

C 姜培新 2007

内容提要

本书以英、汉双语的形式将足球运动展现给读者。全书共分为足球运动概述、基本技术、基础战术、练习方法、常用术语、运动损伤及治疗、足球竞赛规则和规则问答等八个部分，是一部较为全面的关于足球知识和技能的著作。

本书可以作为普通高等院校学生、体育教师、运动员、教练员的学习与参考读物。

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Preface

A football expert once said that football is war, while at the same time it is also chess and ballet. I believe that football can be like war because the fierce struggle on a football field sometimes resembles combat. Football can also be likened to a game of chess because football is a sport that requires strategy and tactics, much like playing chess. Football is also similar to ballet in a sense. The body movements of players during matches are nearly as rhythmic as those of ballet dancers. Not only does the movement of a football player's feet show extraordinary balance, but the sport overflows with lively movements during matches. War, chess and ballet, any one of them can excite spectators, but only football has the quality of all three of those endeavors.

As for football it now arguably ranks as the world's major spectator sport. After all, when neither social origins nor status count for anything, it does not matter whether you are young or old, poor or rich, well-educated, out-of-work or successful, intellectual or working class. It is equally at home in cozy living rooms and cool lofts, chic in-places and smoke-filled corner pubs, people everywhere can add their say, share the anxiety or join in the quarrel. Football would appear to be a universal language that everyone speaks and understands.

As the most popular sport in the world, football is a universal language that can help bridge divides. No matter where you go on this planet, you can find someone playing this sport. From professional league

play in England to a pick-up game in Japan, football is understood to be a symbol of sportsmanship and excitement. All ages can enjoy playing and watching this sport. From World Cup to small community games, this sport teaches the value of the team, which helps each player in the "real world".

No one can deny the fact that English is the global language. It is sweeping the planet's physical, economic, cultural, and cyber space. In fact, not all people of the world worship football and English, but both of them are an important part of their culture. Football can bring you happiness, and English can make you rich. I hope the readers of this book can appreciate the graces and delight in football English when they are learning the basic football skills and related knowledge of it.

In this book, the football game is described to the readers with the English and Chinese languages, and it is the more comprehensive product about football knowledge and skills. The new concepts are to be introduced in all contents, and modern tendency is to be performed in the text. It will be acted as the book for students as well as are reference for physical teachers, coaches, and players.

The world renowned 2008 Olympic Games will be held in Beijing. It provides the opportunity to improve the exchange among peoples all over the world. The purpose of the book is to be a bridge among Chinese, international peoples and athletes.

The author is most appreciative of all contributions, assistance, guidance from experts and professors.

Author
2007-3

前 言

一位足球专家曾经说过：“足球比赛像战争，同时它也像下棋和跳芭蕾。”我相信，将足球比赛比喻为战争那是在足球场上剧烈的拼抢有时候类似于战场上的格斗。在一场足球比赛中，如果一方取胜，另一方必定是失败者，恰似战争的结局。足球是一项需要运用策略和战术的运动，所以它更类似于下棋。从某种意义上说，足球也像芭蕾。运动员在比赛中的身体动作几乎与芭蕾舞演员有着同样的节奏感。他们所表现出来的不只是那种不同寻常的脚步和平衡动作，更有那足球运动中所充溢着的青春与活力。但是，战争（格斗）、棋类和芭蕾都只能单方面地激发观众的兴趣和热情，而唯有足球能够将这三种中的全部优良品质和内涵集中于一体，使观众迸发出激情并为之倾倒。

可以断言，足球是世界上拥有观众最多的运动项目。毕竟，在观看足球比赛的时候无论如何不会去限制观众的出身或血统，也不需要身份或地位的认证。无论是青年人还是老年人、穷人或富者、知识分子、失业者或工人阶层均可成为观众的一员。温暖的起居室和冰冷的阁楼、高雅舒适的场所和街角上烟雾弥漫的酒馆，都是人们对足球施加评论、分担忧虑或参与争辩的地方。

作为全世界最为普及的一项体育运动，足球也是各国人民借以沟通的一种世界语言。从英格兰的超级联赛到正在崛起的日本足球，在地球上每一个角落，都能找到足球运动的知音。足球被认为是体育运动的风尚和激情的象征，各种不同年龄的人们都可以通过亲身参与或观赏足球比赛而获得欢乐。从世界杯到社区规模的小型群体比赛，足球使人们认识到团队精神的重要作用，它将参与者带入了一个更为“真实的世界”。

没有人会否认英语是世界性语言。它风行国际体育、经济、文化和互联网等领域中的方方面面。事实上，并非世界上所有的人都

崇尚足球或喜欢英语，但足球和英语确是各国人民文化当中极为重要的一部分。足球会带给你欢乐，英语会使你充实。我希望本书的读者在学习足球基本技术及其相关知识的同时，也能领略到足球英语的风采和乐趣。

本书以英汉双语的形式将足球运动展现给读者，是一部较为全面的关于足球知识和技能的作品。各部分内容均力求以最新的概念出现，并体现出鲜明的时代特色。它可以作为我国普通高校学生、体育教师、教练员和运动员的学习和参考资料。

令全世界瞩目的体育盛会——2008年北京奥运会即将拉开帷幕。它为世界各国人民提供了交往的机会，能为中国与世界各国人民和运动员之间搭建一座双向沟通的桥梁。这也是本书希望达到的一个主要目的。

在编写的过程中，得到了许多专家、教授的帮助和指导，在此，谨向他们表示最诚挚的谢意！

编者
2007年3月



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Introduction

足球运动概述

The origin of football can be traced back to 300 B.C. in ancient China. There is documentary evidence that a football-like game was played by the Chinese military men during the Han Dynasty.

足球运动的起源可以追溯到公元前 300 年的古代中国。有资料记载，中国汉代的军队中就流行着一种类似于足球比赛的游戏。

Britain is the undisputed birthplace of the modern football. While the modern game of football started with the foundation of the Football Association of England in 1863, its roots extend to opposite ends of the earth.

英国是无可争辩的现代足球运动的发源地。1863 年，伴随着英格兰足球协会的诞生，现代足球运动开始了其辉煌的历程，它的根基和影响力扩展到世界上每一个角落。

In 1900, football became one of the first team sports included in the Olympic Games. During the Sydney Games, the sport celebrated 100 years of Olympic football. Women's football was introduced at the 1996



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Olympic Games, when the final attracted a world record crowd for a women's sporting event of 76,000 people.

1900 年，足球作为首批的集体竞技项目之一进入奥运会赛场。在悉尼奥运会期间，奥运足球度过了它 100 周年的纪念日。女子足球于 1996 年被纳入奥运会竞赛项目之中，在决赛中，吸引了 76 000 名之多的观众，创女子体育比赛中单场观众最多的世界纪录。

When FIFA was founded in Paris in May 1904, it had seven founder members: France, Belgium, Denmark, the Netherlands, Spain, Sweden and Switzerland. Today, FIFA comprises 207 football associations in the four corners of the earth. According to statistics, there are now more than 250 million players, of whom 40 million are women. Exactly 99.8 percent are amateurs and only 0.2 percent are professional players. 80 percent of the players are young people.

1904 年 5 月，国际足球联合会在巴黎成立。法国、比利时、丹麦、荷兰、西班牙、瑞典和瑞士等七个国家成为创始成员。今天，国际足联已在全世界范围内拥有 207 个成员。据统计，全世界有超过 2.5 亿人在踢足球，其中有 4 000 万为女性。确切地说，业余运动员占 99.8%，专业选手仅占 0.20%。其中有 80% 是青年人。

The First World Cup Football was staged in 1930 in Uruguay. The tournament is played every four years and has become the world's most popular sporting event. Olympic football competition was traditionally limited to amateur players, therefore, it has been largely overshadowed by the World Cup. In an attempt to invigorate football at the Olympic Games, eligibility requirements were modified in the 1980's to allow the participating of professional players. Olympic players must be aged 23 or under, but each team is allowed to field three over-age players.

第一届世界杯足球锦标赛于 1930 年在乌拉圭举行。这项每四年举办一次的足球比赛成为世界体坛上最受欢迎的赛事。按照惯例，奥运会足球比赛只允许业余运动员参加，所以，与世界杯足球赛相



比，其精彩程度便大打折扣。为改善这种状况，20 世纪 80 年代，国际奥委会对足球运动员的参赛资格进行了适当的修改，允许年龄不超过 23 岁的职业运动员参加比赛，但是每队上场队员中可以有 3 名超龄队员。

Football is a favorite with people all over the world. It is regarded as the “King of Sports”, because of the features of the large playing field, long playing time, many participators, fierce antagonism, and appreciation to audiences.

足球运动深受世界各国人民的喜爱，有“运动之王”的美称，原因是场地大、比赛时间长、参加人数多、对抗性强和极具观赏性。

Americans call the game “soccer” instead of “football” which stands for rugby there. In England and other countries speaking English call it “association football” or “football”.

足球运动在美国被称为“soccer”，而“football”则指橄榄球运动。在英国和其他说英语的国家称其为“football”或“association football”。

Football is a sport requiring high levels of physical fitness. It demands a multiple quality which include speed, power, agility, flexibility and endurance. Players at top levels can run over 14 km in a game while they must undertake the frequent accelerations, decelerations, changes of direction and jumps.

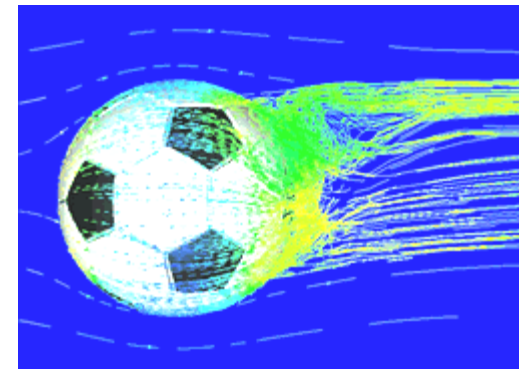
足球运动对身体条件的要求较高，它要求运动员具有包括速度、力量、灵敏、柔韧以及耐久力在内的全面型身体素质。优秀运动员在一场比赛中的跑动距离会超过 14 000 m，这个过程还必须包括各种频繁的变速、变向跑以及跳跃等动作。

Although football is a sport, it represents more. It is a way of developing human body and a vehicle of communication for all people. The players from many different backgrounds can come together not



only for the purpose of winning, but more importantly to learn about each other and strengthen friendship.

足球运动所表现出来的丰富内涵已远远超出了其运动本身的意义。它是锻炼身体的一种方式，同时也是承载人们思想感情并借以相互沟通的一种社会交往途径。来自不同社会背景的运动员聚集在比赛场上，其目的不仅仅是为了赢得比赛，更重要的是获得了互相学习和增进友谊的机会。



Basic Skills

基本技术

The basic skills of football are the general name that the players use their feet or the other part of the body which the rules permit to play the ball rationally with purpose and consciousness.

足球基本技术是运动员在比赛中有目的、有意识地利用脚和规则允许的身体其他部位合理地处理球的方法的总称。

The basic skills include: kicking, trapping, dribbling, feinting, tackling, heading, throw-in and goalkeeping.

足球基本技术包括：踢球、接球、运球、假动作、抢截球、头顶球、掷界外球以及守门员技术。

1 Kicking 踢球

Kicking is a vital skill that a player should grasp. It is the main way to pass and shoot.

踢球是足球运动员应掌握的一项重要基本技术。它是传球和射门的主要手段。

1.1 Inside-of-Foot Kick 脚内侧踢球

Over 75% of passes are made using the inside-of-foot kick in football game. It is the simplest and most accurate method for short distance passes.

在足球比赛中，有 75% 以上的传球都是采用脚内侧踢球的方法

来完成的。这是短距离传球的一种最简单、最准确的踢球技术。

Main points 动作要领:

Face the ball and the target, approach the ball in a straight line. Place the non-kicking foot about 15 cm from the side back of the ball with the knee slightly bent, and the toe-end point toward the target. Swing the striking leg from back to front with the knee and the toe turned outward, when contacting, the sole of foot should be parallel to the ground and the ankle locked, kick the back middle of the ball with the inside-of-foot. After kicking, the striking leg should be in the direction of the ball flight (Figure 1).

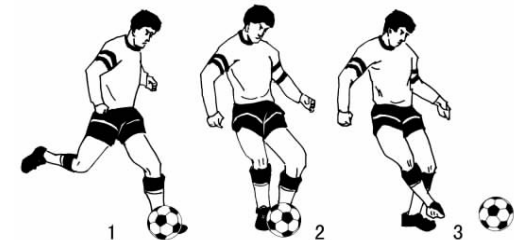


Figure 1

面对球和出球方向，直线助跑，支撑脚踏在球的侧后方约 15 cm 的地方，膝关节稍弯曲，脚尖指向出球的方向。击球腿由后向前摆，膝关节与脚尖外转，击球的瞬间脚底和地面平行，踝关节固定，以脚内侧击球的后中部。击球后，击球腿继续随球前摆（图 1）。

1.2 Inner Edge of Instep Kick 脚背内侧踢球

It is suitable for middle and long distance passing and shooting. Usually, it is used to play high pass or swerving ball.

适用于中、远距离传球和射门。通常，用脚背内侧传高球或踢出弧线球。

Main point 动作要领:

Make an angled approach, it is approximately 45 degrees between



the direction of approach and the way of the ball. Plant the supporting foot on the back side about 20 cm from the ball. Bend the knee slightly, the toe-end towards the direction which the ball will move, slope the body to the supporting foot slightly. When the supporting foot touches the field, the kicking leg swing from back to front with the shin following the thigh. While the body turn towards the way of the ball, the knee is nearly above the inside of the ball, the shin make an explosive swing instantly, the toe-end turn outwards and downwards, keep the instep tight, strike the back bottom of the ball with the inner edge of instep (Figure 2) .



Figure 2

斜线助跑，助跑的方向与出球的方向约成 45° 。支撑脚踏在球的侧后方约 20 cm 的位置，膝关节微屈，脚尖指向出球的方向。身体微向支撑脚一侧倾斜。支撑脚踏地的同时，击球腿大腿带小腿由后向前摆。当身体转向出球方向，膝盖摆至接近球的内侧上方的刹那，小腿做爆发式前摆，脚尖稍外转，脚面绷直，脚尖指向斜下方，用脚背内侧击球的后下部（图 2）。

1.3 Instep Kick

脚背正面踢球

The instep kick is the most powerful kick in football skills. Usually, it is taken to play a middle and long pass or shot.

脚背正面踢球是足球技术中最具力量的一种踢球方法。通常，



在中远距离的传球或射门时被采用。

Main points 动作要领：

Make a straight approach, place the non-kicking foot at the side back 15-20 cm from the ball with the toes pointing to where you want to kick it, and the knee bended slightly. The kicking leg swing backward with the knee bended. When the non-kicking foot touches the field, swing the kicking leg from back to front with shin following the thigh. As the knee swing nearly the vertical point above the ball, the shin make an explosive forward swing instantly, the instep is tight, the toe-end towards the field vertically, strike the back middle of the ball with the full instep (Figure 3) .



Figure 3

直线助跑，支撑脚踏在球的侧后方 15~20 cm 的位置，膝关节微屈，脚尖指向出球的方向。击球腿屈膝后摆，在支撑脚踏地的同时，击球腿大腿带小腿由后向前摆。当膝盖摆至球的垂直上方的刹那，小腿作爆发式前摆，脚背绷直，脚尖垂直指向地面，以脚背正面击球的后中部（图 3）。

1.4 Outer Edge of Instep Kick 脚背外侧踢球

It is used to shoot and pass for variety of distance, also play a bending kick.

脚背外侧踢球适用于各种距离的传球和射门，亦可以踢出弧线球。





Main points 动作要领:

It has the same essentials as the full instep kick, only the toe-end and the knee of the kicking leg turn inside, strike the back middle of the ball with the outer edge of instep.

脚背外侧踢球与脚背正面踢球基本相同，只是在击球的瞬间踢球腿的膝关节和脚尖内转，以脚背外侧击球的后中部。

When play a bending kick, the body should slope to the non-kicking foot slightly, while ankle makes force, chop the back-side part of the ball with the outer edge of instep (Figure 4).

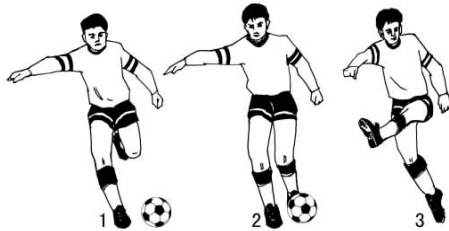


Figure 4

踢弧线球时，身体稍向支撑脚一侧倾斜，踝关节发力，用脚背外侧切击球的侧后部（图4）。

1.5 Chipping 搓球

The chipping is a football kicking technique used to quickly lift the ball over short distances , for example , to pass the ball over an opponent to one of your team players, or to lift the ball into the penalty area from a few meters away.

搓球是将球快速铲起使其越过较短距离的一种踢球技术。例如，将球搓起越过对手传给同伴，或从几米以外的地点将球搓起吊至罚球区内。

Main points 动作要领：



The chipping uses a stabbing or chopping motion, in which the lower part of the foot makes contact low down on the ball. The knee of the kicking foot is bent, and high at the end of the follow-through. As for the lofted kick it is best to lean back slightly, but with the head down looking at the ball, the non-kicking foot should be placed slightly behind the ball.

搓踢技术的要领是用脚的前半部分以插入或切入的动作去击球的底部。完成击球后，击球腿屈膝继续上摆。采用这种踢法时，最好使身体微向后仰，面朝下，注视球，支撑脚应踏在球的后面微向球靠拢的位置。

1.6 Back Heel 脚跟踢球

Back heel has a good concealment, and it is suitable for short pass of sudden changing direction.

脚跟传球具有良好的隐蔽性，它适用于突然改变方向的短距离传球。

Main points 动作要领：

Place the supporting foot at the side to the ball, the kicking leg swing forward over the ball, then the shin swing backward with the knee bended, kick the front center of the ball with the heel (Figure 5).

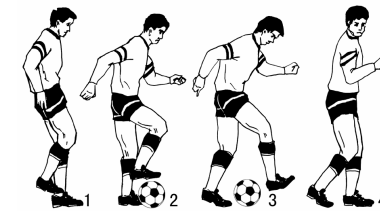


Figure 5

将支撑脚踏在球的侧面，击球腿从球的上方向前摆动并超越球的位置，然后屈膝，小腿后摆，用脚跟击球的前中部（图5）。



1.7 Volley Kick 踢凌空球

A volley is playing the ball with the foot while it is in the air. Timing is the most important aspect in volleying.

踢凌空球是运动员用脚处理空中球的一种技术动作。击球时机的把握是至关重要的。

Main points 动作要领：

The upper body and hips should be facing the direction from where the ball is coming, place the toe of the supporting foot aimed at the target. As the ball arrives, swing the kicking leg while naturally turning in direction of the target, strike the middle of the ball with the instep, then the striking leg should be in the direction of the ball flight.

身体正对来球，支撑脚的脚尖指向出球的方向。当球临近时，迅即摆动击球腿，身体亦随之自然转向出球方向，以脚背正面击球的中部，完成击球后，击球腿继续随球前摆。

1.8 Side Volley 侧身踢凌空球

It is used when the ball is at your side, just about waist high. The side volley is quite difficult to execute as it requires precise timing and a good sense of balance.

当球在身体的一侧，位于腰部高度时，可采用侧身踢凌空球的技术。这种技术具有较大的难度，它要求运动员准确地掌握击球时机并具备良好的身体平衡能力。

Main points 动作要领：

Raise kicking leg by the side, parallel to ground, and draw it back with the knee bending, keep the weight of the body on balancing foot. Front shoulder should be facing target, swing the kicking leg from back to front with shin following thigh, kick the top half of the ball with instep (Figure 6)

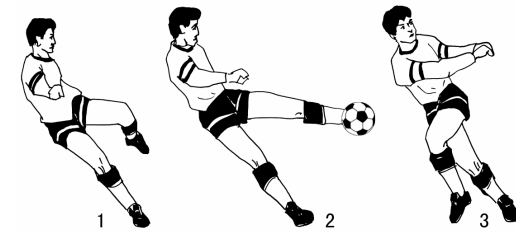


Figure 6

击球腿于体侧抬起，平行于地面且屈膝后引，身体重心落在支撑脚上。前侧肩正对出球方向，接着，击球腿大腿带小腿由后向前摆，以脚背正面击球的上半部（图6）。

1.9 Overhead Kick 倒钩踢球

If it is the only chance to hit the ball to the target behind you when the ball is in the air, the overhead kick can be used.

如果有唯一的机会能够将空中的来球踢向你背后的目标，可采用倒钩踢球的技术。

Main points 动作要领：

Keep your back to the target and eyes on the ball. When the coming ball is about head level, strike the ground by the kicking foot and swing up the non-kicking foot to move you upwards. Then tilt the upper body backwards and as you begin to drop, snap the kicking foot towards the ball and bring the non-kicking leg down, in a scissors-like motion, hit the ball with the instep of foot. After kicking the ball, stretch out the arms behind you with the palms facing the ground to reduce the impact (Figure 7) .

身体背向出球方向，两眼注视来球。当球到达头前上方时，以击球腿蹬地起跳，另一腿同时上摆，带动身体向空中腾起。接着，上体后仰，在身体下落的瞬间，非击球腿向下摆动，而击球腿则向球的方向急速挥摆，在一个剪绞式的动作中，以脚背正面将球击出。



完成击球后，两臂在体后伸出，以手掌触地，减缓下落时的冲力（图7）。

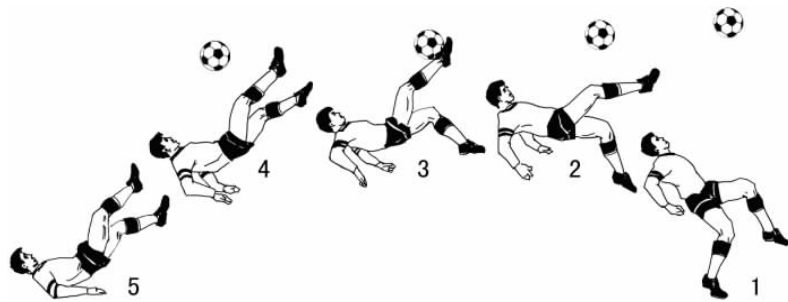


Figure 7

1.10 Swerving Kick 踢弧线球

The purpose to make a ball bend or curve is to get it around an opponent and toward an intended target. The key to getting a ball to bend is to put spin on the ball with enough velocity as making it move.

踢弧线球的目的是要使球绕过防守队员朝着预期的目标运行。使踢出的球沿弧线运行的关键是要使其产生足够的旋转速度。

Main points 动作要领：

If you want the ball to be bent using your right foot and toward your left, plant your left foot closer to the ball than you normally would (instead of 15-20 cm from the ball, plant your foot 10-15 cm from the ball). By doing this, you will make contact with the ball 5 cm from the center of the ball. By striking the ball in this area, it will generate sidespin on the ball. If the ball is struck with enough velocity, this spin will cause the ball to begin to bend.

以右脚踢球为例，若要向左侧踢出弧线球，那么左脚（支撑脚）应踏在球侧距球 10~15 cm 的位置，与常规的支撑脚站位（距球 15~20 cm）比较，向球靠近了 5 cm，因而也使击球点偏离球的中心外移



5 cm。在这个部位击球，会使球产生侧旋，如果摆腿的速度足够快，那么球就会产生强烈的旋转继而沿弧线运行。

If you want to make a ball bend toward your right with your right foot, you would want to step further away from the ball with your left foot and kick the ball with the outside of your right foot. By doing this, you can make the ball bend towards your right.

如果要向右侧踢出弧线球，支撑脚（左脚）应站在相应的离球较远的位置，用右脚的外侧击球，这样，可使球沿弧线向右侧飞出。

2 Trapping 接球

Trapping is a basic skill which is used for receiving a ball from varied directions and states with different parts of the body except for the arms in football game, so the players can control the ball or take another move.

接球是足球比赛中运动员运用除手臂以外的身体任何部位将不同方向和各种状态的来球接住，以便能够对其进行控制或做下一个动作的一项基本技术。

2.1 Sole of Foot Trap 脚底接球

This trap is good for controlling rolling balls. To make this trap the ball is stopped between the bottom of your foot and the ground.

这是一种有效的控制地滚球的接球技术。脚底接球是将球停在脚底与地面之间。

Main points 动作要领：

To do this, face the path of the ball, and crouch your body slightly. Be sure to keep the weight of your body on the non-trapping leg. Place your trapping foot about 30 cm in front of you and the knee is bended a little. Point your toe up, with your heel raised about 3 cm off the ground. Holding your arms out to the side may also help you keep your balance.



As soon as the sole of your foot makes contact with the ball, press the toe down slightly and stop the ball between the sole of your foot and the ground (Figure 8) .

接球时,要面对来球,重心微下移并落于支撑脚上。接球脚向前伸出约30 cm,膝关节微屈,脚尖上翘,脚跟离地约3 cm,两臂向两侧伸出以维持身体平衡。在脚底与来球接触的瞬间,脚尖轻下压将球停在脚底与地面之间(图8)。



Figure 8

2.2 Inside of Foot Trap 脚内侧接球

This is the largest area of foot and the most frequently used to receive a ball.

脚内侧是脚部面积最大的一个区域,因而也是最常用的一个接球部位。

Main points 动作要领:

To make an inside of foot trap, turn your body towards the ball, raise the trapping leg, and bend the knee slightly, face the inside of the trapping foot towards the ball. On contact, the trapping leg, angle, and foot must be relaxed and drawn back slightly to reduce the momentum (Figure 9) .

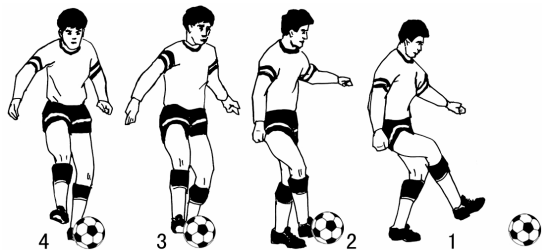


Figure 9



脚内侧接球时,将身体转向来球方向,接球腿抬起,膝关节微屈,接球脚的内侧正对来球。触球的刹那,接球腿及其踝关节和脚部充分放松并稍向后撤以缓冲来球力量(图9)。

The inside of foot can be used to receive a bouncing ball. First, you should judge where the ball will bounce, then lift your trapping leg with the inside of the foot in a position to face the path of the ball. Meet the ball as soon as it rebounds from the ground, and hold it (Figure 10) .

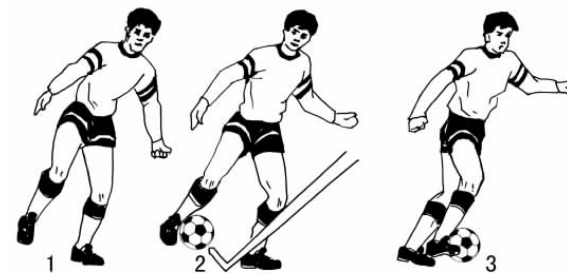


Figure 10

也可以用脚内侧接反弹球。首先要判断好来球的落点,然后将接球腿提起,以脚内侧对准球将要弹起的方向。在球弹离地面的瞬间,用该部位触及来球,并将其控制住(图10)。

2.3 Outside of Foot Trap 脚外侧接球

The outside of foot trap is frequently used if you want to change direction. It can be utilized to receive ground balls and bouncing balls.

接球的同时需要变向时,常采用脚外侧接球技术。这种技术可以被用来接地滚球或反弹球。

Main points 动作要领:

To trap a ground ball, raise your trapping foot off the ground, keeping it slightly ahead of the other foot. On contact the trapping leg, angle, and foot must be relaxed and drawn back slightly in the same direction the ball is going. As the ball is trapped you must sweep it



forward to get ready for next move (Figure 11) .

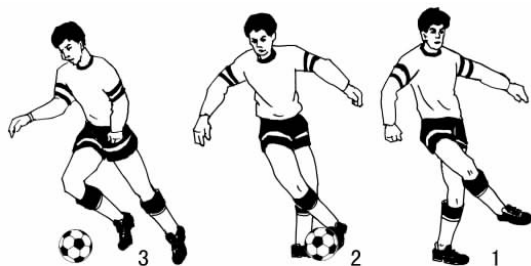


Figure 11

接地滚球时，将接球脚抬起置于支撑脚稍前一点的位置，球与脚接触的瞬间，接球腿、踝关节以及接球脚充分放松，顺着来球的方向稍后撤将球停在脚下，并立即将其向前推出准备做下一个动作（图 11）。

To trap a bouncing ball, lift your trapping foot up and slightly ahead of the other foot. As soon as the ball bounces, swing your leg toward the ball, and sweep the ball with the outside of your foot. The ball should land slightly to the side of you, and then the next move should be done.

接反弹球时，接球脚在支撑脚稍前一点的位置向上提起，在球从地面上弹起的瞬间，接球腿向球的方向摆动，以脚外侧触击球，使球落在靠近身体一侧的位置，然后衔接下一个动作。

2.4 Instep Trap 脚背正面接球

This technique is useful when the ball is falling to you from a steep angle. It requires speed, precision and an excellent sense of timing. As usual your support leg should bear your weight. The other leg must be lifted as high as possible with the knee slightly bent. At the moment of contact, bring your leg down, as the same speed as the descending ball and then gradually settle the ball down in front of you (Figure 12) .

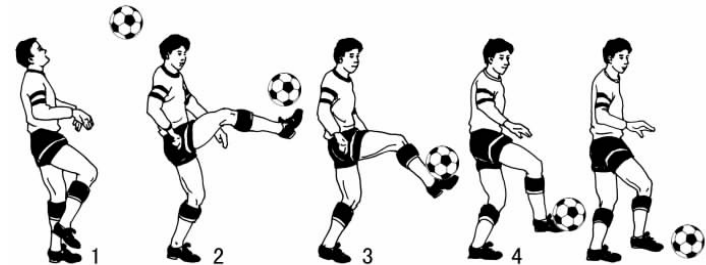


Figure 12

用脚背正面去接近乎垂直下落的空中球是一种很实用的方法。这种接球技术对动作的速率、准确性以及时机的掌握均有很高的要求。一般情况下，身体重心应落在支撑脚上，接球腿微屈膝且尽可能地向上抬起。触球的瞬间，接球腿以来球的同样速度下撤，然后逐渐降低速度，使球落于体前（图 12）。

2.5 Thigh Trap 大腿接球

The thigh trap is used to trap falling balls in the air.

大腿接球技术是用来接空中下落的球。

Main points 动作要领：

To make a thigh trap, use the flat part of your upper leg. When the ball comes, face it and raise your trapping leg toward the ball, the knee should be bent so the lower leg is pointing down. As the ball hits the thigh, drop the leg back to cushion it. The ball should bounce slightly up, and drop in front of you (Figure 13) .

接球时，应利用大腿的平面部位。当球从空中飞来时，应面对来球，将接球腿迎球抬起，膝关节弯曲，小腿下垂。触球的瞬间，大腿后撤以缓冲来球的力量，使球微向上弹起，而后落于体前（图 13）。

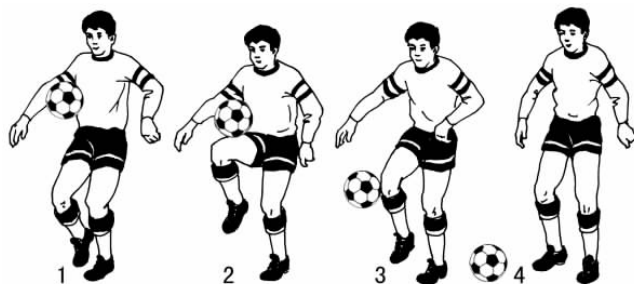


Figure 13

2.6 Chest Trap 胸部接球

The chest trap is used to receive high kicked or bouncing balls.

胸部接球技术被用以接空中球或反弹球。

Main points 动作要领：

For high balls, face the coming ball, have your feet shoulder width apart, bend your knees, and lean back slightly from your waist up. As the ball comes toward you, lean back even more and spread your arms wide. This will help the body with balance, and helps prevent touching the ball with the hands. When trapping, let the ball bounce off the chest and drop in front of you. Then the next move should be followed immediately (Figure 14).

接高球时，面向来球，两脚分开与肩同宽，两膝弯曲，上体微向后仰。当来球接近身体时，上体进一步后仰，两臂向两侧张开以维持身体平衡，同时也能够避免手臂触球。接球时，让球从胸部弹起，而后落于体前并立即衔接下一个动作（图 14）。

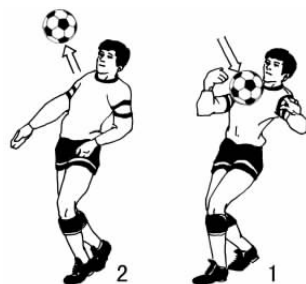


Figure 14

For bouncing balls, face the coming ball, stand with the feet shoulder width apart. When trapping,



lean your body forward from the waist up, and put your chest to the ball, let the ball fall right in front of you, so the next move can be done.

接反弹球时，面对来球，两脚开立与肩同宽，接球的瞬间，上体前倾，用胸部触球，使球落于体前以衔接下一个动作。

2.7 Head Trap 头部接球

The head trap is used to control a falling ball around head height.

头部接球被用以控制从空中下落至头部高度的来球。

Main points 动作要领：

Move to meet the ball, extend your arms for balance, bend your knee slightly, and keep one foot slightly in back of the other with shoulder width. Keep your eyes on the ball until it touches your forehead. As the ball hits, bend your front knee, which will lower your whole body. This will cushion the ball, causing it to bounce just a little, and fall right in front of you (Figure 15).

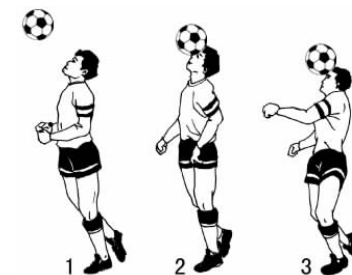


Figure 15

迎向来球，伸展双臂以维持身体平衡，膝关节微屈，两脚分开约与肩同宽，其中一脚微置于另一脚的后面。两眼注视来球直至其触及前额。触球的瞬间前腿膝关节弯曲，身体重心下降，减缓来球下落时的冲击力，使球轻微在头上弹起，而后落于体前（图 15）。

3 Dribbling 运球

Dribbling is a skill which a player carry the ball with any part of his feet while running. Dribbling allows players to maintain possession in



tight spaces and move the ball forward quickly in attack. At its' best, the unpredictability of dribbling can overcome tight marking situations to create goal-scoring opportunities.

运球是运动员在移动的过程中用脚的某一部分带球前进的一种技术。运动员可以采用运球技术在对方紧密防守的区域中保持对球的控制，并且在进攻中能快速地带球前进。其最大的优势在于运动员可以通过变幻莫测的运球动作突破对方的紧逼防守，制造破门得分的机会。

3.1 Instep Dribbling 脚背正面运球

When an attacker who is not marked by the opponent, or he has past the last defender and carries the ball to the opponent's goal, usually, this method of dribbling would be taken, because it allows the player to dribble at speed.

如果进攻队员未遇对方紧逼防守，或他已突破对方最后一名后卫的防守能够快速带球前进时，多采用脚背正面运球技术。

Main points 动作要领：

When running, the whole body is relaxed, and the upper body leans forward slightly, the pace is enlarged. The knee of the dribbling leg is bent and the toes are pointed downward. During stepping forward, push the ball with the full instep onward (Figure 16).



Figure 16

跑动时，身体放松，上体稍前倾，步幅放大。运球腿的膝关节弯曲，脚尖下指。在向前迈步的过程中，用脚背正面推球前进（图16）。



3.2 Inside of Foot Dribbling 脚内侧运球

When approach the defender, you need a lateral dribbling and shielding the ball, the dribbling with inside of foot can be executed.

在接近防守队员需要侧身运球和保护球时，可采用脚内侧运球。

Main points 动作要领：

When running, the whole body is relaxed. The knee of the dribbling leg is bent and the ankle turned out slightly. During stepping, push the ball onward with the inside of foot (Figure 17).



Figure 17

跑动时，身体放松。运球腿膝关节弯曲，踝关节稍外转。在向前迈步的过程中，用脚背内侧推球前进（图17）。

3.3 Outer Edge of Instep Dribbling 脚背外侧运球

Usually, this skill is used for fast and rectilinear dribbling. It can change the direction of dribbling easily, and is possessed of a concealment from passing and shooting.

通常，可利用脚背外侧作快速直线运球。这种运球方法容易改变方向，隐蔽性强，便于传球和射门。

Main points 动作要领：

When running, the whole body is relaxed, the knee of the dribbling leg is bent and the ankle turned in slightly. During stepping forward,



push the ball onward with the outer edge of instep (Figure 18) .

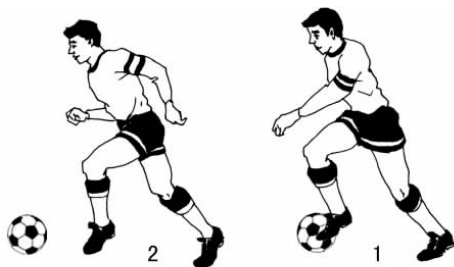


Figure 18

跑动时，身体放松，运球腿的膝关节弯曲，踝关节稍内转，在向前迈步的过程中，用脚背外侧推球前进（图18）。

4 Feinting 假动作

There are many types of feint in football. The object is to get the opponent off balance or unsettled, and then leave him behind.

在足球技术中，假动作的种类很多。运用假动作的目的是要使对手身体重心失去平衡，或产生错误的判断，以此摆脱其防守。

4.1 The Stop and Go “停、进”假动作

Main Points 动作要领：

Jog slowly with ball almost to the point of stopping, usually when a defender is along side of you, and then burst past the defender. For this move the key is simply a change of pace. You can also put the sole of your foot on top of the ball for a second, when stop the ball, and then push it forward.

通常情况下，当防守队员在控球队员的侧面进行盯防时，运球者可将速度减慢至几乎停顿的状态，而后突然快速启动，运球前进，将对手甩开。完成这个动作的关键是要掌握好速度的变化。运球者也可以在运球的瞬间用脚底踩在球的上面将其停住，然后再次运球



前进，摆脱对手。

4.2 The Step Over “球上跨步”假动作

Main Points 动作要领：

The step over is a dribbling trick that is used to put off and dummy defenders. Transfer the body weight to one side, and move the foot on the other side towards the ball as if to turn to that side, but at the last moment step over the ball, and keep going in the same or opposite direction (Figure 19) .

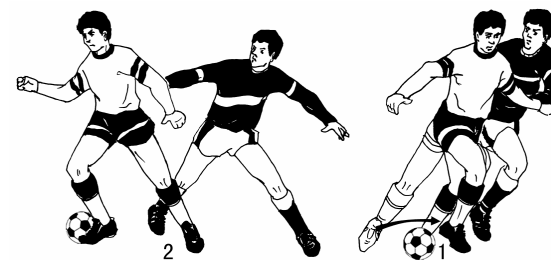


Figure 19

“球上跨步”假动作是用来摆脱和迷惑对方队员的一种运球假动作。将身体重心向一侧移动，仿佛要向同一方向运球，但最终的动却是从球的上方跨过，接着继续向着同一方向或相反方向运球前进（图19）。

4.3 The Fake Shot “传、射”假动作

Main Points 动作要领：

Draw the leg back as you are going to make a pass or take a shot, and then break off the motion just in front of the ball, and you can then move the ball to the left or right to set yourself up for your next play (Figure 20) .

将一腿后摆，仿佛要传球或射门，然后在球的前面突然止住，