

专门用途英语(ESP)规划教材系列一  
ESP Textbook Series I

# 体育英语

## Sports English

● 何庆忠 张惠珍 主编 ●

- 中国大学英语教学改革的方向
- 中国社会经济发展的必然要求



苏州大学出版社  
Soochow University Press

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## 前言

## Preface

北京奥运会的成功举办大大激发了中国人学习英语的热情。英语在现代世界体育竞技舞台上扮演着官方语言的角色,并且在体育科技、体育文化交流等方面英语与其他语言相比也占据着优势。随着中国体育对外交流的深入,要想了解更多的世界体育资讯,与世界更好地进行交流和沟通,我们必须学好体育英语。

本书是为体育专业的学生以及体育英语学习者编写而成的。全书共 18 个单元,涉及奥运会比赛项目 25 个,每个单元基本分为以下几方面内容:(1) Text(课文):主要是能较全面反映该项目特点的内容,如项目的发展史、项目的简介等。(2) Words and Expressions(单词与短语):主要把课文中出现的一些较难的词汇及专业词汇进行中文注解,便于学生理解与掌握。(3) Supplementary Reading(补充读物):选取著名的运动员、赛事等进行简要介绍,加深学生对该项目及其专业词汇的记忆。(4) Exercises(课后练习):选取课文中与项目特点紧密相关的内容设计练习,如判断正误、英译汉等,以帮助学生更好地提高阅读和翻译体育专业材料的能力。(5) Discussion(主题讨论):为了提高学生体育专业知识的语言表达能力和更好地掌握体育专业知识,每课均设有相关的主题讨论。(6) Study for Fun(趣味学习):选取与某项目相关的一些趣味性的语言或故事,旨在提高学生对于专业英语的学习兴趣,更好地掌握体育专业词汇。书后所附各单元的练习答案可供参考。

本书编写分工如下:何庆忠:Football, Freestyle Skiing;常慧灵:Athletics;张惠珍:Basketball;何杰:Gymnastics;孙贺:Volleyball, Table Tennis, Tennis;谷宁、曹大伟:Swimming;姜东霞:Cycling;苏丽敏:Weightlifting;赵文通:Badminton, Baseball



and Softball; 祁引霞: Archery and Shooting; 钱振国: Single's Fighting Events; 王金波: Triathlon and Modern Pentathlon; 刘海英: Figure Skating; 刘志国: Short Track Speed Skating。何庆忠负责统稿。感谢程再宽教授给予本书的建议。

由于我们水平有限,在书的编撰过程中难免有误,请相关专家、学者及广大读者批评指正,以便今后更好地修订。

编 者

2009 年 7 月



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## Football

*I am a member of a team, and I rely on the team. I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion.*

—Mia Hamm

### Text

#### General Introduction of the World Football

Football is the world's favorite spectator sport and not only that, it's also played by millions of people of all ages, skill levels and genders all over the world. We'll be having a look at what you need at the most basic level to get started playing football, what equipment you'll need, where you can play, what the basic rules of the game are.

At it's most basic level pretty much anyone can play football. Young children from around 3 years old can be coached into small teams and enjoy the fun of kicking the ball and running around with their friends. Likewise, there is no upper age limit to playing football either, if you have any mobility at all and have enough stamina to wander around and kick the ball then you can take part.

Football is such a widespread sport around the world for one simple reason— all you need to play it is a small area of land and a ball, there are no expensive





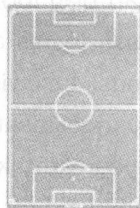
equipment requirements as in American Football or cricket and for this reason football is as easily played on the plains of Africa and the back streets of Buenos Aires as it is on the grand stadiums of London, Paris, Rome or Berlin.

The history of football is littered with anecdotes from its greatest proponents on the world stage having learnt their skills in underprivileged backgrounds by kicking anything remotely shaped like a football. A rolled up ball of paper, an orange, a blown up pig's stomach or any other football substitute will suffice. Maradona could juggle golf balls in his prime showing just how flexible the game really is.

Officially football games involve 11 players on each side including one goalkeeper each with a range of substitutes depending on the competition being played in. For unorganized kickarounds there can be no limit so you can play with as many or as few per side as you have friends or fellow players to join in. Small sided games such as 5 or 6 a side have become very popular for both fitness and recreation in most countries. There are many reasons why people should get involved in playing football, either informally with friends or as part of an organized club or league. Firstly, to improve your all-round fitness. Football involves using a wide range of muscles as you run around after the ball and chase down your opponents as well as a cardiovascular workout. The main reason though is for FUN! Football is a simple game to understand and is easy for all ages to enjoy.

Football holds 17 specific key-point rules. Let's go through each and explain them briefly.

◆ **The Field of Play** This law regulates everything regarding line markings, football pitch dimensions and how to use them properly. For example, a football pitch must be between 90 and 120 meters long and 45 to 90 meters wide.

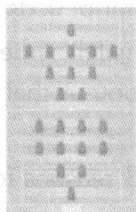


◆ **The Ball** The rules state that the football ball must have a circumference



between 68 and 70 centimeters and a weight between 410 and 450 grams, but they also state that the ball can be made out of “leather or any similar material”.

◆ **The Number of Players** According to the official football rules, a team can bring in 10 outfield players and one goalkeeper on the pitch and can have several substitutes on the bench. The numbers of benched subs as well as the actual number of substitutions that are allowed in a single match vary with the type of the game played. For example, in official matches only 3 substitutions are allowed, with 5, 7 or 9 players on the bench.



◆ **The Player's Equipment** Basically rules of football say that a player must wear a shirt or jersey, footwear, shin pads, shorts and socks and the two teams must have different equipment so that they can be differentiated on the pitch.

◆ **The Referee** The center referee is accompanied and helped by two assistant referees (one on each side of the pitch) and a fourth one that handles small issues like showing injury time duration, checking a substitute player's equipment and replacing one of the three main referees if they can't continue the game.



◆ **The Assistant Referees** The assistant referees are placed on the sides of the pitch (one each) and their main role is to help the main referee with some decisions. Actually, the assistant referee has no decision power, he can only signal a game issue (an offside, a foul, handball and so forth), but it's up to the



central ref if he or she is going to take up the assistant's advice.

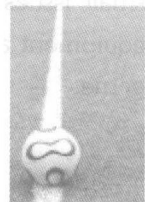
◆ **The Duration of the Match** Standard adult games are limited by the official football rules to two halves of 45 minutes each, separated by a 15-minute break. This is not the actual time of play, since this 90-minute clock ticks even when the ball is out of play, during substitutions and so forth. In order to try to balance this timing a bit, the end of each half also brings a few minutes of "injury time" on the table. In some cases, when the match must have a winner (a knockout match for example), two extra mini-periods of 15 minutes each, with no break between them are added. If the match is tied at the end of extra time as well, the players go on for a penalty-shootout that will eventually decide the winner.



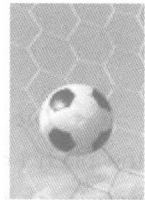
◆ **The Start and Restart of Play** There are 8 reasons for which the game can be stopped and similarly, 8 ways to restart it. Each period of time starts with a kick-off and the game is also restarted with a kick-off if a team scores a goal. If the ball goes out on the side lines, the player who last touched the ball conceded a throw-in. The game is restarted with the other team throwing the ball back into play.



◆ **Ball In and Out of Play** According to the official football rules, the ball is in play all throughout the match duration, except when it passes a bounding line (goal lines and touch lines), when an offence occurs or when play is stopped by the referee. In these particular cases, the ball is out of play and the football players cannot score goals or interact with the ball. In addition, substitutions can only occur when the ball is out of play according to the rules.



◆ **The Methods of Scoring** As long as the ball is in play and no infringements of any rules are being made, the players can score goals. A goal is considered when the ball crosses one of the goal areas with its entire circumference. Goals can be scored from action, from penalty spots and direct free kicks.



◆ **The Offside** A player is offside when he or she is in the



opponent's half of the field and nearer to the opponent's goal line than the ball, unless at least two opponents, including the goalkeeper, are nearer to the goal line than the attacking player or if the opponent receives the ball directly from a throw-in, corner kick or goal kick. Although a player may be in an offside position, a penalty is called only if the referee believes that the player is interfering with play or gaining advantage.



◆ **Fouls and Misconduct** There's a difference between fouls and misconduct that many people fail to understand. A foul can occur when a player tries to get the ball from his opponent and kicks him or pushes him away accidentally, whereas misconduct means that a player willfully targets his opponent and punches, kicks or pushes him away. Depending on the seriousness of the foul or misconduct, the referee can penalize it with a yellow or red card in addition to a free kick or penalty kick.



◆ **Free Kicks** Direct and indirect kicks are the two types of free kicks awarded during a game. A goal can be scored directly from a direct kick. For indirect kicks, the ball must be touched by a player other than the kicker before a goal can be scored. All defending players must stay at least 10 yards from the ball on all free kicks. The ball is in play once it has traveled the distance of its circumference. The kicker may not play the ball a second time until another player has touched it.



◆ **Penalty Kicks** Penalty kicks are conceded when a defended player fouls or commits handball inside the 18 yard box (commonly known as the penalty box). When the penalty kick is taken, the only two players in the 18 yard box are the penalty taker and the defending team's goalkeeper. Everyone else must sit outside the box and can only move towards the ball once it is kicked. So if the penalty is saved by the goalkeeper or strikes the bar, a player could run from the edge of the box and gain possession.



◆ **The Throw-In** When the ball goes out of play on the side lines, the



opponent of the player who last touched the ball will take a throw-in. The throwing method has to follow some rather strict rules; otherwise the referee might dictate a throw-in for the other team. The player taking the throw must keep his feet outside the side line, with the sole on the ground and the actual throw must be executed with the ball over the thrower's head.



◆ **The Goal Kick** The goal kick is a means of restarting play after the attacking team took the ball over the defending team's byline. The goal kick acts as a direct free kick, so if a player would kick the ball so hard that it would reach the opposing team's goal and score, the goal would count.

◆ **The Corner Kick** The last of the 17 rules refers to the corner kick, which occurs when the ball passes over the defending player's goal line, with a defender having touched the ball last. The corner kick acts as a direct free kick taken from the corner of the pitch (if the ball passes the line on the left of the goal, the corner is taken from the left corner and if it passes on the right, the corner is taken from the right corner).



## Words and Expressions

stamina

体力;耐力

American Football

美式足球;橄榄球

cricket

板球

Buenos Aire

布宜诺斯艾利斯(阿根廷首都)

proponent

拥护者,支持者

juggle

耍球;(足球)颠球

cardiovascular

心血管的



field of play	比赛场地
pitch	场地; 草坪
dimension	围度
outfield player	外场球员
goalkeeper	守门员
substitute	替补球员
player's equipment	球员比赛装备
shin pad	(小腿)护胫, 护腿板
differentiate	区分
referee	主裁判
assistant referee	助理裁判; 边裁
offside	越位
foul	犯规
handball	手球
duration of the match	比赛时间
injury time	伤停补时
knockout match	加时赛; 淘汰赛
tie	平分
penalty-shootout	点球决胜
start and restart of play	开始比赛和重新开始比赛
kick-off	开球
score a goal	进球得分
side line	边线
throw-in	掷界外球
ball in and out of play	比赛的进行和中止
offence	进攻
methods of scoring	得分方法
direct free kick	直接任意球
foul and misconduct	犯规和行为不当
opponent	对手
yellow or red card	黄牌或红牌



free kick	踢任意球
penalty kick	罚点球
defended player foul	防守队员犯规
penalty box	罚球区, 禁区
strike the bar	击中门围, 击中门柱或门梁
goal kick	踢门球
corner kick	踢角球
goal line	底线



## Exercises

### I. True or false

There are eight statements for you to make judgment. If it is true, write T; if it is false, write F and explain why in a few words.

- ◆ Football is an exciting sport, which people may be keen on watching. Only the skillful young female athletes can play it.
- ◆ Since there is no limit for the age, everybody can enjoy the fun of kicking the football.
- ◆ If you get a small area and a ball, you can play the football, so it is a widespread sport.
- ◆ Playing football can enhance people's all-around fitness and people can take enjoyment in playing, which are the reasons for people to get involved in this sport.
- ◆ A football should be made out of leather, with the circumference between 68 and 70 centimeters and a weight between 410 and 450 grams.
- ◆ In official matches, a football team consists of 10 outfield players and one goal keeper on the pitch. As for the number of the substitutes, it depends on the competition.



- ◆ The duty of the fourth referee is just to deal with small issues such as show injury time duration and check a substitute player's equipment.
- ◆ Fouls and misconduct are quite different. A foul occurs when a player willfully targets his rival and punches, kicks or pushes him away, while misconduct means a player tries to get the ball from his rival and kicks or pushes away accidentally.

## **II. Translate the following sentences into Chinese**

- ◆ Football is the world's favorite spectator sport and not only that, it's also played by millions of people of all ages, skill levels and genders all over the world.
- ◆ The history of football is littered with anecdotes from its greatest proponents on the world stage having learnt their skills in underprivileged backgrounds by kicking anything remotely shaped like a football.
- ◆ Basically rules of football say that a player must wear a shirt or jersey, footwear, shin pads, shorts and socks and the two teams must have different equipment so that they can be differentiated on the pitch.
- ◆ In some cases, when the match must have a winner (a knockout match for example), two extra mini-periods of 15 minutes each, with no break between them are added. If the match is tied at the end of extra time as well, the players go on for a penalty-shootout that will eventually decide the winner.
- ◆ Penalty kicks are conceded when a defended player fouls or commits handball inside the 18 yard box (commonly known as the penalty box). When the penalty kick is taken, the only two players in the 18-yard box are the penalty taker and the defending team's goalkeeper.

## **III. Discussion**

In what aspects do the American football differ from British football?





## Supplementary Reading

**Super Soccer Star:** Diego Maradona

**Born:** Oct 30, 1960

**Birthplace:** Buenos Aires, Argentina

**Gender:** Male

**Religion:** Roman Catholic

**Race or Ethnicity:** Hispanic

**Sexual Orientation:** Straight

**Occupation:** Soccer, Talk Show Host

**Nationality:** Argentina

**Executive Summary:** Led Argentina to 1986 World Cup Final



Elected the greatest FIFA soccer player of the 20th century (an honor he shares with Pele), Diego Armando Maradona was born in 1960 in a slum outside Buenos Aires, Argentina. He quickly rose to prominence in the Argentinean soccer leagues, and became a major star. But it wasn't until the 1986 World Cup match against that Maradona became a national hero. During the second half of the quarter-final match against England, the Argentinean scored what would become known as the infamous "Hand of God" goal. 114,580 spectators plainly witnessed Maradona use his left hand to toss the ball into the net, but none of the referees claimed to notice. In the end, Argentina beat England 2 - 1.

Maradona was banned from the sport for 12 months after testing positive for cocaine in 1991. He was banned for another 15 months after testing positive for ephedrine during the 1994 World Cup. He tested positive for drugs yet again in 1997, resulting in another suspension. Eventually, Maradona was forced by obesity to retire from the sport, and joined the cast of a weekly Italian TV talk show, *Biscardivenerdi*, which has a huge following in Latin America.

In 2000, Maradona suffered a severe heart attack triggered by a cocaine overdose. Fidel Castro, a fan of Maradona, invited him to undergo detox in Cuba. After that, Maradona told the world he'd kicked his coke habit. In 2004, Maradona suffered another severe heart attack triggered by another cocaine overdose, and woke up in intensive care in a Buenos Aires hospital. His survival was in doubt, and it made headlines worldwide when his respirator was