

Part One    Score  
第一章    足球





One hundred and five Practical  
Oral Words  
(105个实战经典词汇)

**1. About the Fields**(关于场地的词汇)

- ① stadium 体育场
- ② soccer field/soccer 足球场
- ③ penalty box 禁区
- ④ goal 球门
- ⑤ goal line 球门线
- ⑥ goal net 球门网
- ⑦ goal post 球门柱
- ⑧ crossbar 横梁
- ⑨ by-line 边线
- ⑩ center circle 中圈
- ⑪ center field 中场
- ⑫ goal area 球门区
- ⑬ corner area 角球区

**2. About the Rules** (关于规则的词汇)

- foul 犯规
- ② red card 红牌

- ③ yellow card 黄牌
- ④ off-side 越位
- ⑤ hand ball 手球
- ⑥ deny a goal 判进球无效
- ⑦ send off 罚下场
- ⑧ suspend 停赛

### 3. About the Game Systems (关于赛制的词汇)

- ① kick off 开球
- ② first half 上半场
- ③ second half 下半场
- ④ intermission 中场休息
- ⑤ warming up match 热身赛
- ⑥ charity soccer match 慈善足球赛
- ⑦ invitational tournament 邀请赛
- ⑧ return leg 回访赛
- ⑨ relegation 降级
- ⑩ promotion 升级
- ⑪ home ground 主场场地
- ⑫ home match 主场比赛
- ⑬ away ground 客场场地
- ⑭ away match 客场比赛
- ⑮ final eight 前八强
- ⑯ extra time 加时赛

- ⑰ single elimination 单淘汰制
- ⑱ group round robin 小组循环制
- ⑲ home and away 主客场制
- ⑳ aggregate score 总积分

#### 4. About the Tactics (关于战术的词汇)

- ① attack 进攻
- ② all-out attack 全攻型打法
- ③ offence on the wings 边路进攻  
fast break 快速反击
- ⑤ defense 防守
- ⑥ defensive wall 防守人墙
- ⑦ man-to-man 人盯人防守
- ⑧ blanket defense 密集防守

#### 5. About the Moves(关于技术的词汇)

##### 技术统计

- ① shoot 射门  
free kick 任意球
- ③ penalty 点球
- ④ score 得分  
throw in 界外球
- ⑥ corner kick 角球

##### 技术动作

- ① header 头球
- ② dribbling 带球
- ③ pass 传球
- ④ steal 断球
- ⑤ slide tackle 铲球
- ⑥ rebound 反弹球
- ⑦ fake或 feint 假动作

#### 身体素质

- ① stamina 体力
- ② height 高度
- ③ weight 体重
- ④ speed 速度
- ⑤ strength 力量

### 6. About Different Games (关于各类比赛的词汇)

- ① Federation International of Football Association  
(FIFA) 国际足球联合会
- ② Chinese Football Association 中国足球协会
- ③ The Women's World Cup 世界杯女足赛
- ④ Asian Cup 亚洲杯赛
- ⑤ Chinese Series a League 中国足球甲级联赛
- ⑥ The South American Super Cup 南美超级杯赛

- ⑦ European Cup 欧洲杯赛
- ⑧ European Champion's League 欧洲冠军联赛
- ⑨ European Winner's Cup 欧洲优胜者杯赛
- ⑩ UEFA Cup 欧洲联盟杯赛
- ⑪ English Premier League 英格兰超级联赛
- ⑫ Italian Series A League 意大利甲级联赛
- ⑬ Spanish Division One League 西班牙甲级联赛
- ⑭ German Division One League 德国甲级联赛
- ⑮ Dutch Division One League 荷兰甲级联赛

## 7. About the Personnel (关于人员的词汇)

*player* 球员

- forward 前锋
- ② winger 边锋
  - left winger 左边锋
  - ④ right winger 右边锋
- ⑤ center forward 中锋
- ⑥ back 后卫
- ⑦ center mid-fielder 中前卫
- ⑧ center back 中卫
- ⑨ sweeper 自由中卫(清道夫)
- ⑩ left back 左后卫
- ⑪ right back 右后卫


- ⑫ offensive player 进攻球员
- ⑬ defensive player 防守球员
- ⑭ striker 攻击手
- ⑮ freeman 自由人
- ⑯ goalkeeper或 goalie 守门员

*Coach* 教练

- ① head coach 主教练
- ② assistant coach 助理教练
- ③ referee 裁判
- linesman 巡边员
- ⑤ trainer 训练员
- ⑥ general manager of the team 球队总经理
- ⑦ owner of the team 球队老板



### Thirty-Seven Practical Key Sentences

(37个实战经典句型) 

1. What is your **height**? 或 How tall are you?  
你有多高?
2. What is your **weight**? 或 How much do you weigh?  
你有多重?
3. What **position** do you **play**?

你打什么位置？

4. Who in the **English Premier League** do you like to **watch best**?

在英超里你最喜欢看谁打球？

5. Who do you think is **the best player** in China?  
你认为谁是中国最好的球员？

6. I think soccer in China is 15 years **behind that** in Europe.

我认为中国足球落后欧洲 15 年。

7. Soccer **is called only** in the United States.  
Soccer 是美国人对足球的叫法。

8. **The World Cup** is an international competition held every four years with national teams from 32 countries.

世界杯是四年一度的国际性赛事，一共有 32 个国家的国家队参加。

9. If you **win the game**, you will qualify to the division one.

如果你们赢了这场比赛，你们就能升入甲级。

10. Have you ever **played indoor soccer**?  
你玩过室内足球吗？

11. Is he fast enough to **play forward**?  
他打前锋速度够快吗？

12. Have you ever **played goalie** before?  
你以前打过守门员没有？
13. You are **too short to** play goalie.  
你打守门员太矮了。
14. You don't **have a good stamina**, why don't you **play back**?  
你体力不好，还是打后卫吧。
15. He is suitable of playing forward.  
他最适合打前锋。
16. I have decided to let you **guard him**.  
我已决定让你去防他。
17. I can't put Mark on him, he is too much slower than Mark.  
我不能让马克去防他，他比马克慢多了。
18. I think the coach should better **put Mike on** him, Mike is a much better **defensive player** than David.  
或 I think the coach should let Mike guard him, Mike has much better defense than David.  
我认为教练最好让迈克去防他，迈克的防守比大卫好多了。
19. We have 14 players on our team right now.  
我们队现在有 14 名球员。

20. I have to **make some cuts** on the three players on our team  
我必须裁掉我们队的 3 名球员。
21. I've decided to start Mark as forward, you'll **back him up**.  
我决定让马克出任先发前锋，你作为他的替补。
22. We have to **focus more on defense**, or we can never come back.  
我们必须加强防守，不然我们不可能把比分扳平。
23. You have to know the best time to tackle.  
你必须知道铲球的最好时机。
24. If the object of your tackling is the other man, you may **get a call**  
如果你铲球的目标是对方队员，你就会被吹一个犯规。
25. You must do the throw-in with two hands.  
掷界外球必须用双手。
26. You can **throw the ball farther** if you bring the ball behind the head while throwing.  
如果你把球置于脑后再掷，你能把球掷得更远一些。
27. You have to throw the ball in the spot where

the ball left the field of play.

你必须在球出界地方掷界外球。

28. You have to jump higher to **hit a header**.

要顶到头球你还要跳得更高才行。

29. Throw the ball into the air for them to head.

把球扔到空中让他们顶头球。

30. He tackled me from behind just now.

他刚才从后面铲我的球。

31. **Kick the ball out**, so we could have time to  
**go back on defense**.

把球踢出界外，这样我们能有时间回防。

32. I think the problem they have with the striking **has something to do with** their confidence.

我认为他们射门上的问题与自信心有关。

33. Be more **aggressive on defense**.

防守积极一些。

34. Let me **take the corner kick**.

让我来发角球吧。

35. You should pass the ball before they **trapped you**.

你应该在他们夹击以前就传球。

36. You have to learn how to **play under pres-**

sure.


你要学会在有压力的情况下打球。

37. You have to move, for soccer is a running game.

你要动起来才行，足球是需要跑动的比赛。



### Eleven Practical Situational Conversations

(11个实战经典对话) 

#### Conversation One (对话 1)

Mark: Something's **wrong with** you.  
What's on your mind?

马克 你今天有些不对 你在想什么？

Mike: Nothing's on my mind.

迈克：我没想什么。

Mark: It all started when you **missed the first shot.**

马克：从你射失了第一个球开始，你就有些不对劲了。

Mike: Right, that was such a pity. I should've scored. I guess it gets to me later on.

迈克：对。我觉得很可惜，我认为自己是能进那个球的，我想我后来受了些影响。

Mark: **Come on**, there is no such thing as a perfect game! Maradona has never played a perfect game... he has always missed some shots. If you **miss a shot, forget it**... you'll probably **make the next one**.

马克：不要这样想。世界上没有完美的比赛，就算马拉多纳也不能保证有完美的表现。他也经常射失球。如果你射失一个球，赶快忘记它，你可能会射进下一个球。

Mike: I know, but I can't do it. I wish I would have the kind of **mental toughness** just like you.

迈克：我知道，但我做不到。我真希望能有你的这种心理承受力。

Mark: I can't do that either. As I started to say, there's **no perfect game**. there's **no perfect player**. All you have to do is **keep playing hard** and **concentrate on the game**.

马克：我也做不到。就像我刚才说的，没有完美的比赛，没有完美的球员。你所需要做的只是努力打球，把精力集中在球赛上。

## Conversation Two (对话 2)

Mike: Did you watch the “The ten greatest soccer players of the century” **vote**?

迈克：你有没有看昨晚的世纪十大最佳球员评选？

Tom: No, who are they?

汤姆 没有 怎么 有哪些球员当选？

Mike: Frankly speaking, I don't **think too much of** them.

迈克 说实在话 我对此还真不以为然。

Tom: You don't think they are great enough?

汤姆：你认为他们还不够优秀？

Mike: Of course they are the greatest ones, but they are not great enough **to be legends**.

迈克：他们自然是最优秀的球员，但他们的传奇性还不够。

Tom: Not great enough to be legends?

汤姆：还不够传奇？

Mike: A legend in a sport **leaves his mark on the game**. He transcends it. Playing well isn't enough. Winning isn't enough. It is only when a man **seizes the game and shapes it, bends it, changes it** by the force of will, skill,

and body that he **becomes a legend.**

迈克：一个真正的传奇巨星应该超越比赛，在历史上留下属于自己的，独特的东西。只能打好比赛是不够的，仅仅能赢球也是不够的。他应该做到能控制比赛，用自己的精神力量 技术 及身体去溶入其中 并真正的改变了这项运动 他才能称得上“ 传奇 ”。

Tom: What are **the legends of soccer on your mind?**

汤姆：那在你心目中的足球运动的传奇巨星应该是哪些呢？

Mike: Pele. He is the MJ in soccer, MJ **brought the concept** of “airman” **into** the NBA, and Pele **brought the skills and moves** never before imagined.

迈克：首先是贝利，他就是足球界的乔丹，乔丹把“飞人”的概念带进了 NBA，贝利则是把他前所未有的技术动作引入了足球。

Tom: I agree. what about the next one?

汤姆 这我同意 ,下一位呢？

Mike: Sir Stanley Matthews, he was Bob Cousy with a soccer ball. He **raised dribbling** to a high art. The third one is Alfredo di Stefano.

He was the game's first truly **complete player**.

迈克：斯坦利·马休斯爵士他是足球场上的鲍布·库西，他把控球技术带到了一个艺术的高度。第三位是阿尔弗雷多·斯蒂法诺，他是足球场上第一个真正的全能球员。

Tom: I've never **heard of** the two of them.

Maybe I should go get some books about them.

汤姆：这两人我倒没有听说过，或许我应该去找一本书来看看。

### Conversation Three (对话 3)

Mark: I can't believe David's team could play so well this year.

马克：真想不到大卫的队今年能打这么好。

James: Nobody expected they could play this well in the preseason.

詹姆斯是啊 赛前没有人能想得到。

Mark: I think the reason they played so well was they **had very good defense**.

马克：他们能打这么好的主要原因是他们的防守。

James: Actually, I think their defense is the best **so far**.

詹姆斯：他们是今年防守最好的球队

Mark: They have Gill Miller, Mike Jackson. They two are maybe the best defensive players this year.

马克 他们有基尔·米勒、迈克·杰克森。他们俩也许是今年最好的防守球员。

James: And the goalie Tom Campbell also, the top pick in this year's draft, he's played so well.

詹姆斯：还有守门员汤姆·堪贝尔，今年的选秀状元，他的表现上佳。

Mark: Even more important, they have a very good **head coach**: Randy Wittman. He's got them **executing their offense** and **playing together**. There's no one guy you can single out and say, "We haven't played him at all." I think that was the biggest reason they **have such a good record**.

马克：更为重要的是他们的主教练兰迪·怀特曼非常出色，他让全队上下齐心，致力于防守。每个人都尽力而为，你不能把任何一个队员单列出来，说：“我们一点都没有用上他”。我认为这才是他们获胜的关键。