavy that brick was?

你看到那个重击篮框的球投得有多用力吗？

I put up a brick, because that guy was blocking me.

我投了一个重击篮框的球，因为那个人想盖我帽。

That brick really hit hard.

那个重击篮框的球真的撞得很有力。

14. hit (v.) 撞

[hɪt]

He hit me just as I was about to shoot.

当我要投球时他来撞我。

That forward hit you hard.

那个前锋很用力地撞你。

The guy hit me, and the referee didn't do anything.

那个人撞我,裁判却没有做任何表示。

15. rebound (v., n.) 碰到篮板弹回

[rɪ'baʊnd]

There are three rebounds in the last five minutes.

在前五分钟有3次球碰到篮板弹回。

I'm glad that one rebounded.

我很高兴那一球碰到篮板弹回。

It rebounded straight into their possession.

这一球碰到篮板弹回而直接弹进他们的手中。

16. possession (n.) 所有权;拥有;手中

[pə'zɛʃən]

They had possession more than us.

他们比我们拥有较多的控球权。

I couldn't get possession of the ball.

我不能拿到控球权。

The ball was only in our possession for two seconds.

这个球在我们手中只有2秒钟。

17. key (n.) 篮下;罚球区

[ki]

The ball dropped into the key.

这个球掉进篮下罚球区。

You stay near the key, and I'll pass to you.

你留在篮下,我会传球给你。

You are only allowed three seconds in the key.

在篮下仅被允许停留 3 秒钟。

18. **slamdunk** (*n., v.*) 灌篮

[ˈslæmɪdʌŋk]

I'm not tall enough to slamdunk.

我的身高不足以灌篮。

I hit three slamdunks in the practice session.

在练习时我投了 3 个灌篮球。

Slamdunking is easier for you Westerners.

灌篮对你们西方人来说比较容易。

19. **pass** (*n., v.*) 传球

[pæs]

You should have passed to me.

你本应该把球传给我。

I was open, and you didn't pass to me.

我四周无人,而你却不把传球给我。

They passed it straight into their possession.

他们直接传球到他们队友的手中。

20. **foul** (*n., v.*) 犯规

[faʊl]

That was an obvious foul.

那是一个很明显的犯规。

That's the second time that you've fouled.

那是你第二次犯规了。

Be quicker, or you will foul.

快一点,否则你会犯规。

21. **travel** (*v.*) 带球走

[ˈtrævl]

How far did he travel?

他带球走了多远?

You travelled a long way with that one.

那一次你带球走很远。

There was no way that I travelled.

我无法带球走。

22. jump-ball (n.) 跳球

[dʒʌmp-bɔ:l]

Who'll get this jump-ball?

谁抢到这个跳球?

You take this jump-ball.

你抢这个跳球。

That's three jump-balls so far.

到目前为止,已有三次跳球。

23. dribble (n., v.) 运球

['drɪbl]

I dribbled it straight past him.

我直接运球过他。

Don't dribble too far, pass it!

不要运球太远,快传球!

He dribbled it straight across the court.

他直接运球穿过球场。

24. half-court bullfight (n.) 半场斗牛赛,半场篮球赛,半场比赛

[hæf-kɔ:t 'bulɪfaɪt]

Let's get a few people together for a half-court bullfight.

让我们找一些人一起打半场的篮球赛。

We've only got enough people for a half-court bullfight.

我们的人数仅够打半场篮球赛。

Why is a half-court bullfight so popular?

为什么半场篮球赛如此受欢迎?