

**Романчук Ольга, Матвіяс Ольга, Гошовська Лариса,
Проценко Уляна, Стифанишин Ірина, Юрко Надія,
Коваль Оксана, Литвин Андріана**

АНГЛІЙСЬКА МОВА **Навчальний посібник**

ІГРОВІ ВИДИ СПОРТУ

**Для студентів III курсу
За напрямом підготовки
«фізичне виховання», «спорт»**

ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Романчук Ольга, Матвіяс Ольга, Гошовська Лариса,
Проценко Уляна, Стифанишин Ірина, Юрко Надія,
Коваль Оксана, Литвин Андріана

За редакцією Софії Денисенко

АНГЛІЙСЬКА МОВА

Навчальний посібник

ІГРОВІ ВИДИ СПОРТУ

*Для студентів III курсу
за напрямами підготовки
«фізичне виховання», «спорт»*

Львів–2011

УДК 811.111(075.8)

ББК 81.2 англ.я 73

А 64

*Рекомендовано до друку Вченою радою
Львівського державного університету фізичної культури
(протокол № 9 від 24 травня 2011р.)*

Рецензенти:

Сирко І. М. – кандидат філологічних наук, доцент кафедри практики англійської мови Дрогобицького державного педагогічного університету імені І. Франка.

Ісаєва Г.Т. – кандидат філологічних наук, доцент кафедри іноземних мов для природничих факультетів Львівського національного університету ім. І.Франка.

Англійська мова : навч. посіб. за напрямами підготовки «фізичне виховання» та «спорт» / Романчук О., Матвіяс О., Гошовська Л., Проценко У., Стифанишин І., Юрко Н., Коваль О., Литвин А.; за ред. Денисенко С. – Л. : Норма, 2011. – 103 с.

Навчальний посібник укладений на основі програми курсу за напрямами підготовки «фізичне виховання» та «спорт». Підібрані тексти та розширений лексичний матеріал з ігрових видів спорту спрямовані на розвиток навичок різних видів читання, реферування, письмового перекладу й усного мовлення.

УДК 811.111(075.8)

ББК 81.2 англ.я 73

А 64

© Денисенко С., Романчук О., Матвіяс О.,
Гошовська Л., Проценко У., Стифанишин І.,
Юрко Н., Коваль О., Литвин А.

CONTENTS

UNIT 1. BADMINTON.....	4
UNIT 2. BASKETBALL.....	14
UNIT 3. HANDBALL.....	26
UNIT 4. ICE HOCKEY.....	35
UNIT 5. RUGBY.....	53
UNIT 6. TABLE TENNIS.....	66
UNIT 7. TENNIS.....	78
UNIT 8. VOLLEYBALL.....	92

BADMINTON

Text A

*Pre-text exercises***1. Read and learn the active vocabulary.**

rectangular court, <i>n</i>	прямокутний корт
shuttlecock, <i>n</i>	волан
rally, <i>n</i>	обмін ударами
projectile, <i>n</i>	півсфера
drag, <i>n</i>	опір, гальмування
decelerate, <i>v</i>	зменшувати швидкість
top speed, <i>n</i>	найбільша швидкість
aerobic stamina, <i>n</i>	вища аеробна майстерність
motor coordination, <i>n</i>	координація рухів
sophisticated, <i>adj</i>	складний
employ strokes, <i>v</i>	подавати
jumping smashes	удар в стрибку
subtle stroke	точний удар
deception, <i>n</i>	оманливий рух
body momentum	швидкість руху тіла
smash, <i>n</i>	смеш
return, <i>v</i>	відбивати удар
event, <i>n</i>	змагання
aerodynamic properties	аеродинамічні властивості
netshot, <i>n</i>	в сітку
estimate, <i>v</i>	оцінювати
pass over, <i>v</i>	передати
strike the ground, <i>v</i>	торкнутися землі
international competition, <i>n</i>	міжнародні змагання
anticipate the stroke, <i>v</i>	передбачати удар
speed, <i>n</i>	швидкість пресування

2. Translate without using a dictionary.

Badminton, racquet, sport, court, pass, unique, top, recreational, mixed, fitness, aerobic, technical, motor coordination, situation, delicate, finish, force, opponent, important, expert, identical, direction, body, smash, initial, federation, nation, competition, debut, medal, side, position, ground.

3. Read and translate the text.

Badminton

Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court that is divided by a net. Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents' half of the court. A rally ends once the shuttlecock has struck the ground, and the shuttlecock may only be struck once by each side before it passes over the net.

The shuttlecock (or shuttle) is a feathered projectile whose unique aerodynamic properties cause it to fly differently from the balls used in most racquet sports: in particular, the feathers create much higher drag, causing the shuttlecock to decelerate more rapidly than a ball. Shuttlecocks have a much higher top speed, when compared to other racquet sports. Because shuttlecock flight is affected by wind, competitive badminton is best played indoors. Badminton is also played outdoors as a casual recreational activity, often as a garden or beach game.

Since 1992, badminton has been an Olympic sport with five events: men's and women's singles, men's and women's doubles, and mixed doubles, in which each pair is a man and a woman. At high levels of play, the sport demands excellent fitness: players require aerobic stamina, agility, strength, speed, and precision. It is also a technical sport, requiring good motor coordination and the development of sophisticated racquet movements.

To win in badminton, players need to employ a wide variety of strokes in the right situations. These range from powerful jumping smashes to delicate tumbling net returns. Often rallies finish with a smash, but setting up the smash requires subtler strokes. For example, a netshot can force the opponent to lift the shuttlecock, which

gives an opportunity to smash. If the netshot is tight and tumbling, then the opponent's lift will not reach the back of the court, which makes the subsequent smash much harder to return.

Deception is also important. Expert players make the preparation for many different strokes look identical, and use slicing to deceive their opponents about the speed or direction of the stroke. If an opponent tries to anticipate the stroke, he may move in the wrong direction and may be unable to change his body momentum in time to reach the shuttlecock.

The most powerful stroke in badminton is the smash, which is hit steeply downwards into the opponents' midcourt. The maximum speed of a smashed shuttlecock exceeds that of any other racquet sport projectile. The recordings of this speed measure the initial speed of the shuttlecock immediately after it has left the player's racquet.

Men's doubles player Fu Haifeng of China set the official world smash record of 332 km/h (206 mph) on June 3, 2005 in the Sudirman Cup. The fastest smash recorded in the singles competition is 305 km/h (189 mph) by Taufik Hidayat of Indonesia.

Badminton's governing body the International Badminton Federation (IBF) has about 140 members nations. The IBF estimates about 200 million people play the game worldwide and that more than 1000 players participate in international competition. Badminton's growth accelerated after the game's debut as a medal sport during 1992 Summer Olympic Games.

(Originated from Wikipedia the free encyclopedia)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- | | |
|--------------------------|----------------------------|
| 1) take positions | 6) sophisticated movements |
| 2) rectangular | 7) court jumping smash |
| 3) score points | 8) lift the shuttlecock |
| 4) strike a shuttlecock | 9) anticipate the stroke |
| 5) competitive badminton | 10) governing body |

2. Match the definitions to the following notions.

- | | |
|----------------|--|
| 1) badminton | a) hard-hit overhead shot that forces the shuttle sharply downward. Badminton's primary attacking stroke; |
| 2) midcourt | b) an act of hitting a ball, for example with a bat or racket; |
| 3) net shot | c) a series of hits before a point is scored; |
| 4) shuttlecock | d) a game of hitting a small light kind of ball, originally with feathers around it across a high net using a racket; |
| 5) smash | e) the middle third of the court, halfway between the net and the back boundary line; |
| 6) precision | f) shot hit from the forecourt that just clears the net and then falls rapidly; |
| 7) event | g) official name for the object that the players must hit, composed of 16 goose feathers attached to a cork base covered with leather; |
| 8) agility | h) the quality of being exact, accurate and careful; |
| 9) stroke | i) one of the competitions in a sport programme; |
| 10) rally | j) ability to move quickly and easily. |

3. Combine the following words and translate them.

- | | |
|-------------------|---------------|
| 1) racquet | a) court |
| 2) opposing | b) activity |
| 3) rectangular | c) movement |
| 4) score | d) projectile |
| 5) feathered | e) points |
| 6) top | f) fitness |
| 7) recreational | g) speed |
| 8) mixed | h) sport |
| 9) excellent | i) doubles |
| 10) sophisticated | j) players |

4. Insert prepositions where necessary.

at, of(4), to(3), about, by(3), with(3), over in(4), for, into, on, up

1. ... high levels ... play, the sport demands excellent level of fitness.
2. Expert players use slicing ... deceive their opponents ... the speed.
3. Players score points ... striking a shuttlecock ... their racket, so that it passes ... the net and lands ... their opponent's half ... the court.
4. ... win ... badminton, players need ... employ a wide variety ... strokes ... the right situation.
5. Expert players make the preparation ... many different strokes look identical.
6. Smash is hit steeply downwards ... the opponent's midcourt.
7. Players take positions ... opposite halves ... a court that is divided ... a net.
8. Badminton is an Olympic sport ... five events, ... which each pair is a man and a woman.
9. Often rallies finish ... a smash, but setting ... the smash demands subtler strokes.
10. Because shuttlecock flight is affected ... a wind, competitive sport is played indoors.

5. Match the two parts of the sentences.

1. At high levels of play, ...
 2. A rally ends ...
 3. Players score points ...
 4. Because shuttlecock flight is affected by wind ...
 5. The maximum speed of a smashed shuttlecock ...
 6. Badminton's growth accelerated ...
 7. Setting up the smash ...
 8. The unique aerodynamic properties of the shuttlecock ...
 9. Badminton is an Olympic sport ...
 10. Badminton is also played outdoors ...
- a) ... competitive badminton is best played indoors.
b) ... cause it to fly differently from the balls used in most racquet sports.
c) ... the sport demands excellent fitness.

- d) ... after the game's debut as a medal sport during 1992 Summer Olympic Games.
- e) ... once the shuttlecock has struck the ground.
- f) ... by striking a shuttlecock with the racquet so that it passes over the net.
- g) ... often as a garden or beach game.
- h) ... requires subtler strokes.
- i) ... exceeds that of any other racquet sport projectile.
- j) ... in which each pair is a man and a woman.

6. Answer the following questions.

1. What is badminton?
2. When did badminton become Olympic sport?
3. What is shuttlecock?
4. What gives an opportunity to smash?
5. Why is competitive badminton played indoors?
6. Why is deception important?
7. What is the most powerful stroke in badminton?
8. What is badminton's governing body?
9. When did badminton gain popularity?
10. What are five events in badminton at Olympic Games?

7. Finish the following sentences.

Badminton is ...

A rally ends ...

The shuttlecock is ...

To win in badminton ...

Setting up the smash ...

Expert players use ...

The smash is hit ...

Badminton's growth accelerated ...

Players score points ...

Badminton's governing body ...

1. Read the text to find the information about:

- 1) When and by whom was badminton brought to England?*
- 2) When did the game officially become known as badminton?*
- 3) When did the first badminton competition take place?*
- 4) What are the founding members of the IBF?*
- 5) What countries do the world-class players come from?*

Badminton has been played since ancient times; an early form of the sport was played in ancient Greece. In Japan, the related game Hanetsuki was played as early as the 16th century. In the west, badminton came from a game called battledore and shuttlecock, in which two or more players keep a feathered shuttlecock in the air with small rackets. The modern derivative of the game was called "Poona" in India during the 18th century, and British Army officers stationed there took a competitive Indian version back to England in the 1860s, where it was played at country houses as an upper class amusement. Isaac Spratt, a London toy dealer, published a booklet, "Badminton Battledore - a new game" in 1860, but unfortunately no copy has survived. The new sport was definitively launched in 1873 at the Badminton House, Gloucestershire, owned by the Duke of Beaufort. During that time, the game was referred to as "The Game of Badminton," and the game's official name became Badminton. Until 1887, the sport was played in England under the rules that prevailed in India. The Bath Badminton Club standardized the rules and made the game applicable to English ideas. The basic regulations were drawn up in 1887. In 1893, the Badminton Association of England published the first set of rules according to these regulations, similar to today's rules, and officially launched badminton in a house called "Dunbar" at 6 Waverley Grove, Portsmouth, England on September 13 of that year. They also started the All England Open Badminton Championships, the first badminton competition in the world, in 1899. The International Badminton Federation (IBF) (now known as Badminton World Federation) was established in 1934 with Canada, Denmark, England, France, the Netherlands, Ireland, New Zealand, Scotland, and Wales as its founding members. India joined as an affiliate in 1936. The BWF now governs international badminton and

develops the sport globally. While originated in England, international badminton has traditionally been dominated by Denmark from Europe. Indonesia, South Korea and Malaysia are among the nations that have consistently produced world-class players in the past few decades and dominated competitions on the international level, with China being the most dominant in recent years.

(Originated from Battledore and Shuttlecock. 1854, from the John Leech Archive)

2. Are the sentences true or false? Correct any false sentences.

1. The new sport was prohibited in 1873 at the Badbinton House, Gloucestershire.
2. The founding members of the IBF are Canada, Denmark, England, France, the Netherlands, Australia, Scotland anmd Wales.
3. Until 1887 badaminton was played in England under the rules that prevailed in India.
4. In England first badminton was played as upper class amusement.
5. The world-class players come from Europe.
6. In 1993, the Badminton Association of England published the first set of rules.
7. Badminton has been played since ancient times.
8. The Bath Badminton Club made the game applicable to English ideas.
9. The first badminton competition in the world took place in 1900.
10. India joined the IBF in 1936.

3. Divide the text into paragraphs. Give headings to them.

4. Ask and answer 10 questions on the text.

5. Title the text and write an abstract of it.

Text C

1. Read the text. Translate it in a written form

Rules

International rules state that an indoor badminton court must be rectangular, with white lines marked on a level wooden floor or on a special mat that is rolled onto a level playing surface. A singles court is 44 ft (13.41 m) long and 17 ft (5.18 m) wide. For doubles, alleys 1 ft 6 in (0.46 m) wide along the two longer sides of the court come into play, making the court 20 ft (6.10 m) wide. Because many shots fly high into the air, there must be clearance of at least 30 ft (9.14 m) above the court. A net stretched across

the middle of the court has a top edge set to a height of 5 ft (1.52 m) at the center and 5 ft 1 in (1.55 m) at the posts.

Badminton rackets weigh between 3.5 and 5 oz (99 and 141 g) and consist of a leather or terrycloth handle; a long, thin shaft; and a stringed area called the head. Official rules limit the total length of a racket to 26.75 in (67.95 cm). Tournament-quality shuttlecocks, also called shuttles or birdies, weigh 0.2 oz (5.7 gm) and consist of 16 goose feathers that protrude from one side of a ball-shaped cork base.

Play begins with a serve from a service area on the right-hand side of the court to a receiver in a diagonally opposite service area across the net. To serve, the server stands behind the service line and strikes the cork base of the shuttle in an underhand motion. The receiver must then return the shuttle before it hits the ground, and the players hit the shuttle back and forth until one side fails to return it.

Play ends when the shuttle hits the ground on one side of the court or when one player makes a fault, or error, such as hitting the shuttle into the net or out of bounds. Specific faults for servers include striking the feathers of the shuttle first or serving overhand. The receiver can be faulted for not being within the service court, for not having both feet on the floor when receiving, and for moving before the serve is made.

During play, faults include hitting the shuttle into the roof or lights, hitting it through the net, double-hitting or slinging a shot, touching the net, playing a shot by reaching over the net, and allowing the shuttle to hit the player's body. Unsportsmanlike conduct—such as intentionally distracting an opponent—will also earn a player a fault.

Points are scored when the opponent fails to return the shuttle, hits it out of bounds, or earns a fault. Points only count for the server (or serving side in doubles), so keeping the service privilege is an important part of the game. If the server loses a rally or makes a fault, the service privilege passes to the opponent. In doubles, this immediate loss of service occurs only at the start of the game. After this first loss of service, each team receives two chances to hold serve. When the first teammate loses serve, the partner serves. If the partner loses serve, the opposing team takes over.

In men's singles, men's doubles, women's doubles, and mixed doubles, the first side to score 15 points is the winner. Women's singles games are played to 11 points. If the score is tied at 14-14 (or 10-10 in women's singles) a system called setting settles

the outcome. The first side that reached 14 (or 10) elects either to play through, meaning that the next side to win a point wins the game, or to set the game to three additional points, meaning that the first side to reach 17 points (or 13 in women's singles) wins the game. Each badminton match is a best-of-three-games contest. Average matches last about 45 minutes, but professional matches can last more than 2 hours. Badminton tournaments involve a number of officials. A referee supervises the tournament organization while an umpire controls each match. Aided by a service judge, the umpire keeps score and rules on faults during play. Up to ten line judges rule on whether particular shots have landed in or out of the court.

2. Compile a vocabulary of badminton terms.

3. Make up a presentation of badminton.

BASKETBALL

Text A

*Pre-text exercises***1. Read and learn the active vocabulary.**

administer, <i>v</i>	управляти, керувати
backboard, <i>n</i>	щит
basket, <i>n</i>	баскетбольна корзина, попадання м'ячем у корзину
to bounce, <i>v</i>	відскакувати (про м'яч)
common techniques of shooting	загальна техніка кидка
defense, <i>n</i>	захист
dimension, <i>n</i>	розмір, величина, протяжність
to dribble, <i>v</i>	вести м'яч
dribbling, <i>n</i>	ведення м'яча
forward, <i>n</i>	нападник
foul, <i>n</i>	порушення правил гри
foul shot (penalty, free throw) <i>n</i>	штрафний кидок
to grip a ball, <i>v</i>	схопити м'яч
guard, <i>n</i>	захисник
to guide, <i>v</i>	спрямовувати, управляти
to handle, <i>v</i>	керувати, брати
hoop, <i>n</i>	кидок з під кошика
identification, <i>n</i>	розпізнання, визначення
infraction, <i>n</i>	порушення правил гри
to interfere, <i>v</i>	втручатися, вторгатися
jump shot, <i>n</i>	кидок у стрибку
lay-up shot	кидок в корзину однією рукою в стрибку
objective of the game	завдання гри
offense, <i>n</i>	порушення
passing, <i>n</i>	передача м'яча

<i>pivot shot, n</i>	кидок на повороті
<i>point, n</i>	очко
<i>penalty point, n</i>	штрафне очко
<i>rectangular court</i>	прямокутний майданчик
<i>restriction, n</i>	обмеження
<i>score, n</i>	рахунок, кількість набраних очок
<i>to score, v</i>	набирати очки
<i>to score a point</i>	одержати очко
<i>set shot (chest shot)</i>	кидок двома руками від грудей
<i>to keep the score</i>	вести рахунок
<i>there was no score</i>	рахунок не був відкритий
<i>to shoot a ball</i>	бити по м'ячу
<i>shooting, n</i>	кидок у корзину
<i>sneakers, n</i>	кросівки
<i>to supervise, v</i>	контролювати, стежити
<i>teammate, n</i>	гравець тієї ж команди
<i>violation, n</i>	порушення правил
<i>whistle, n</i>	свисток

2. Translate without using a dictionary.

Primary, opposition, ability, through, advance, disruptive, permit, involve, instruct, uniform, display, maintain, ensure, advantage, appropriate, observant, exceptional, afford, cite, blow, occur, decision, engage, surface, locate, cover, intercept, defeat.

3. Read and translate the text.

Basketball

Basketball is a team game played on a rectangular court, generally indoors, by two five-player teams. The primary objective of the game is to score more points than the opposition by putting a round ball through a high hoop under organized rules. Basketball is one of the most popular sports in the world, it is played by men and women of all ages and ability levels in more than 200 countries.

Points are scored by shooting the ball through the basket from above; the team with more points at the end of the game wins. The ball can be advanced on the court by bouncing it (*dribbling*) or passing it between teammates. Disruptive physical contact (*fouls*) is not permitted and there are restrictions on how the ball can be handled (*violations*).

Through time, basketball has developed to involve common techniques of shooting, passing and dribbling, as well as players' positions, and offensive and defensive structures. The team consists of five players – two guards, two forwards, and one centre - all of whom play offence and defence. The basketball players should master five basic shots: the lay-up, set shot, jump shot, pivot shot and foul shot. Games begin with a jump ball at a centre court; a referee throws the ball up while two opposing attempt to direct the ball to their team mate control. The basic offensive skills of basketball are passing, ball handling, shooting and rebounding. Defensive skills include guarding opponents, blocking and positioning to defeat the basket, using quickness to intercept or steal the ball. A basketball team is organized, guided, and instructed by a coach.

The standard basketball uniform consists of sneakers, socks, a tank-top shirt, and shorts. Each player's uniform has a number, for identification, that is usually displayed on both sides of the shirt. Sometimes the player's name is displayed on the back of the shirt as well.

The referees maintain orderly and fair play on the court and administer the rules of the game to ensure that neither team has an unfair advantage. To make appropriate calls, referees must be observant and have exceptional knowledge of rules and playing styles. Referees must position themselves during play to afford a clear view of the action without interfering. A referee will cite rules infractions and stop play by blowing a whistle. After play has stopped, referees signal what violation has occurred by using hand signals and verbal call. Most referees' decisions must be made very quickly. During the game a referee can run several miles supervising the activity, so exceptional physical fitness is important. Between games and during the off-season, referees engage in a continuing study of all possible game situations.

The backboard, 6 feet (1.83 m) wide and 4 feet (1.22 m) high is located at the centre of each end of the court 4 feet (1.22 m) in from the end line and 9 feet (2.74 m) above the floor. It can be made of hardwood, metal or glass.

In the early days of its development, basketball was played with a soccer ball. Today, the standard basketball is generally orange or brown in color, with an outer cover of leather or nylon and a pebbled (indented) surface to help players grip and control the ball.

The basket is an open hammock net, suspended from the backboard on a metal ring 18 inches (45.7 cm) in diameter, which must be 6 inches (15.2 cm) from the rigid surface to which it is fastened and 10 feet (3.05 m) above the floor.

*(originated from "Basketball," Microsoft® Encarta® Encyclopaedia 2000.
© 1993-1999 Microsoft Corporation.)*

Post-text exercises

1. Give Ukrainian equivalents to the following phrases.

- | | |
|--------------------------------------|---------------------------------|
| 1) primary objective | 6) exceptional knowledge |
| 2) rectangular surface | 7) standard basketball uniform |
| 3) maximum dimension | 8) exceptional physical fitness |
| 4) disruptive physical contact | 9) grip and control a ball |
| 5) offensive and defensive structure | 10) involve common techniques |

2. Match the definitions to the following notions.

- | | |
|--------------|---|
| 1. dribble | a) the rectangular structure to which basket is attached; |
| 2. foul | b) any infraction not classified as a foul; |
| 3. forward | c) the action of hitting, kicking or throwing the ball in order to score a point or goal in a game; |
| 4. defense | d) physical contact by a player that breaks a rule; |
| 5. whistle | e) to bounce and control the ball continuously with one hand while walking or running; |
| 6. basket | f) the number of point, goals, etc. scored by each player or team in a game or competition; |
| 7. shot | g) the act of preventing the offense from scoring; the team without the ball; |
| 8. violation | h) one of the three standard player positions, they are |

responsible for scoring and rebounding;

9. score i) consists of the rim and the net, also known as the hoop;
10. backboard j) a small metal or plastic tube that you blow to make a loud high sound, used to attract attention or as a signal.

3. Combine the following words and translate them.

- | | |
|--------------|---------------|
| 1) teammates | a) ball |
| 2) ability | b) handling |
| 3) offensive | c) dimensions |
| 4) fair | d) skills |
| 5) verbal | e) level |
| 6) cite | f) control |
| 7) court | g) call |
| 8) metal | h) play |
| 9) ball | i) ring |
| 10) jump | j) rules |

4. Insert prepositions where necessary.

of (3), by (2), on, through (2), at, in, with

1. Basketball is a game where players try to throw a round ball ... a raised basket like goal.
2. It is played ... a court ... two teams ... five players.
3. Points are made ... shooting the ball ... a high metal hoop and net ... the opponent's end ... the court.
4. In the early days, basketball was played ... a soccer ball.
5. Basketball is one ... the most popular and widely viewed sports ... the world.

5. Match the two parts of the sentences.

1. Basketball is a team sport in which two a) ... both the attack and the defense.
teams ...
2. The basic offensive skills are ... b) ... is a rectangular with regulation

4. The large round ball used in this game ...
5. There are five basic shots in basketball ...
5. Basketball develops many good qualities such as ...
6. All the players may take part in ...
7. The object of the game is to ...
8. The basketball court on the playground or in a gymnasium ...
9. Basketball is one of the most popular sports around the world ...
10. All referees' decisions ...
- c) ... played by men or women of all ages and ability.
- d) ... try to score points against one another.
- e) ... to put the ball through the hoop more often than your opponent.
- f) ... must be made very quickly.
- g) ... the lay-up shot, the set shot, the jump shot, the pivot shot, and the foul shot.
- h) ... is called a basketball.
- i) ... quick reaction, accuracy, dexterity, agility, endurance and the like.
- j) ... passing, ball handling, shooting and rebounding.

6. Answer the following questions.

1. What is the object of the game?
2. How many players constitute a team?
3. What makes basketball so popular?
4. Describe the goals used in basketball?
5. How many basic shots are there in basketball? What are they?
6. What does basketball uniform consist of?
7. Who administer the rules of the game?
8. What is the basket?
9. What does referee's task consist in?
10. What should referee know about the game?

7. Finish the following sentences.

1. Basketball is a ...
2. The primary objective of the game is ...
3. Points are scored by ...
4. The ball can be advanced on the court by ...
5. The team consists of five players ...
6. The basketball players should master five basic shots: ...
7. Games begin with ...
8. The basic offensive skills of basketball are ...
9. Defensive skills include ...
10. Each player's uniform has a ...

Text B

1. Read the text to find the information about:

- 1) a Canadian physical education student and instructor;
- 2) the peach baskets;
- 3) Naismith's granddaughter;
- 4) the Women's basketball;
- 5) the National Basketball League;
- 6) Basketball History.

In early December 1891, Dr. James Naismith, a Canadian physical education student and instructor at YMCA Training School (today, Springfield College) in Springfield, Massachusetts, USA, sought a vigorous indoor game to keep his students occupied and at proper levels of fitness during the long New England winters to keep the students in shape. After rejecting other ideas as either too rough or poorly suited to walled-in gymnasiums, he wrote the basic rules and nailed a peach basket onto a 10-foot (3.05 m) elevated track. In contrast with modern basketball nets, this peach basket retained its bottom, and balls had to be retrieved manually after each "basket" or point scored, this proved inefficient, however, so a hole was drilled into the bottom of the basket, allowing the balls to be poked out with a long dowel each time. The peach baskets were used until 1906 when they were finally replaced by metal hoops with backboards. A further change was soon made, so the ball merely passed through, paving the way for

the game we know today. A soccer ball was used to shoot goals. Whenever a person got the ball in the basket, they would give their team a point. Whichever team got the most points won the game. Naismith's handwritten diaries, discovered by his granddaughter in early 2006, indicate that he was nervous about the new game he had invented, which incorporated rules from a children's game called "Duck on a Rock", as many had failed before it. Naismith called the new game 'Basket Ball'. The first official game was played in the YMCA gymnasium on January 20, 1892 with nine players and the game ended at 1-0 and the shot was made from 25 feet, on a court just half the size of a present-day Streetball or National Basketball Association (NBA) court. "Basket ball", the name suggested by one of Naismith's students, was popular from the beginning. By 1897-1898 teams of five became standard. Women's basketball began in 1892 at Smith College when Senda Berenson, a physical education teacher, modified Naismith's rules for women. Shortly after she was hired at Smith, she went to Naismith to learn more about the game. Fascinated by the new sport and the values it could teach, she organized the first women's collegiate basketball game on March 21, 1893, when her Smith freshmen and sophomores played against one another. Her rules were first published in 1899 and two years later Berenson became the editor of A.G. Spalding's first Women's Basketball Guide, which further spread her version of basketball for women. Basketball's early adherents were dispatched to YMCAs throughout the United States, and it quickly spread through the USA and Canada. By 1895, it was well established at several women's high schools. While the YMCA was responsible for initially developing and spreading the game, within a decade it discouraged the new sport, as tough play and rowdy crowds began to detract from the YMCA's primary mission. However, other amateur sports clubs, colleges, and professional clubs quickly filled the void. In the years before World War I, the Amateur Athletic Union and the Intercollegiate Athletic Association of the United States vied for control over the rules for the game. The first pro league, the National Basketball League, was formed in 1898 to protect players from exploitation and to promote a less rough game. This league only lasted 5 years. By 1950's basketball had become a major college sport, thus having the way for a growth of interest in professional basketball. In 1959 a basketball Hall of Fame was founded in Springfield, Massachusetts. Its rosters include the names of great

players, coaches, referees and people who have contributed significantly to the development of the game. Basketball was originally played with an association football ball. The first balls made specifically for basketball were brown, and it was only in the late 1950s that Tony Hinkle, searching for a ball that would be more visible to players and spectators alike, introduced the orange ball that is now in common use. Dribbling was not part of the original game except for the "bounce pass" to teammates. Passing the ball was the primary means of ball movement. Dribbling was eventually introduced but limited by the asymmetric shape of early balls. Dribbling only became a major part of the game around the 1950s as manufacturing improved the ball shape. Basketball, netball, dodgeball, volleyball, and lacrosse are the only ball games which have been identified as being invented by North Americans. Other ball games, such as baseball and Canadian football, have Commonwealth of Nations, European, Asian or African connections. Although there is no direct evidence as yet that the idea of basketball came from the ancient Mesoamerican ballgame, knowledge of that game had been available for at least 50 years prior to Naismith's creation in the writings of John Lloyd Stephens and Alexander von Humboldt. Stephen's works especially, which included drawings by Frederick Catherwood, were available at most educational institutions in the 19th century and also had wide popular circulation.

YMCA – Young Men's Christian Association - *is a world-wide, non-denominational Christian and apolitical organization with a special emphasis on its purpose "to put Christian principles into practice." as taught by Jesus Christ. It uses a holistic approach to individual and social development encompassing spiritual, intellectual and physical methods.*

2. Are the sentences true or false? Correct any false sentences.

1. Dr. James Naismith, an American physical education student and instructor sought a vigorous indoor game.
2. The peach baskets were used until they were finally replaced by metal hoops with backboards.
3. A rugby ball was used to shoot goals.
4. The first official game was played in the YMCA gymnasium on January 20, 1892 with five players.

5. Senda Berenson organized the first women's collegiate basketball game on March 21, 1893.

6. The National Basketball League was formed to protect players from exploitation and to promote a less rough game.

7. Tony Hinkle introduced the orange ball that is now in common use.

8. Naismith's handwritten diaries indicate that he was very happy about the new game he had invented.

9. In 1959 a basketball Hall of Fame was founded in Springfield, Massachusetts.

10. "Basket ball", the name suggested by one of Naismith's students, wasn't popular from the beginning.

3. Divide the text into paragraphs and give headings to them.

4. Answer the questions.

1. What was the purpose of Naismith's invention?

2. Who was the author of the basic basketball rules?

3. When was the first official game played?

4. When did team get a point?

5. What is used instead of peach baskets?

6. Which rules did basketball incorporate from?

7. Who suggested the name of the game?

8. Who was responsible for developing and spreading the game?

9. How long did National Basketball League last?

10. What did a basketball Hall of Fame include?

5. Title the text and write an abstract of it.

Text C

1. Read the text. Translate it in a written form.

General Rules

Rules governing the game are revised each year by the joint Basketball Rules Committee.

The home team provides the game ball, and traditionally the visiting team is given the choice of end of court for the first half. If a neutral court is used, a coin toss determines home team and choice of ends. The teams change sides of the court at

halftime. Half of the court is the frontcourt of one team and the backcourt of the other team.

The ball is passed, thrown, bounced, handed, or otherwise moved among players of one team, with the intent of scoring a basket and preventing the other team from scoring.

Teams consist of five players: two forwards, two guards, and one center. Generally the forwards play closest to the basket, the guards play farthest from their team's basket, and the centre plays between the forwards and the guards. At higher levels of competition, the players are referred to by numbers as well as by positions: point guard, shooting guard, small or wing forward, power forward, and centre.

The game is started with a jump ball between two opponents (usually the centres) at centre court. After each field goal the ball is put into play by the team not scoring, from the out-of-bounds area behind the basket at which the score was made.

After a free throw awarded because of a personal foul the ball is put into play by the opponent from behind the opponent's basket. If the free throw is the result of a technical foul, the ball is put into a play from out of bounds at midcourt by the free thrower's team.

A player is out of bounds if he or she touches the floor on or outside the boundary line. If a player causes the ball to pass over the boundary line, the ball is put into play by an opposing player from that spot. Any player can make the throw-in. The player throwing the ball in must stand out-of-bounds where the referee designates, may take one lateral step to the left or right, jump up or take two or more steps backward, and may use either one or two hands to make the throw-in, which must be completed within 5 seconds.

Violations Common to Men's and Women's Basketball

1. Taking more than one step with the ball without passing, shooting, or dribbling.
2. Kicking the ball with the foot or lower leg.
3. Stepping out of bounds with the ball.
4. The centre's leaving the circle before the ball is tipped in beginning play.
5. Staying in one's own free-throw lane for more than 3 seconds.
6. Failure to observe free-throw regulations.

7. Failure to inbound the ball within 5 seconds.
8. Double dribbling.
9. Moving the ball into the backcourt once it has been advanced to the frontcourt.
10. Technical fouls include:
 - a. taking time out too often
 - b. failure of substitutes to report to proper officials
 - c. unsportsmanlike conduct
 - d. use of illegal numbers or uniforms
 - e. touching the backboard or rim illegally
11. Personal fouls include:
 - a. charging
 - b. blocking
 - c. pushing
 - d. holding
 - e. tripping
 - f. hacking or kneeing

When a violation is committed, the ball is given to the opponents out-of-bounds. When a foul is committed, the opponents may be given a free throw, an opportunity to make two free throws if the first one is made, or the ball out-of-bounds. The decision as to which of these options is awarded depends on the particular foul committed, the level of play and the number of fouls that the offending team has previously committed. A player fouled in the act of shooting gets two free throws. If the basket is made, one free throw is awarded and the basket is counted. Only personal fouls disqualify a player. A player is allowed only four personal fouls; a fifth sidelines the player for the remainder of the game.

2. Compile a vocabulary of basketball terms.
3. Make up a presentation of basketball.

HANDBALL

Text A

*Pre-text exercises***1. Read and learn the active vocabulary.**

approach the goal	наближатися до воріт
attacker, <i>n</i>	нападник
to bounce a ball	бити м'ячем
to call a time-out	оголосити хвилинну перерву
court, <i>n</i>	майданчик
defender, <i>n</i>	захисник
dividing line	розділяюча лінія
goalkeeper, <i>n</i>	воротар
to handle a ball	маніпулювати м'ячем
to hold a ball	тримати, утримувати м'яч
to make a dribble	вести м'яч
match duration	тривалість матчу
to move forward	рухатись вперед
opposing team	команда суперників
particularly, <i>adv</i>	особливо, дуже
to pass a ball	передавати м'яч
rough contact	грубий контакт
rule variations	відхилення, зміни у правилах
shoot, <i>v</i>	бити по воротах
similar to, <i>adj</i>	схожий, подібний до
team sport	командний вид спорту
teammate, <i>n</i>	товариш по команді, гравець тієї ж команди
to throw a ball	кидати м'яч
to transport a ball	переміщувати м'яч

2. Translate without using a dictionary.

Goalkeeper, pass, goal, court, centre, version, meter, minute, second, transport, variation, game, contact, referee, penalty, red card, standard, period, match, time-out, attacker, single, European, stop, line, yellow card, end, player, step, internationally.

3. Read and translate the text.

Handball

Handball is also known as team handball, field handball, European handball, or Olympic handball. It is a team sport where two teams of seven players each (six players and a goalkeeper) pass and bounce a ball trying to throw it in the goal of the opposing team.

Handball is played on a court forty meters long and twenty meters wide, with a dividing line in the middle and a goal in the centre of each end. The goal is similar to but smaller than in football.

The ball is also smaller than a football in order for the players to be able to hold and handle it with a single hand. Some American versions use a volleyball. The ball is transported by bouncing it between hands and floor – as in basketball.

A player may only hold the ball for three seconds and may only take three steps with the ball in hand. Then he must make a dribble to continue moving forward.

There are many rule variations. A common American version allows only a single step with the ball, after which the player must pass the ball to another teammate or shoot.

The game is quite fast and includes much contact as the defenders try to stop the attackers from approaching the goal. If the contact between the players is particularly rough, the referee may give a penalty, a yellow or a red card.

A standard match duration consists of two periods of 30 minutes each, during which each team may call one time-out.

The game has been played internationally since the first half of the 20th century.

(Originated from Wikipedia, the free encyclopedia)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases.

- | | |
|----------------------------|---------------------------------------|
| 1) to play internationally | 6) to throw in the goal |
| 2) to take a step | 7) with a single hand |
| 3) a quite fast game | 8) a common version |
| 4) to use a volleyball | 9) to continue moving forward |
| 5) similar to a football | 10) to bounce between hands and floor |

2. Match the definitions to the following notions.

- | | |
|------------------|---|
| 1) goalkeeper | a) the two posts on the court between which the ball must pass; |
| 2) teammate | b) a free throw allowed at the other team's goal; |
| 3) to shoot | c) players of the other team; |
| 4) time-out | d) a judge of a team game; |
| 5) penalty | e) to move a ball from one player to another in the same team; |
| 6) rules | f) a player of the same team; |
| 7) referee | g) one minute break during a game; |
| 8) to pass | h) regulations of a game; |
| 9) opposing team | i) to throw a ball into the goal; |
| 10) goal | j) a member of a team who stands in the goal and keeps it. |

3. Combine the following words and translate them.

- | | |
|-------------|---------------|
| 1) team | a) a ball |
| 2) opposing | b) a time-out |
| 3) yellow | c) line |
| 4) match | d) sport |
| 5) rule | e) a dribble |
| 6) rough | f) team |
| 7) to call | g) duration |

6. Complete the sentences with appropriate terms.

1. In many ball games the players need to b_____ the ball between hands and the floor.
2. Only one t____ - ____ can be called by a team in each of the two periods.
3. At the training all the players learnt to t_____ a ball into the goal.
4. The game was unlucky for him: every time he tried to s_____ the ball – it missed the goal.
5. The player had to m____ a d_____ in order to move forward with the ball.
6. The task of a d_____ is to stop an a_____ from approaching the goal.
7. The new player often felt the necessary support of his t_____ during the game.
8. We did our best but the o_____ t____ was more skilled and won the game.
9. The rude player had to leave the court as the referee showed him a r__ c_____.
10. Each handball team must consist of six players and a g_____.

7. Answer the following questions.

1. What other names of handball do you know?
2. What is the aim of handball game?
3. Is the ball used in handball exactly the same as in football? Why?
4. What kind of court is handball played on?
5. Is it possible for handball players to use a volleyball?
6. How long does a standard handball match last?
7. What are the limits for a handball player if he holds the ball in his hands?
8. How many time-outs may each team call during the game?
9. What may be a reason for a referee to give a penalty, a yellow or a red card?
10. What rule variations in handball do you know?

8. Finish the following sentences.

1. A handball team consists of ...
2. The goal in handball is similar to but ...
3. As in basketball, the ball is transported by ...

4. To continue moving forward a handball player must ...
5. The task of an attacker is ...
6. The task of a defender is ...
7. If the contact between the players is particularly rough ...
8. Each period of a handball match lasts ...
9. The differences between European and American handball are ...
10. Handball has been played internationally since ...

Text B

1. Read the text to find the information about:

- 1) the date of handball emergence in Ukraine;*
- 2) the date and place of modern handball emergence in Europe;*
- 3) the name of a person who first published the rules for modern handball;*
- 4) the date and place of the first international handball games for men;*
- 5) the date and place of the first international handball games for women;*
- 6) the date of the International Amateur Handball Federation forming;*
- 7) the date of the International Handball Federation forming.*

Handball has origins reaching as far as antiquity: urania in ancient Greece, harpaston in ancient Rome, fangballspiel in medieval Germany, etc. There are records of handball-like games in medieval France, and among the Inuit in Greenland, in the Middle Ages. By the 19th century, there existed similar games of handbold from Denmark, házená in the Czech Republic, hádzaná in Slovakia, gandbol in Ukraine, torball in Germany, as well as versions in Uruguay. The team handball game of today was formed by the end of the 19th century in northern Europe, primarily Denmark, Germany, Norway and Sweden. The Dane Holger Nielsen drew up the rules for modern handball (handbold) in 1898 and published them in 1906, and R. N. Ernst did something similar in 1897. Another set of team handball rules was published on 29 October 1917 by Max Heiser, Karl Schelenz, and Erich König from Germany. After 1919 these rules were improved by Karl Schelenz. The first international games were played under these rules, between Germany and Belgium for men in 1925 and between Germany and Austria for women in 1930. In 1926, the Congress of the International Amateur Athletics Federation

nominated a committee to draw up international rules for field handball. The International Amateur Handball Federation was formed in 1928, and the International Handball Federation was formed in 1946. Men's field handball was played at the 1936 Summer Olympics in Berlin at the request of Adolf Hitler. It was removed later, to return as team handball for the 1972 Summer Olympics in Munich. Women's team handball was added at the 1976 Summer Olympics. The International Handball Federation organized the men's world championship in 1938 and every 4 (sometimes 3) years from World War II to 1995. Since the 1995 world championship in Iceland, the competition has been every two years. The women's world championship has been played since 1957. The IHF also organizes women's and men's junior world championships. By February 2007, the IHF listed 159 member federations – approximately 1,130,000 teams and 31 million players, trainers, officials and referees.

(Originated from Wikipedia, the free encyclopedia)

2. Are the sentences true or false? Correct any false sentences.

1. Handball has origins reaching as far as antiquity: urania in ancient Rome.
2. By the 19th century, there existed similar games of torball in Ukraine and gandbol in Germany.
3. The handball game of today was formed by the end of the 19th century in Denmark.
4. The Dane Holger Nielsen published the rules for modern handball in 1906.
5. The first international games for women were played between Germany and Belgium in 1930.
6. Men's field handball was played at the 1936 at the request of Adolf Hitler.
7. Women's team handball was added at the 1972 Summer Olympics.
8. The International Handball Federation organized the men's world championship every 4 years from World War II to 1995.
9. The women's world championship has been played since 1975.
10. Since 1995 the competition in handball has been every two years.

3. Divide the text into paragraphs. Give headings to them.

4. Work in pairs. Ask and answer your own questions on the text.

5. Title the text and write an abstract of it.

I. Read the text. Translate it in a written form.**Rules**

Team players, substitutes and officials. Each team consists of 7 players on court and up to 7 substitute players on the bench. One player on the court must be the designated goalkeeper differing in his or her clothing from the rest of the field players. Substitution of players can be done in any number and at any time during game play. An exchange takes place over the substitution line. A prior notification of the referees is not necessary. Some national bodies as the Deutscher Handball Bund (DHB, "German Handball Federation") allow substitution in junior teams only when in ball possession or during timeouts. This restriction is intended to prevent early specialization of players to offense or defense.

Field players. Field players are allowed to touch the ball with any part of their bodies above the knee (knee included). As in several other team sports, a distinction is made between catching and dribbling. A player who is in possession of the ball may stand stationary for only three seconds and may only take three steps. They must then either shoot, pass or dribble the ball. At any time taking more than three steps is considered travelling and results in a turnover. A player may dribble as many times as he wants (though since passing is faster it is the preferred method of attack) as long as during each dribble his hand contacts only the top of the ball. Therefore basketball-style carrying is completely prohibited, and results in a turnover. After the dribble is picked up, the player has the right to another three seconds or three steps. The ball must then be passed or shot as further holding or dribbling will result in a "double dribble" turnover and a free throw for the other team. Other offensive infractions that result in a turnover include, charging, setting an illegal screen, or carrying the ball into the six meter zone.

Goalkeeper. Only the goalkeeper is allowed move freely within the goal perimeter, although he may not cross the goal perimeter line while carrying or dribbling the ball. Within the zone, he is allowed to touch the ball with all parts of his body including his feet. The goalkeeper may participate in the normal play of his team mates. As he is then considered as normal field player, he is typically substituted for a regular field player if his team uses this scheme to outnumber the defending players. As this

player becomes the designated goalkeeper on the court, he must wear some vest or bib to identify himself as such. If the goalkeeper deflects the ball over the outer goal line, his team stays in possession of the ball in contrast to other sports like soccer. The goalkeeper resumes the play with a throw from within the zone ("goalkeeper throw"). Passing to your own goalkeeper results in a turnover. Throwing the ball against the head of the goalkeeper when he is not moving is to be punished by disqualification ("red card").

Team officials. Each team is allowed to have a maximum of four team officials seated on the benches. An official is anybody who is neither player nor substitute. One official must be the designated representative who is usually the team manager. The representative may call team timeout once every period and may address scorekeeper, timekeeper and referees. Other officials typically include physicians or managers. Neither official is allowed to enter the playing court without permission of the referees. The ball is spherical and must either be made of leather or a synthetic material. It is not allowed to have a shiny or slippery surface. As it is intended to be operated by a single hand, the ball sizes vary depending on age and sex of the participating teams. Though not officially regulated, the ball is usually resinated. The resin improves the ability of the players to manipulate the ball with a single hand like spinning trick shots. Some indoor arenas prohibit the usage of resin since many products leave sticky stains on the ground.

(Originated from Wikipedia, the free encyclopedia)

2. Compile a vocabulary of handball terms.

3. Make up a presentation of handball.

ICE HOCKEY

Text A

*Pre-text exercises***1. Read and learn the active vocabulary:**

ice hockey, n	хокеї з шайбою
stick, n	клучка
puck, n	шайба
net, n	сітка воріт
opposing team, n	команда суперника
goal, n	ворота
defenseman, n	захисник
goalkeeper, n	воротар
centre, n	центровий гравець
left-winger, n	лівий крайній нападник
right-winger, n	правий крайній нападник
to prevent from scoring	не дати провести шайбу у ворота
boundary of the offensive zone	межа зони нападу
stay-at-home defender	захисник, який рідко покидає зону захисту
rush, n	стрімкий напад
passing lane	бокова лінія
ooting lane	лінія проведення кидка
hard and accurate slapshot	сильний та точний удар з підсічкою
goal crease	межа воротарського майданчика
to protect the body from direct impact	захищати тіло від прямих ударів (шайби)
save, n	зупинка шайби воротарем
to catch the puck	схопити, спіймати шайбу
to deflect the shot	відбити удар/шайбу
blocker	блокуючий пристрій воротаря
in close proximity	у безпосередній близькості
to pull the goalie	видалити воротаря з поля

to substitute in an extra attacker	провести заміну на додаткового нападника
side board	борт
to back check / backchecking	здійснювати пресинг у зоні захисту
to handle the puck	здійснювати ведення шайби
score assist	допомога у проведенні удару
outer play	гра по краю
to flank forward	проходити вперед по краю поля
to intercept a pass	перехоплювати передачу
faceoff	укидання шайби
assigned opponent	суперник, яким «опікується» захисник

2. Translate without using a dictionary.

Zone of play, offensive zone, fast-paced physical sport, seasonal ice cover, player position, opposing defencemen, to keep the puck in the zone, non-participation in offence, offensive defencemen, to ensure that the goalie is not screened, three zones of the rink, opposing goal, to shoot from long range, glove hand, leg pads, low shot, ice vision, defensively oriented forward, to find open teammates.

3. Read and translate the text.

Ice Hockey

Ice hockey is a team sport played on ice, in which skaters use sticks to direct a puck into the opposing team's goal. It is a fast-paced physical sport. Ice hockey is most popular in areas that are sufficiently cold for natural reliable seasonal ice cover, such as Canada, the Czech Republic, Latvia, the Nordic countries (especially Finland and Sweden), United States, Russia, Slovakia, Austria, and Switzerland.

Worldwide the National Hockey League (NHL) is the highest level for men and both the Canadian Women's Hockey League (CWHL) and the Western Women's Hockey League (WWHL) are the highest levels for women. It is the official national winter sport of Canada, where the game enjoys immense popularity.

While there are 68 total members of the International Ice Hockey Federation (IIHF), 162 of 177 medals at the IIHF World Championships have been taken by seven

nations: Canada, the Czech Republic, Finland, Russia, Slovakia, Sweden and the United States. Of the 64 medals awarded in men's competition at the Olympic level from 1920 on, only six did not go to the one of those countries.

In ice hockey, a team starts out with six players on the ice:

Two defencemen

A goaltender

A center

A left-winger

A right-winger

Defence (**defense** in the United States) in ice hockey is a player position whose primary responsibility is to prevent the opposing team from scoring. They are often referred to as **defencemen**, **defensemen**, **D**, **D-men** or "blueliners" (the latter a reference to the blue line in ice hockey which represents the boundary of the offensive zone; defencemen generally position themselves along the line to keep the puck in the zone).

Defence players are often described by the amount they participate in the offence. The extreme of non-participation in offence is a Stay-at-home defender, who takes few risks and does not score much, instead focusing on defending against the opposing team.

The extreme of participation is an *offensive defencemen*, who gets aggressively involved in the team's offence. When in the defensive zone, the defence player is responsible for keeping the opposing forwards' opportunities to a minimum when they are on a rush, forcing them to the corners and blocking both passing and shooting lanes. When the opposing offence is putting pressure on the defence's team, the defence skater usually plays closer to the goal, attempting again to block shooting lanes but also ensure that the goalie is not screened (prevented from being able to see the puck at all times). It is especially critical for the defenceman to keep opposing forwards from being able to move effectively in front of the net.

Essentially in all three zones of the rink, the defence is the backstop for the puck. It should never go behind the defence, unless the player lets it. The defence keeps the momentum of play squarely directed towards the opposing goal or at least, away from

his own. Because defencemen are often expected to shoot on the opposing net from long range, these players often develop the hardest and most accurate slapshots.

The **goaltender** (also known colloquially as the **goalie**, **goaler** or **netminder**, goalkeeper or keeper) in ice hockey is the player who defends his team's goal net by stopping shots of the puck from entering his team's net, thus preventing the opposing team from scoring. The goalie usually plays in or near the area in front of the net called the goal crease (often referred to simply as the crease or the net). Because of the power of shots, the goaltender wears special equipment designed to protect the body from direct impact. Only one goalie is allowed to be on the ice for each team at any one time.

When a goaltender blocks or stops a shot from going into his goal net, that action is called a save. Goalies often use a particular style, but in general they make saves any way they can: catching the puck with their glove hand, deflecting the shot with their stick, blocking it with their leg pads or blocker or another part of their body, or collapsing to butterfly position to block any low shot coming, especially in close proximity.

Normally, the goalie plays in or near the goal crease the entire game. However, teams may legally *pull the goalie* by substituting in a normal skater and taking the goaltender off the ice. A team temporarily playing with no goalie is said to be playing with an *empty net*. This gives the team an extra attacker, but at significant risk—if the opposing team gains control of the puck, they may easily score a goal. Two common situations where a Goalie is generally pulled:

1. The opposing team has a delayed penalty coming against them.
2. A team needs a goal in order to avoid losing (such as trailing in the remaining minute or two of a game).

The **centre** (**center** in the U.S.A.) in ice hockey is a forward position of a player whose primary zone of play is the middle of the ice, away from the side boards. Centres have more flexibility in their positioning and are expected to cover more ice surface than any other player. Centres are ideally stronger, faster skaters who can back check quickly from deep in the opposing zone. Generally, centres are expected to be gifted passers more than goal scorers. They're also expected to have exceptional "ice vision",

intelligence, and creativity. In addition they also generally are the most defensively oriented forward on the ice.

Centres are required to cover much of the ice in all three zones. Where the centre tends to play in the offensive zone is usually a matter of coaching and personal preference. Centres are responsible for keeping the flow of the game moving, and generally handle, and pass the puck more than any other position player. Because of this, most good centres tend to score assists rather than goals because the play goes through them as they try to find open teammates.

Winger, is a forward position of a player whose primary zone of play on the ice is along the outer playing area. They typically work by flanking the centre forward. Originally the name was given to forward players who went up and down the sides of the rink. Nowadays, there are different types of wingers in the game — out-and-out goal scorers, checkers who disrupt the opponents, and forwards who work along the boards and in the corners. They tend to be bigger than centerman and smaller than defenceman. This position is commonly referred to by the side of the rink that the winger normally takes, i.e. "left wing" or "right wing"

A winger's responsibilities in the offensive zone include: fighting for the puck in their zone; positioning themselves in front of the net; making plays to open teammates. The wingers' responsibilities in the defensive zone include the following: wait for a pass from their teammates; intercept a pass to the opposing defenceman; attack the opposing defencemen when they have the puck. During faceoffs, it is essential for the wingers to occupy the opponent they have been assigned.

(Originated from Wikipedia, the free encyclopedia)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- | | |
|---|---|
| 1) winger's/defencer's/goaltender's responsibilities; | 5) to play with an empty net; |
| 2) to direct a puck into the opposing team's goal; | 6) to collapse to butterfly position |
| 3) to occupy the opponent the winger block has been assigned; | 7) to a low shot coming; |
| | 8) to prevent the opposing team from scoring; |
| | 9) the game enjoys immense |

- 4) to intercept a pass to the opposing defenceman; popularity;
10) out-and-out goal scorers;

2. Match the definitions to the following notions:

- | | |
|------------------|---|
| 1) centre | a) a black disk made of hard rubber |
| 2) goaltender | b) the number of points, goals, etc., achieved by an individual player or a team in a game |
| 3) hockey rink | c) a forward position of a player whose primary zone of play is the middle of the ice |
| 4) to defend | d) a player in soccer or hockey whose special role is to stop the ball or puck from entering the goal |
| 5. winger | e) a fellow member of a team |
| 6. boards | f) to obstruct a player so as to prevent him from continuing activities on the rink |
| 7. puck | g) an enclosed area of ice for skating, ice hockey, or curling, esp. one artificially prepared |
| 8. assist | h) a forward position of a player whose primary zone of play on the ice is along the outer playing area |
| 9. score | i) to protect one's goal rather than attempt to score against one's opponents |
| 10. pad | j) a protective guard worn by a sports player to protect a part of the body from blows |
| 11. to intercept | k) the act of touching the puck in a play in which a teammate scores or an opposing batter is put out |
| 12. teammate | l) the wooden structure surrounding an ice-hockey rink |

3. Combine the following words and translate them:

- | | |
|---------------|-----------------|
| 1) ice-hockey | a) position |
| 2) to prevent | b) the net |
| 3) to direct | c) from scoring |
| 4) forward | d) teammate |

- | | |
|--------------------|-----------------------|
| 5) open | e) a shot |
| 6) extra | f) rink |
| 7) in front of | g) popularity |
| 8) to block | h) butterfly position |
| 9) immense | i) attacker |
| 10) to collapse to | j) a puck |

1. Insert prepositions where necessary:

from, behind, by, out, in, with, for, to, of, under, along, at, in front of, near, into, about

1. ... ice hockey, a team starts out ... six players ... the ice.
2. A winger's responsibilities ... the offensive zone include: fighting ... the puck in their zone and positioning themselves ... the net.
3. Normally, the goalie plays ... or ... the goal crease the entire game.
4. Only one goalie is allowed to be ... the ice for each team ... any one time.
5. Ice hockey is a team sport played ... ice, in which skaters use sticks to direct a puck ... the opposing team's goal.
6. The puck should never go ... the defence, unless the player lets it.
7. Goalies make saves any way they can: catching the puck ... their glove hand, reflecting the shot ... their stick, blocking it ... their leg pads or blocker or another part ... their body.
8. It is especially critical ... the defenceman to keep opposing forwards ... being able to ... effectively ... the net.
9. Defencemen generally position themselves ... the line to keep the puck ... the zone.
10. When ... the defensive zone, the defence player is responsible ... keeping the opposing forwards' opportunities ... a minimum when they are ... a rush.

8. Match the two parts of the sentences.

- Ice hockey is a team sport played on ice, in which skaters ...
- Ice hockey is the official national winter sport of Canada, ...
- Defence in ice hockey is a player position whose primary responsibility is ...
- When in the defensive zone, the defence player is responsible for keeping ...

It is especially critical for the defenceman ...

Because defencemen are often expected to shoot on the opposing net from long range,

...

The goaltender in ice hockey is the player who defends his team's goal net by...

Centres have more flexibility in their positioning and are expected ...

Originally the name "winger" was given to forward players who ...

During faceoffs, it is essential for the wingers to occupy the opponent ...

- a) ... the opposing forwards' opportunities to a minimum when they are on a rush.
- b) ... went up and down the sides of the rink.
- c) ... use sticks to direct a puck into the opposing team's goal.
- d) ... to keep opposing forwards from being able to move effectively in front of the net.
- e) ... to cover more ice surface than any other player.
- f) ... they have been assigned.
- g) ... where the game enjoys immense popularity.
- h) ... these players often develop the hardest and most accurate slapshots.
- i) ... stopping shots of the puck from entering his team's net.
- j) ... to prevent the opposing team from scoring.

6. Fill in the gaps in the sentences.

- | | |
|-------------------------------|--|
| a) more than any other | f) sufficiently cold |
| b) to the opposing defenceman | g) from their teammates |
| c) "stay-at-home" defender | h) keeping the flow of the game moving |
| d) stronger, faster skaters | i) gets aggressively involved |
| e) focusing on defending | j) a forward player |

1. Ice hockey is most popular in areas that are ... for natural reliable seasonal ice cover.
2. The extreme of non-participation in offence is a ... , who takes few risks and does not score much, instead ... against the opposing team.
3. Originally the name "winger" was given to ... who went up and down the sides of the rink.

4. Centres are responsible for ... , and generally handle, and pass the puck ... position player.

5. Centres are ideally ... who can back check quickly from deep in the opposing zone.

6. The extreme of participation is an “offensive defencemen”, who ... in the team's offence.

7. The wingers' responsibilities in the defensive zone include the following: wait for a pass ... ; intercept a pass ... ; attack the opposing defencemen when they have the puck.

7. Answer the following questions.

1. In which countries does ice hockey enjoy the greatest popularity?

2. How many players constitute an ice hockey team? Name them, please.

3. What are the major responsibilities of a defenseman on the rink?

4. How do we call a D-man who does not score much, instead focusing on defending against the opposing team?

5. What are the defense player actions in the defensive zone?

6. Who of the team players usually performs the hardest slapshots from long range?

7. Is the goalie allowed to leave the goals and move across the ice of all three zones during the play?

8. What are the common situations when a goal tender might be taken off the ice?

9. Is there any significant risk for a team playing with an empty net?

10. The winger's position is the middle of the ice, away from the side boards, isn't it?

Text B

1. Read the text to find the information about:

1) the origin of ice hockey as an amateur and professional sport;

2) the first ice hockey equipment and play grounds;

3) the city that is considered to be the centre of the development of the modern sport of ice hockey;

4) Governor General of Canada, Lord Stanley of Preston, and his family who played

a significant role in the modern ice hockey game's establishment;

5) the games of Shinty and Bandy as the modifications of ice hockey ;

6) popularization of ice hockey in the US and Europe;

7) the foundation of the National Hockey League (NHL);

Ice hockey is considered to have evolved from stick-and-ball games, played outdoors, and adapted to the icy conditions of Canada in the 1800s. The name of hockey itself has no clear origin, though the first known mention of the word 'hockey' in English dates to 1799 in England. Stick and ball games have a long history dating to pre-Christian times. In Europe, these games included the Irish sport of hurling, the closely related Scottish sport of shinty, and versions of field hockey, including "Bandie ball," played in England. European immigrants to Canada brought their games with them and adapted them for icy conditions. Often these games were recreation for British soldiers on postings. The number of players on these games was often large. To this day, shinny (or shinney) (derived from Shinty) is a popular Canadian term for an informal type of hockey, either on ice or as street hockey. In 1843 a British Army officer in Kingston, Ontario in Upper Canada, wrote "Began to skate this year, improved quickly and had great fun at hockey on the ice." An article in the Boston Evening Gazette, in 1859, makes reference to an early game of hockey on ice occurring in Halifax in that year. Thomas Chandler Haliburton, in *The Attache: Second Series*, published in 1844, reminisced about boys from King's College School in Windsor, Nova Scotia, playing "hurly on the long pond on the ice" when he was a student there, no later than 1810. Based on Haliburton's writings, there have been claims that modern ice hockey originated in Windsor, Nova Scotia, by King's College students and was named after an individual, as in "Colonel Hockey's game." Others claim that the origins of ice hockey come from games played in the area of Dartmouth and Halifax in Nova Scotia. In 1799, William Pierre Le Cocq, in a letter written in Cheshire, Buckinghamshire, England, provides the earliest known reference to the word 'hockey': "I must now describe to you the game of Hockey; we have each a stick turning up at the end. We get a bung. There are two sides one of them knocks one way and the other side the other way. If any one of the sides makes the bung reach that end of the churchyard it is victorious." According to the Austin Hockey Association, the word puck is derived from the Scottish Gaelic word "puc" or the Irish word "poc," meaning to poke, punch or deliver a blow. This definition is explained in a book published in 1910 entitled "English as we Speak it in Ireland" by P. W. Joyce. It defines the word puck as "... The blow given by a hurler to

the ball with his caman or hurley is always called a puck." While the game's origins may lie elsewhere, Montreal is at the centre of the development of the modern sport of ice hockey. On March 3, 1875 the first organized indoor game was played at Montreal's Victoria Skating Rink between two sides of nine-player teams including James Creighton and several McGill University students. This game featured the use of a puck to keep it within the rink; the goals were goal posts 6 feet (1.8 m) apart, and the game lasted 60 minutes. In 1877, several McGill students, including Creighton, Henry Joseph, Richard F. Smith, W. F. Robertson, and W. L. Murray codified seven ice hockey rules, based on the rules of field hockey. The first ice hockey club, McGill University Hockey Club, was founded in 1877 followed by the Montreal Victorias, organized in 1881.

The game became so popular that the first "world championship" of ice hockey was featured in Montreal's annual Winter Carnival in 1883 and the McGill team captured the "Carnival Cup". The number of players per side was reduced to seven, and the games now organized into thirty-minute halves. The positions were now named with left and right wing, centre, rover, point and cover point, and goalkeeper. In 1885, the Montreal City Hockey League was established. In 1886, the teams which competed at the Winter Carnival would organize the Amateur Hockey Association of Canada (AHAC) league and play a regular season composed of "challenges" to the existing champion. In Europe, it is believed that in 1885 the Oxford University Ice Hockey Club was formed to play the first Ice Hockey Varsity Match against traditional rival Cambridge in St. Moritz, Switzerland, although this is undocumented. This match was won by the Oxford Duck Blues, 6-0. The first photographs and team lists date from 1895. This rivalry continues, claimed to be the oldest hockey rivalry in history. It was not the only game on ice derived from stick-and-ball games played in Europe. In this time period, the game of Bandie ball was adapted to the ice, evolving into Bandy, which endured in popularity in Europe into the 1900s, and remains popular today in Russia. In 1888, the new Governor General of Canada, Lord Stanley of Preston, whose sons and daughter became hockey enthusiasts, attended the Montreal Winter Carnival tournament and was impressed with the hockey spectacle. In 1892, recognizing that there was no recognition for the best team in all of Canada (various leagues had championship trophies), he procured a decorative bowl for use as a trophy. The Dominion Hockey Challenge Cup,

which later became more famously known as the Stanley Cup, was first awarded in 1893 to the Montreal HC, champions of the AHAC. It continues to be awarded today to the National Hockey League's championship team. Stanley's son Arthur helped organize the Ontario Hockey Association and Stanley's daughter Isobel was one of the first women to play ice hockey. By 1893, there were almost a hundred teams in Montreal alone, and leagues throughout Canada. A similar sport had been popular in the United States (US) during this time called ice polo, but by 1893 the first ice hockey matches were being played at Yale University and Johns Hopkins University. Ice polo, played in the New England area, would die out as Americans adopted ice hockey. In 1896, the first ice hockey league in the US was formed. The U. S. Amateur Hockey League was founded in New York City shortly after the opening of the St. Nicholas Rink and its artificial ice rink. Lord Stanley's five sons were instrumental in bringing ice hockey to Europe, beating a court team (which included both the future Edward VII and George V) at Buckingham Palace in 1895. By 1903 a five-team league had been founded. The Ligue Internationale de Hockey sur Glace was founded in 1908 to govern international competitions, and the first European championships were won by Great Britain in 1910. In the mid-20th century, the League became the International Ice Hockey Federation. By 1902, the Western Pennsylvania Hockey League was the first to openly employ professionals. The league joined with teams in Michigan and Ontario to form the first fully professional International Professional Hockey League (IPHL), in 1904. The IPHL hired numerous players from Canada and Canadian leagues in response started to openly pay players, who played alongside amateurs. By then, several professional hockey leagues were operating in Canada, with leagues in the Manitoba, Ontario and Quebec provinces of Canada. In 1910, the National Hockey Association (NHA) was formed in Montreal. The NHA would further refine the rules, dropping the rover position, splitting the game into three 20-minute periods and introducing the system of minor and major penalties. After re-organizing as the National Hockey League (NHL) in 1917, the league expanded into the United States in 1924. Professional ice hockey leagues developed later in Europe. The game of bandy was still popular and amateur leagues leading to national championships were in place. One of the first was the Swiss

National League A, founded in 1916. Today, professional leagues have been introduced in most countries of Europe.

(Originated from Wikipedia, the free encyclopedia)

2. Are the following sentences true or false. Correct any false sentences.

1. The origin of the term “ice hockey” is evidently clear and undoubtful.
2. The famously known Stanley Cup was first awarded in 1893 to the Montreal HC.
3. The modern play of Bandy, being the modification of ice hockey, is extremely popular around the world.
4. The first organized indoor ice-hockey game was played between two sides of six-player teams.
5. The National Hockey Association (NHA) was founded in Quebec provinces of Canada.
6. The future regal authorities Edward VII and George V made their contribution to the establishment of ice hockey in Europe.
7. According to the Austin Hockey Association, the word puck is derived from the Old Slavonic word “puc”.
8. The first organized indoor ice-hockey games were played on artificial ice rinks.
9. It is claimed that modern ice hockey originated in Windsor, Nova Scotia, and was named after an individual as “Colonel Hockey's game.”
10. The number of players on the first amateur ice hockey teams was not regulated by the rules.

3. Divide the text into paragraphs and give them appropriate headings.

4. Answer the questions.

1. What is the origin of “stick and ball games” and when was the term “ice hockey” first introduced?
2. How can you describe the game of Shinty, the ice hockey predecessor?
3. How is the authority of Lord Stanley of Preston associated with ice hockey?
4. When did the game acquire its professional attributes?
5. Which European countries are considered to take a lead in popularization of professional ice hockey?

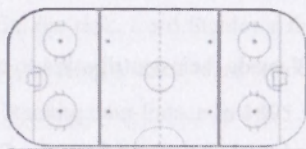
6. When was the game splitted into three 20-minute periods with the system of minor and major penalties?
7. When and where was the National Hockey League (NHL) founded?
5. Title the text and write an abstract of it.

Text C

1. Read the text and translate it.

Rules

While the general characteristics of the game are the same wherever it is played, the exact rules depend on the particular code of play being used. The two most important codes are those of the International Ice Hockey Federation (IIHF) and of the Canadian founded and North American expanded National Hockey League (NHL).



Typical layout of an ice hockey rink surface

Ice hockey is played on a hockey rink. During normal play, there are six players, including one goaltender, per side on the ice at any time, each of whom is on ice skates. The objective of the game is to score goals by shooting a hard vulcanized rubber disc, the puck, into the opponent's goal net, which is placed at the opposite end of the rink. The players may control the puck using a long stick with a blade that is commonly curved at one end.

Players may also redirect the puck with any part of their bodies, subject to certain restrictions. Players may not hold the puck in their hand and are prohibited from using their hands to pass the puck to their teammates, unless they are in the defensive zone. Players are also prohibited from kicking the puck into the opponent's goal, though unintentional redirections off the skate are permitted. Players may not intentionally bat the puck into the net with their hands.

The five players other than the goaltender are typically divided into three forwards and two defensemen. The forward positions consist of a centre and two wingers: a left wing and a right wing. Forwards often play together as units or lines,

with the same three forwards always playing together. The defencemen usually stay together as a pair generally divided between left and right. Left and right side wingers or defencemen are generally positioned as such based on the side on which they carry their stick. A substitution of an entire unit at once is called a line change. Teams typically employ alternate sets of forward lines and defensive pairings when shorthanded or on a power play. Substitutions are permitted at any time during the course of the game, although during a stoppage of play the home team is permitted the final change. When players are substituted during play, it is called changing on the fly. A new NHL rule added in the 2005-2006 season prevents a team from changing their line after they ice the puck.

The boards surrounding the ice help keep the puck in play and they can also be used as tools to play the puck. Players are permitted to "bodycheck" opponents into the boards as a means of stopping progress. The referees, linesmen and the outsides of the goal are "in play" and do not cause a stoppage of the game when the puck or players are influenced (by either bouncing or colliding) into them. Play can be stopped if the goal is knocked out of position. Play often proceeds for minutes without interruption. When play is stopped, it is restarted with a faceoff. Two players "face" each other and an official drops the puck to the ice, where the two players attempt to gain control of the puck. Markings on the ice indicate the locations for the "faceoff" and guide the positioning of players.

There are three major rules of play in ice hockey that limit the movement of the puck: offside, icing, and the puck going out of play. The puck goes "out of play" whenever it goes past the perimeter of the ice rink (onto the player benches, over the "glass", or onto the protective netting above the glass) and a stoppage of play is called by the officials using whistles. It also does not matter if the puck comes back onto to the ice surface from those areas as the puck is considered dead once it leaves the perimeter of the rink.

Under IIHF rules, each team may carry a maximum of 20 players and two goaltenders on their roster. NHL rules restrict the total number of players per game to 18 (traditionally twelve forwards and six defencemen) plus two goaltenders.

Penalties

Altercations often occur near the goal after a stoppage of play, since defensive players are extremely concerned with protecting their goaltender. All rulebooks call for penalties if an offensive player interferes with a goaltender's ability to defend the goal.

For most penalties, the offending player is sent to the "penalty box" and his team has

to play without him and with one less skater for a short amount of time. Most minor penalties last for two minutes, unless a major penalty of five minutes duration, or a double minor penalty of two consecutive penalties of two minutes duration, has been assessed. The team that has taken the penalty is said to be playing shorthanded while the other team is on the "power play".

A two-minute minor penalty is often called for lesser infractions such as tripping, elbowing, roughing, high-sticking, delay of the game, too many players on the ice, boarding, illegal equipment, charging (leaping into an opponent or body-checking him after taking more than two strides), holding, interference, hooking, or cross-checking. As of the 2005-06 season, a minor is also assessed for diving, where a player embellishes a hook or trip. More egregious fouls may be penalized by a four-minute double-minor penalty, particularly those which cause injury to the victimized player. These penalties end either when the time runs out or the other team scores on the power play. In the case of a goal scored during the first two minutes of a double-minor, the penalty clock is set down to two minutes upon a score effectively expiring the first minor penalty. Five-minute major penalties are called for especially violent instances of most minor infractions that result in intentional injury to an opponent, or when a "minor" penalty results in visible injury (such as bleeding), as well as for fighting. Major penalties are always served in full; they do not terminate on a goal scored by the other team. The foul of "boarding", defined as "check[ing] an opponent in such a manner that causes the opponent to be thrown violently in the boards" by the NHL Rulebook is penalized either by a minor or major penalty at the discretion of the referee, based on the violence of the hit. A minor or major penalty for boarding is also often assessed when a player checks an opponent from behind and into the boards.

Some varieties of penalties do not always require the offending team to play a man short. Concurrent five-minute major penalties in the NHL usually result from fighting. In the case of two players being assessed five-minute fighting majors, they both serve five minutes without their team incurring a loss of player (both teams still have a full complement of players on the ice). This differs with two players from opposing sides getting minor penalties, at the same time or at any intersecting moment, resulting from more common infractions. In that case, both teams will have only four skating players (not counting the goaltender) until one or both penalties expire (if one expires before the other, the opposing team gets a power play for the remainder); this applies regardless of current pending penalties, though in the NHL, a team always has at least three skaters on the ice. Ten-minute misconduct penalties are served in full by the penalized player, but his team may immediately substitute another player on the ice unless a minor or major penalty is assessed in conjunction with the misconduct (a two-and-ten or five-and-ten). In that case, the team designates another player to serve the minor or major; both players go to the penalty box, but only the designee may not be replaced, and he is released upon the expiration of the two or five minutes, at which point the ten-minute misconduct begins. In addition, game misconducts are assessed for deliberate intent to inflict severe injury on an opponent (at the officials' discretion), or for a major penalty for a stick infraction or repeated major penalties. The offending player is ejected from the game and must immediately leave the playing surface (he does not sit in the penalty box); meanwhile, if a minor or major is assessed in addition, a designated player must serve out that segment of the penalty in the box (similar to the above-mentioned "two-and-ten").

A player who is tripped, or illegally obstructed in some way, by an opponent on a breakaway – when there are no defenders except the goaltender between him and the opponent's goal – is awarded a penalty shot, an attempt to score without opposition from any defenders except the goaltender. A penalty shot is also awarded for a defender other than the goaltender covering the puck in the goal crease, a goaltender intentionally displacing his own goal posts during a breakaway to avoid a goal, a defender intentionally displacing his own goal posts when there is less than two minutes to play in regulation time or at any point during overtime, or a player or coach intentionally

throwing a stick or other object at the puck or the puck carrier and the throwing action disrupts a shot or pass play.

An ice hockey referee is responsible for assessing most penalties during a game.

A new penalty in the NHL applies to the goalies. The goalies now are unable to play the puck in the "corners" of the rink near their own net. This will result in a two-minute penalty against the goalie's team. The area immediately behind the net (marked by two red lines on either side of the net) is the only area behind the net in which the goalie can play the puck.

The NHL has taken steps to speed the game of hockey up and create a game of finesse, by retreating from the past where illegal hits, fights, and "clutching and grabbing" among players were commonplace. Rules are now much more strictly enforced resulting in more infractions being penalized which in turn provides more protection to the players and allows for more goals to be scored.

2. Compile a vocabulary of ice-hockey terms.

3. Make up a presentation of ice hockey.

RUGBY

Text A

*Pre-text exercises***1. Read and learn the active vocabulary.**

abdomen, <i>n</i>	живіт, черевна порожнина
achieve, <i>v</i>	досягати
afford, <i>v</i>	дозволяти, мати змогу
balance, <i>n</i>	рівновага
calf, <i>n</i>	литка
cardiovascular, <i>adj</i>	серцево-судинний
chest, <i>n</i>	грудна клітка
choice, <i>n</i>	вибір
conditioning, <i>n</i>	заходи щодо поліпшення фізичного стану, тренування
consider, <i>v</i>	вважати, розглядати
continually, <i>adv</i>	постійно
duration, <i>n</i>	тривалість, впродовж
emphasise on	надавати особливого значення, підкреслювати
endurance, <i>n</i>	витривалість
equip, <i>v</i>	споряджати, екіпірувати
event, <i>v</i>	вид спорту
extremely, <i>adv</i>	вкрай, надзвичайно
flexible, <i>adj</i>	гнучкий
gradual, <i>adj</i>	поступовий
hamstring, <i>n</i>	підколінне сухожилля
injury, <i>n</i>	травма, пошкодження
involvement, <i>n</i>	залучання
kicking, <i>n</i>	удар ногою, копання
mauling, <i>n</i>	боротьба (за м'яч)
meet, <i>v</i>	задовольняти (вимоги, потреби)
neck, <i>n</i>	шия

passing, <i>n</i>	передавання, пасування
physician, <i>n</i>	лікар
practice, <i>v</i>	вправління, відпрацювання
preseason, <i>adj</i>	період до початку сезону
prevent, <i>v</i>	попереджати, запобігати, відвертати
require, <i>v</i>	вимагати
requirement, <i>n</i>	вимога, необхідна умова
rucking, <i>n</i>	ракінг
sharpening, <i>n</i>	відпрацювання, відшліфовування
skill, <i>n</i>	навик, уміння
speed, <i>n</i>	швидкість
spirit, <i>n</i>	дух
strength, <i>n</i>	сила
stretching, <i>n</i>	розтяжка, розтягнення
success, <i>n</i>	успіх
tackling, <i>n</i>	таклінг, боротьба дозволеними засобами, штовхання
team, <i>n</i>	команда
thigh, <i>n</i>	стегно
tool, <i>n</i>	знаряддя, інструмент

2. Translate without using a dictionary.

Rugby, active, cardiovascular, balance, coordination, physical, program, structure, result, activity, contact sport, recommend, organized group, preseason, individual, season, basic, extremely, training, muscle group, training, minutes.

3. Read and translate the text.

Rugby

Rugby is a team game that requires players to use their skill in conjunction with others to achieve success. It is a running game that requires active involvement of each player for the duration of the game. It develops team spirit and cooperation and affords a high level of satisfaction for the participants.

Because players are moving continually, rugby helps develop cardiovascular endurance. The basic skills of the game require speed, balance, coordination, and strength, important in any physical development program. By virtue of the structure of the game, greatest enjoyment in rugby comes as a result of being fit. In fact, many sports physicians consider rugby second to such events as long-distance cross-country skiing and running as the most cardiovascularly demanding activity today. It is a contact sport, and players should physically equip themselves to meet this requirement. Fitness and strength training are recommended, and with an organized group, most of this can be done using a ball. When training for any sport, it is important to use the tools of that sport – in this case, the ball – as much as possible.

Preseason conditioning involves building endurance and strength, with emphasis on development of individual skills. During the season much of the time is spent building the team, developing and coordinating plays, and sharpening basic and individual skills. Keeping the body fit and flexible helps prevent injury. Stretching is extremely important before and after training; 10 to 15 minutes should be allowed for gradual loosening up of the major muscle groups in the neck, chest, lower back, arms, abdomen, thighs, hamstrings, and calves.

All players should practice the fundamental skills of passing, running with the ball, kicking, rucking, mauling, and tackling. Once proficient at these, it is important to practice the particular skills needed for the position of choice.

Rugby can be played by persons of all ages and requires little equipment.

*(Originated from Dale Mood, Frank F. Musker, Judith E. Rink Sports and Recreational Activities, USA
The McCraw-Hill Companies, Inc. 1999 P. 663)*

Post text exercises

1. Give Ukrainian equivalents to the following phrases.

- | | |
|---------------------------|----------------------------------|
| 1) to develop spirit | 6) cardiovascular endurance |
| 2) to meet requirements | 7) physical development program |
| 3) preseason conditioning | 8) fitness and strength training |
| 4) team game | 9) to sharpen skills |
| 5) active involvement | 10) gradual loosening up |

2. Match the definitions to the following notions.

- | | |
|-----------------|--|
| 1) injury | a) a large number of players; |
| 2) ruck | b) the learning or training process; |
| 3) skill | c) the capacity or state of enduring; |
| 4) maul | d) the state of being physically strong; |
| 5) conditioning | e) to drive or impel with the foot; |
| 6) endurance | f) physical damage or hurt; |
| 7) strength | g) any system of lifting or pulling; |
| 8) pass | h) special ability in a task or sport; |
| 9) tackle | i) to go or move onwards; |
| 10) kick | j) to handle clumsily. |

3. Combine the following words and translate them.

- | | |
|-------------------|-----------------|
| 1) team | a) skills |
| 2) high | b) group |
| 3) basic | c) level |
| 4) preseason | d) skiing |
| 5) gradual | e) enjoyment |
| 6) cardiovascular | f) spirit |
| 7) great | g) loosening |
| 8) cross-country | h) training |
| 9) strength | i) conditioning |
| 10) organised | j) endurance |

4. Insert prepositions where necessary.

in (2), of (3), for, with, during, after, to, before

1. Team game requires players to use their skill ... conjunction ... others to achieve success.
2. ... the season much ... the time is spent building the team.
3. A running game requires active involvement ... each player ... the duration ... the game.

4. Stretching is extremely important ... and ... training.
5. In fact, many sports physicians consider rugby second ... such events as long-distance cross-country skiing and running.

8. Match the two parts of the sentences.

- | | |
|---|--|
| 1. Rugby is a team <u>game</u> ... | a) ... develops team spirit. |
| 2. This running <u>game</u> ... | b) ... second to long-distance cross- |
| 3. The basic rugby skills... | country skiing and running. |
| 4. Many sports physicians consider rugby... | c) ... it is important to use the tools of that sport |
| 5. Players should physically equip themselves... | d) ... before and after training. |
| 6. When training for my sport | e) ... emphasized on development of individual skills. |
| 7. Preseason conditioning involves building endurance and strength... | f) ... that requires active involvement of each player for the duration of the game. |
| 8. During the season much of the time... | g) ... spent building the team, developing and coordinating plays. |
| 9. Stretching is extremely important... | h) ... persons of all ages and requires little equipment. |
| 10. Rugby can be played by... | i) ... require speed, balance, coordination, and strength. |
| | j) ... to meet cardiovascular demanding activity today. |

9. Answer the following questions.

1. What kind of game is rugby?
2. What physical qualities does rugby require?
3. What are the basic skills of the game?
4. What events is rugby compared with?
5. Is rugby a contact sport?
6. What kind of training is recommended?
7. What does preseason conditioning include?

8. What helps prevent injuries?
9. How long is it recommended to cool down?
10. Who can play rugby?

7. Finish the following sentences.

1. Rugby is a running game that requires ...
2. It develops team spirit and ...
3. Rugby helps develop ...
4. The basic skills of the game require ...
5. Sport physicians consider rugby ...
6. Preseason conditioning involves ...
7. Much of the time is spent ...
8. Keeping the body fit and flexible helps ...
9. Stretching is extremely important ...
10. Rugby can be played by ...

Text B

1. Read the text to find the information about:

- 1) legalization of blocking and tackling below the waist;*
- 2) major American national teams.*

Ball games resembling football have been played for well over two thousand years. Many descriptions, paintings, and drawings surviving from the Middle Ages show that the game has been played in the British Isles for centuries. Rugby football was devised accidentally at Rugby School in England in 1823, when one of the players on Rugby's team, William Webb Ellis, tucked the ball under his arm and ran across the goal line, an act recognized as unsportsman-like conduct. However, this form of the game gained tremendous popularity over the next 40 years, and when the word football was used, some people asked, "Which kind?" Separate rules for rugby and football were formulated in the later half of the nineteenth century. Some twenty years after the division from football, a group of clubs in northern England formed what eventually become known as Rugby League. Rugby Union and Rugby League now support two

totally distinct games. Rugby has been played in the United States since the late nineteenth century but has been overshadowed by gridiron football and soccer, both of which developed from a rugby framework. Walter Camp, a halfback from Yale, changed the course of rugby to gridiron with two basic suggestions. One was to reduce the number of players from fifteen to eleven. The second was to guarantee possession so that appropriate plans of attack and defense could take place. By 1888 blocking and tackling below the waist were legalized. By 1900 the line-out was abolished, and, after a threat by Theodore Roosevelt to ban the game if it was not cleaned up, the forward pass was introduced and rugby was almost gone. Rugby was an official Olympic sport four times from 1896 to 1924. U.S. teams won the gold medal twice (1920 and 1924), defeating the French team both times. During the 1950s interest was rekindled, and today there are more than 250, 000 players and over 15, 000 clubs in the United States. In 1975 the American governing body, now known as USA Rugby, was formed. It is composed of seven territorial unions – Northeast, Mid-Atlantic, Southeast, Midwest, West, Pacific, and Southern California Rugby Football Unions, USA Rugby sponsors thirteen different national championships. In 1997, fourteen of the traditionally successful clubs formed the Super League, rugby's answer to the NFL. There are five American national teams (Men, Women, Collegiate Men, Collegiate Women, and Under-19s) altogether. The men's senior team is known as the Eagles and they compete every spring in the Pacific Rim Championship, played between the United States, Canada, Japan, and Hong Cong. The women's senior side has met with impressive international success. In 1991 they won the first Women's World Cup, and they were finalists in 1994. Once a strictly amateur sport, rugby began to go professionals with the advent of the men's World Cup in 1987, held every four years. At first payment to players was covert, but following the 1995 World Cup the game become officially "open".

*(Originated from Dale Mood, Frank F. Musker, Judith E. Rink Sports and Recreational Activities, USA
The McCraw-Hill Companies, Inc. 1999 P. - 663)*

1. Are the sentences true or false? Correct any false statements.

1. Ball games have been known in England since the Middle Ages.

2. Unknown player violated the football rules.

3. Rugby was created by William Webb Ellis.
4. The new form of game gained popularity immediately.
5. Rugby has been played in the USA since the end of nineteenth century.
6. Blocking and tackling below the waist have been legalized since the very beginning of the game.
7. Rugby was recognized as Olympic sport in 1896.
8. Rugby is widespread ball game in the USA.
9. There is an American National Rugby Team.
10. Rugby World Cup began officially open in 1987.

3. Divide the text into paragraphs. Give them appropriate headings.

4. Answer the questions.

1. What game was rugby developed from?
2. Where was rugby played first?
3. Who did violate the football rules?
4. When were different rugby and football rules formulated?
5. When has rugby been played in the USA?
6. Comment the actions of President Theodore Roosevelt.
7. When was USA Rugby formed?
8. How many American national teams are in the USA?
9. What year did the women team become finalists?
10. When did the World Cup become open?

5. Title the text and write an abstract of it.

Text C

1. Read the text. Translate it in a written form.

RULES

Officials

One referee has control of the game and enforces the rules. Two line judges (touch judges) watch the sidelines and signal the referee when the ball has gone out of bounds. They also assist the referee where possible regarding infringements of the rules. The referee keeps the time and the score. Players must obtain permission from the referee to leave and reenter the field during play.

Duration of Game

The game is made up of two periods, each 40 minutes in duration. There is a 5-minute interval between periods (10 minutes in international play), during which the teams change ends. The referee may add on time at the end of each period if necessary. For example, play may be stopped because of injury to a player. With an injury, the referee would add on to the half the amount of time the injured player used to collect him- or herself or to leave the pitch.

Players and Positions

Rugby is played by two teams of 15 players each: eight forwards – two props, one hooker, two locks, two flankers, one No.8 – and seven backs – one scrum half, one fly half, two center three-quarters, two wing three-quarters, one fullback.

Substitutes

In the past, substitutes were only allowed in international games and certain specific games. A maximum of two injured players could be replaced. However, now, due primarily to the increased levels of intensity with which the game is played, the International Rugby Board (IRB) has authorized up to six (seven in international play) substitutions for injury or tactics; however, four of these must be experienced front-row players. The USARFU allows this type of substitution in all matches. Players who are substituted for may not rejoin the match.

Basic Playing Privileges of Players

1. A player may catch or pick up the ball and run with it.
2. A player may kick the ball while in possession of it.
3. A player may pass the ball to another player provided the ball is not thrown forward.
4. A player may tackle a member of the opposition who has possession of the ball. A tackled player must pass the ball or release the ball and get up and move away immediately.
5. A player may not interfere with a member of the opposition who is not in possession of the ball.
6. A player caught in possession of the ball may attempt to transfer it to a teammate provided the player does not come in contact with the ground.

7. A player may not advance forward in front of the ball.

Fouls

Players may not:

1. Strike, hack, kick, or trip an opponent
2. Make a dangerous tackle or tackle with a stiff arm
3. Charge, obstruct, or grab an opponent who does not have the ball
4. Obstruct or deliberately knock or throw the ball forward

It is not a foul if:

1. The ball bounces forward after hitting the ground or a player
2. A player shoulder-charges a player in possession of the ball and attempts to wrap up the opposing player with the arms
3. The ball is knocked forward in an attempt to catch the ball, but is retrieved before it hits the ground.

Starting the Game

The captain of the team successfully calling the referee's coin toss has the option of either kicking off or receiving, or defending one goal or the other. The other captain has the choice in the area not selected by the first captain.

For the kickoff, the ball is normally placed on a round tee in the centre of the halfway line. At the sound of the referee's whistle, the ball is kicked forward so it travels at least beyond the opposition's 10.9-yard. The same procedure kickoffs used to restart play after scores must be drop kicks.

On the kickoff, opponents must stand behind their 10.9-yard line, over which the ball must cross. If the ball crosses the touchline without bouncing, opponents may accept the kick, have it retaken, or scrimmage or lineout at the centre.

Although most kickoffs are aimed to travel only 10.9 to 16.4 yards, with the aim of rewinning the ball, kicking the ball deep into an opponent's territory is also an option. However, if the ball crosses the goal line, the opposition gets a scrum at midfield.

Scoring

Try. A try is scored when a player carries the ball over the opposition's goal line and touches the ball on the ground in the goal area. Try = 5 points.

Conversion. After a try is scored, the successful team has the opportunity to gain 2 additional points (conversion) by kicking the ball between the posts above the crossbar from a point in line with where the try was scored. The ball may be place-kicked or drop-kicked. Team members must be behind the kicker; the opponents must remain behind the goal line until the kicker motions toward the ball, when they may charge or jump. If a try is successfully converted, it is called a goal. Goal = 7 points. Goal = Try (5 points) + Conversation (2 points).

Penalty goal. A penalty is awarded for a major infringement of the rules of the game, such as a high tackle, dangerous play, or obstruction. This allows the team to whom the penalty is awarded an opportunity to score 3 points by kicking the ball through the posts above the crossbar from the point where the infringement occurred. The ball may be drop-kicked or placekicked. Penalty goal = 3 points.

Drop goal. A drop goal is scored when a player drop-kicks the ball from anywhere on the field. The ball, as in a penalty, must still travel between the posts over the crossbar during the continuous flow of play. Drop goal = 3 points.

Set Scrum

When play is halted unintentionally by a minor infringement of the rules, such as an unintentional offside or forward pass, a set scrum is called. The eight forwards form a scrum, with three forwards (a loose-head prop, a hooker, a tight-head prop) in the front row, two forwards (locks) in the second row, one (the No.8) in the third row, and the two remaining forwards (flankers) on the sides. The eight forwards bind closely together and push against the opposition. This is called the "set scrum". The scrum half puts the ball into the tunnel made where the two front rows of forwards meet, and the hookers from each team try to "hook" the ball back through the scrum onto their side. If the ball goes straight through the tunnel and out the other side, it must be put into the scrum again. No player may handle the ball in the scrum.

Ruck

A ruck occurs most frequently in free or open play after a player has been tackled to the ground and when one or more players from each team close around and contest for the ball when it is on the ground. This is done primarily by trying to drive the opposing players away from the ball. Players must remain on their feet and may not

handle the ball while it is still on the ground and between and beneath the opposing players who are bound onto each other. The ball is made available from a ruck by players channeling the ball free backwards with their feet.

Maul

A maul occurs in free or open play when one or more players from each team close around a player who is carrying the ball and is not taken to the ground. This is commonly referred to as a standing tackle. A maul ends when the player with the ball breaks loose from the other players or when the ball is released and channeled free. If the ball does not become available, a set scrum is called by the referee.

Line-Out

If the ball or the player carrying it touches or crosses the touchline, the ball is “in touch”, and play is restarted by a line-out. The ball is thrown in at right angles to where it gets into touch between the forwards of both teams, who line up to receive the ball. The two “packs” of forwards line up opposite each other in a line at right angles to the touchline. The team that last touched the ball before it went out of bounds is considered responsible for the stoppage, and the opportunity to restart the game by throwing the ball into the line-out is given to the other team. The scrum half may stand beside the line-out, but all other backs must remain 10.9 yards back from the line-out. If the ball is not thrown straight into the line-out, the referee offers the other team the choice of a set scrum in 16.4 yards or another line-out. Players must not push, charge, bind, lift, or move within 5.5 yards of the touchline or beyond the farthest player not more than 16.4 yards from the touchline until the ball has been thrown in. Players must also maintain a free channel through the line-out. A line-out is completed when players involved move beyond the centre line of the line-out.

Offside

A player in front of the ball when a teammate is playing it is offside. A penalty may be called if the offside player plays the ball or obstructs or tackles an opponent. Offside is penalized by a penalty kick at the point of infringement, or in free play the option of a scrum is given at the point where the offender last played the ball.

An offside player may be put onside if a teammate carries or kicks and pursues the ball past him or her. No penalty is given if the offside position is unavoidable and

the player retires immediately and without interfering with an opponent. If contact cannot be avoided, the player is "accidentally offside," and a set scrum is formed.

*(Originated from Dale Mood, Frank F. Musker, Judith E. Rink Sports and Recreational Activities, USA
The McGraw-Hill Companies, Inc. 1999 P. - 663)*

2. Make up a vocabulary of rugby terms.

3. Make up a presentation of rugby.

TABLE TENNIS

Text A

*Pre – text exercises***1. Read and learn the active vocabulary.**

advantage, <i>n</i>	вигода, перевага, користь
alter, <i>v</i>	змінювати, переробляти
alternate,	змінний, перемінний, замісник
basement version	основна версія
bat, <i>n</i>	ракетка, битка
bounce, <i>v</i>	відскакувати, відбиватися
capability, <i>n</i>	здатність, здібність, обдарованість
celluloid, <i>n</i>	целулоїд
cover up	сховати, прикривати
concept, <i>n</i>	поняття, ідея
demand, <i>v</i>	вимагати
deuce, <i>n</i>	дьюс, рівний рахунок
dimple, <i>n</i>	ямка, западина
fail, <i>v</i>	зазнати невдачі, не вдатися
gain, <i>v</i>	вигравати, здобувати
harmful, <i>adj</i>	шкідливий, небезпечний
hit, <i>v</i>	бити, вдаряти; влучити в ціль
hollow, <i>adj</i>	порожній(порожнистий), пустий
impart, <i>v</i>	надавати
inche, <i>n</i>	дюйм (2,5 см)
lightweight, <i>adj</i>	легкий
preliminaries, <i>n</i>	відбірні змагання
score, <i>n</i>	1. <i>n</i> рахунок; 2. <i>v.</i> забити (закинути)
score the point	м'яч
serve, <i>n</i>	зарахувати очко
	подача м'яча

skilled player	досвідчений, кваліфікований спортсмен
smash, <i>n</i>	смеш, удар по мячу згори вниз
spin to/on a ball	вертіння м'яча
split into, <i>v</i>	розділитися на, ділитися на (групи)
striking surface	яскрава поверхня
thin layer of rubber	тонкий шар гуми
treat, <i>v</i>	розглядати

2. Translate without using a dictionary.

Combination, court, design, diameter, International Table Tennis Federation, format, limitation, maximize, tennis match, opponent, option, ping pong, racket, reaction, strategy, synthetic, tactics, trajectory.

3. Read and translate the text.

Table tennis

In modern times, it seems that the sport has split into two camps - the recreational players, who tend to use the phrase ping-pong and table tennis interchangeably, and treat it as a game of past – time, and the serious players, who call it table tennis almost exclusively and view it as a sport. So perhaps we should call the serious sport table tennis, and the fun basement version ping – pong? As Shakespeare might say if he was around today - "the game, by any other name, would be as sweet"! Or maybe our motto should be "Don't worry how you say it - just play it!"

Table tennis is a sport in which two or four players hit a lightweight, hollow ball back and forth with rackets (also known as "bats" or "paddles"). The game takes place on a hard table divided by a net. Players must allow a ball played toward them only one bounce on their side of the table and must return it so that it bounces on the opposite side. Points are scored when a player fails to return the ball within the rules. Play is fast and demands quick reactions. A skilled player can impart several varieties of spin to the ball, altering its trajectory and limiting an opponent's options to great advantage.

The game is controlled by the International Table Tennis Federation (ITTF), founded in 1926. From 1988 (has been an Olympic sport) until 2004, the events were men's singles, women's singles, men's doubles and women's doubles. Since 2008 the doubles have been replaced by the team events (Beijing was the first time where table tennis had an Olympic team event).

The sport is played with two or four players hitting a ball with rackets back and forth to each other on a table. Ball spin, speed, placement, strategy and tactics play an important part in competitive table tennis matches. The speed of the ball can vary from slow serves with much spin to smashes that travel as fast as 112.5 kilometers per hour (70 mph).

The game is played on a 274 cm × 152.5 cm × 76 cm high (9 ft × 5 ft × 30 inches high) playing surface. The International Table Tennis Federation requires an area not less than 14 m long, 7 m wide and 5 m high for competitions. No limitations in size or shape are specified.

Modern rackets usually have a thin layer of rubber covering the racket's striking surface. The ball used in table tennis has a diameter of 40 mm (formerly 38 mm), is made of celluloid, and is hollow.

The winner is the first to score 11 points or more while being ahead by 2 points or more. Players alternate serves every two points. At 10-10 (or deuce) the players alternate with every serve; the winner is then the first person to gain a two point advantage over his opponent. The 11 point game is an International Table Tennis Federation (ITTF) change which occurred in 2001. Previously, the first player to gain 21 points (except in case of a deuce) won the game. All games played at national level and at international tournaments are now played to 11 points in either a best of five games (preliminaries) or best of seven games format (championship matches).

Table tennis is a wonderful sport to take up for life. Table tennis is an indoor, non-seasonal sport. You can play it all year round, day or night, and you don't have to worry about bad weather or covering up to keep those harmful UV rays off you. It's easy to play, yet difficult to master. It's easy on the body. You can play ping-pong (as it is often called colloquially) according to your own capabilities and limitations, and still be competitive. And being a non-contact sport, you don't have to worry about those

bruises or even broken bones that you can get in contact sports. As you get older, ping-pong is good for the brain. There is an awful lot of thinking, planning, and strategising going on out there on the court, all of which helps keep the old grey matter active!

(Originated from Wikipedia, the free encyclopedia)

Post- text exercises

1. Give Ukrainian equivalents to the following phrases.

- | | |
|---|-----------------------------|
| 1) hollow ball back; | 6) a skilled player |
| 2) to forth with rackets; | 7) slightly different |
| 3) to allow a ball played; | 8) an awful lot of thinking |
| 4) several varieties of spin to the ball; | 9) a thin layer of rubber |
| 5) men's / women's singles; | 10) non-seasonal sport. |

2. Match the definitions to the following notions.

- | | |
|------------------|---|
| 1) advantage | a) a planned series of actions for achieving something; |
| 2) concept | b) making the ball turn very quickly so that it is difficult for the opponent to hit; |
| 3) deuce | c) the act of finding a place for someone to live or work; |
| 4) doubles | d) a competition in which players compete against each other in a series of games until there is one winner; |
| 5) limitation | e) the act or process of controlling or reducing something; |
| 6) placement | f) one of the games in the first part of a competition, when it is decided who will go on to the main competition; |
| 7) preliminaries | g) an idea of how smth is, or how smth should be done; |
| 8) spin | h) a game played between two pairs of players; |
| 9) strategy | i) smth that helps you to be more successful than others; |
| 10) tournament | j) a situation when both players have 40 points, after which one of the players must win two more points to win the game. |

3. Combine the following words and translate them.

- | | |
|------------------|---------------|
| 1) modern | a) tournament |
| 2) national | b) rackets |
| 3) harmful | c) players |
| 4) championship | d) event |
| 5) non-contact | e) play |
| 6) international | f) level |
| 7) team | g) sport |
| 8) quick | h) UV rays |
| 9) recreational | i) match |
| 10) doubles | j) reaction |

4. Insert prepositions where necessary.

due to, by(4), on (4), in(6), for(2), from, into,
before, during, down, up, with(2)

1. The game has its origins ... England as an after-dinner amusement ... upper - class Victorians ... the 1880s.
2. Table tennis evolved ... the modern game ... Europe, the United States and Japan.
3. The name "ping-pong" was ... wide use ... English manufacturer ... 1901.
4. The name "Ping-Pong" then came to be used ... the game played ... the rather expensive Jaquesses equipment, ... other manufacturers calling theirs table tennis.
5. Table tennis was growing ... popularity ... 1901 when table tennis tournaments were being organized.
6. ... the early 20th century the game was banned ... Russia.
7. ... a belief that was held ... the rulers at the time that playing the game had an adverse effect ... players' eyesight.
8. "Large-ball" table tennis uses a 44 mm ball which slows ... the game significantly.
9. The ball shall bounce ... 23 cm when dropped ... a height of 30 cm thereby having a coefficient of restitution of 0.88.
10. Players are equipped ... a laminated wooden racket covered ... rubber ... one or two sides depending ... the grip of the player.

5. Match the two parts of the sentences.

1. Table tennis is a sport in which two or four players ...
 2. Table tennis is good for your health - it's great for...
 3. The International Table Tennis Federation: worldwide...
 4. Played at the higher levels, it's ...
 5. Beijing was the first time where... ..
 6. Table tennis is a lifelong sport, that ...
 7. In table tennis two opponents or two teams of two opponents ...
 8. A point is won by a player or team when the opponent ...
 9. If both players or teams have won 10 points, then...
 10. The mental side of table tennis is considered ...
- a) ... one of the fastest sports around.
 - b) ... can be played competitively right up to your eighties and beyond.
 - c) ... governing body with national bodies responsible for the sport in each country.
 - d) ... the first player or team to get a 2 point lead wins the game.
 - e) ... hit a lightweight, hollow ball back and forth with rackets.
 - f) ...cannot hit the ball with a racket over the net and onto the other side of the table.
 - g) ... getting up a sweat and getting the heart rate up.
 - h) ... to be vital by almost all top players.
 - i) ... play a match consisting of games and points, using rackets to hit a ball over a net, onto the opponent's side of a table.
 - j) ... table tennis had an Olympic team event.

6. Answer the following questions.

1. Where does table tennis take place?
2. What are the equipments of table tennis?
3. How many players can involve into the game?
4. Is table tennis indoor or outdoor sport?
5. Who is the winner of the game?
6. What is the size of playing surface?
7. What is the speed of the ball?

8. How important is fitness in table tennis?
9. What innate talents are necessary to become a really good ping-pong player?
10. Do you think top ping-pong players are more athletic than top golfers?

7. Finish the following sentences.

1. Table tennis is one of the most...
2. Table tennis is good for your health...
3. The winner is the first to score...
4. Table tennis is a great social sport. You'll get to meet plenty of people down at...
5. Play is fast and demands...
6. It is good for the mind – keeps...
7. It is indoors and out of the weather...
8. Ping-pong would help improve...
9. The sport is played with two or four players hitting...
10. It is easy on the body - you can have just have fun and relax, or...

Text B

1. Read the text to find the information about.

- 1) origins of the game;*
- 2) English manufacturer J. Jaques & Son Ltd trademarked;*
- 3) introducing game as an Olympic sport;*
- 4) founding of Table Tennis Association;*
- 5) classic table tennis;*

The game has its origins in England as an after-dinner amusement for upper-class Victorians in the 1880s. Mimicking the game of tennis in an indoor environment, everyday objects were originally enlisted to act as the equipment. A line of books would be the net, a rounded top of a champagne cork or knot of string as the ball, and a cigar box lid as the racket. Table tennis evolved into the modern game in Europe, the United States and Japan. The popularity of the game led game manufacturers to sell the equipment commercially. Early rackets were often pieces of parchment stretched upon a frame, and the sound generated in play gave the game its first nicknames of "wiff-waff"

and "Ping-pong". A number of sources indicate that the game was first brought to the attention of Hamley's of Regent Street under the name "Gossima". The name "ping-pong" was in wide use before English manufacturer J. Jaques & Son Ltd trademarked it in 1901. The name "Ping-Pong" then came to be used for the game played by the rather expensive Jaquesses equipment, with other manufacturers calling theirs table tennis. A similar situation came to exist in the United States where Jaques sold the rights to the "Ping-Pong" name to Parker Brothers. The next major innovation was by James Gibb, an English enthusiast of table tennis, who discovered novelty celluloid balls on a trip to the U.S. in 1901 and found them to be ideal for the game. This was followed by E. C. Goode who in 1901 invented the modern version of the racket by fixing a sheet of pimpled, or stippled, rubber to the wooden blade. Table tennis was growing in popularity by 1901 when table tennis tournaments were being organized, books on table tennis were being written, and an unofficial world championship was held in 1902. During the early 20th century the game was banned in Russia due to a belief that was held by the rulers at the time that playing the game had an adverse effect on players' eyesight. In 1921, the Table Tennis Association was founded in England, and the International Table Tennis Federation followed in 1926. London hosted the first official world championship in 1927. Table tennis was introduced as an Olympic sport at the Olympics in 1988. In the 1950s rackets that used a rubber sheet combined with an underlying sponge layer changed the game dramatically, introducing greater spin and speed. These were introduced to England by the sports goods manufacturers S.W. Hancock Ltd. The use of speed glue increased the spin and speed even further, resulting in changes to the equipment to "slow the game down". Toward the end of 2000, the ITTF instituted several rules changes aimed at making table tennis more viable as a televised spectator sport. First, the older 38 mm (1.5 inch) balls were officially replaced by 40 mm balls. This increased the ball's air resistance and effectively slowed down the game. By that time, players had begun increasing the thickness of the fast sponge layer on their rackets, which made the game excessively fast, and difficult to watch on television. Secondly, the ITTF changed from a 21 to an 11-point scoring system. This was intended to make games more fast-paced and exciting. The ITTF also changed the rules on service to prevent a player from hiding the ball during service, in order to

increase the average length of rallies and to reduce the server's advantage. Variants of the sport have emerged. "Large-ball" table tennis uses a 44 mm ball which slows down the game significantly. This has seen some acceptance by players who have a hard time with the extreme spins and speeds of the 40 mm game. The ball's mass is 2.47 grams. There is a move towards reviving the table tennis game that existed prior to the introduction of sponge rubber. Classic table tennis like Lihaor "hardbat" table tennis players reject the speed and spin of reversed sponge rubber, preferring the 1940–60s play style, with no-sponge, short-pimpled rubber equipment, when defense is less difficult by decreasing the speed and eliminating any meaningful magnus effect of spin. Because hardbat killer shots are almost impossible to hit against a skilled player, hardbat matches focus on the strategic side of table tennis, requiring skillful maneuvering of the opponent before an attack can be successful.

(Originated from Wikipedia, the free encyclopedia)

2. Are the sentences true or false. Correct any false statements.

1. The game has its origins in England as an after-dinner boredom for upper-class Victorians.
2. Early rackets were often pieces of parchment stretched upon a frame.
3. The fame of the game led game manufacturers to sell the equipment commercially.
4. The sport was first brought to the concentration of Hamley's of Regent Street under the name "Gossima".
5. Table tennis was introduced as an Olympic sport at the Olympics in 1968.
6. "Large-ball" table tennis uses a 44 mm ball which slows down the game insignificantly.
7. The ball's mass is 2.47 grams.
8. In 1921, the Table Tennis Association was founded in England.
9. Secondly, the ITTF changed from a 21 to an 11-point scoring scheme.
10. London hosted the first official world championship in 1927.

3. Divide the text into paragraphs. Give headings to them.

4. Ask and answer 10 questions to the text.
5. Title the text and write an abstract of it.

1. Read the text. Translate it in a written form.

Rules

Ball

The international rules specify that the game is played with a light 2.7 gram, 40 mm diameter ball. Generally, it is the most-used ball. The rules say that the ball shall bounce up 23 cm when dropped from a height of 30 cm thereby having a coefficient of restitution of 0.88. The 40 mm ball was introduced after the 2000 Olympic Games. However, this created some controversy as the Chinese National Team argued that this was merely to give non-Chinese players a better chance of winning. A 40 mm table tennis ball is slower and spins less than a 38 mm one. The ball is made of a high-bouncing gas-filled celluloid, colored white or orange, with a matte finish. The choice of ball color is made according to the table color and its surroundings. For example, a white ball is easier to see on a green or blue table than it is on a grey table. Stars on the ball indicate the quality of the ball. 3 stars indicates that it is of the highest quality, and is used in official competitions.

Table

The table is 2.74 m (9 ft) long, 1.525 m (5 ft) wide, and 76 cm (30 inch) high with a Masonite (a type of hardboard) or similarly manufactured timber, layered with a smooth, low-friction coating. The table or playing surface is divided into two halves by a 15.25 cm (6 inch) high net. The table surface can either have a green or blue color.

Table tennis racket

Players are equipped with a laminated wooden racket covered with rubber on one or two sides depending on the grip of the player. This is called either a paddle, racket, blade or a bat depending on where in the world the game is being played. In the USA the term "paddle" is common, in Europe the term is "bat," and the official ITTF term is "racket."

Table tennis regulations allow different surfaces on each side of the racket. The different types of surfaces provide various levels of spin or speed, or in some cases, nullify spin. For example, a player may have a rubber that provides much spin on one side of his racket, and no spin on the other side of the racket. By flipping the racket in

play, different types of returns are possible. To help a player distinguish between different types of rubber used by his opposing player, international rules specify that one side must be red while the other side must be black. The player has the right to inspect his opponent's racket before a match to see the type of rubber used and what color it is. Despite high speed play and rapid exchanges, a player can see clearly what side of the racket was used to hit the ball. Current rules state that, unless damaged in play, the racket cannot be exchanged for another racket at any time during a match.

Starting a game

In top-flight competition, service is decided by a coin toss. At lower levels it is common for one player (or the umpire/scorer) to hide the ball in one or the other hand (usually hidden under the table), allowing the other player to guess which hand the ball is in. The correct or incorrect guess gives the "winner" the option to choose to serve, receive, or to choose which side of the table to use. Another method is for one player to hit the ball to the other and he or she returns it or by hitting it back and forth four times and then playing out the point. This is commonly referred to as "play to serve". Then, they play one point to see who serves first. Players also determine the first to serve by placing a racket on the table with the handle off the board, taking turns throwing the ball at their opponent's racket. The first to strike the opponent's racket without receiving a return shot gets the serve.

Service

In game play, the player serving the ball commences a point. Standing so that the ball is held behind the endline of the table, with the ball in the palm of the free hand - over the table's height - and the racket in the other, the server tosses the ball without spin, upward, at least 16 centimeters (approximately 6 inches). In casual (non-tournament) games, many players do not toss the ball upward, however this is technically illegal and can give the serving player an unfair advantage. The ball must remain above the height of the table at all times. The server cannot use his body or clothing to obstruct sight of the ball; the opponent and the umpire must have a clear view of the ball at all times

He or she then must hit the ball from behind the baseline such that it bounces once on his or her half of the table, and then bounces at least one time on the opponent's

half. If the ball strikes the net but does not strike the opponent's half of the table, then a point is awarded to the opponent. However, if the ball hits the net, but nevertheless goes over and bounces on the other side, it is called a let (or net-in). Play stops, and the ball must be served again with no penalty. A player may commit any number of lets without penalty.

If the service is "good", then the opponent must then make a "good" return - by returning the ball before it bounces on his or her side of the table a second time. Returning the serve is one of the most difficult parts of the game, as the server's first move is often the least predictable - due to the numerous spin choices at his or her disposal - and thus most advantageous to him or her.

(Originated from Wikipedia, the free encyclopedia)

2. Compile a vocabulary of table tennis terms.

3. Make up a presentation of table tennis.

TENNIS

Text A

*Pre-text exercises***1. Read and learn the following words.**

rectangular, <i>adj</i>	прямокутний
net, <i>n</i>	сітка
distinguish, <i>v</i>	вирізняти, виділяти
dimension, <i>n</i>	розмір
service area / box	місце попадання з подачі
clay, <i>n</i>	глина
asphalt, <i>n</i>	асфальт
concrete, <i>n</i>	бетон
inflated rubber	гумовий м'яч
serve, <i>n</i>	подача
toss the ball	підкидати м'яч
strike / hit the ball	бити по м'ячу, вдаряти
overhand serve	подача зверху
underhand serve	подача знизу
try, <i>n</i>	спроба
bounce, <i>v</i>	відстрибувати, вдарятися
boundary, <i>n</i>	межа
score a point	набрати очко
wheelchair, <i>n</i>	інвалідне крісло
require, <i>v</i>	вимагати
requirement, <i>n</i>	вимога
strenuous, <i>adj</i>	енергійний, сильний, активний
hollow, <i>adj</i>	порожній
artificial fibers	штучне хімічне волокно
restriction, <i>n</i>	обмеження

2. Translate without using a dictionary.

Racket, single, double, fan, originally, court, mark, compose, tournament, diameter, uniform, size, shape, vary, fault, opponent, popular, lifetime, reason, able-bodied, mixed-gender, public, private, individual sport, team sport, standard, midsize, oversize, super oversize.

3. Read and translate the text.

Tennis

Tennis, game played with a racket and a ball by two (as in singles) or four (as in doubles) competitors, on a rectangular court with a net strung between the midpoints of the longer sides of the court. Tennis may be played indoors or outdoors. The game ranks as one of the most popular spectator and participation sports in the world, with fans and competitors in more than 100 countries. Originally called lawn tennis to distinguish it from the sport of court tennis, from which it was derived, the game is now commonly known as tennis.

Playing Court and Equipment. The court is marked with white lines to indicate its dimensions and service areas. Courts may be made up of grass, clay, asphalt, concrete, wood, artificial grass, or composite materials.

A tennis ball is hollow and composed of inflated rubber covered with a fabric made of wool and artificial fibers. Yellow and white balls are used in tournament competition and are the most common colors, although balls of other colors are manufactured. A standard tennis ball measures between 2.5 and 2.6 in (6.35 and 6.6 cm) in diameter and weighs between 1.98 and 2.1 oz (56 and 59.4 g).

There is no uniform design of tennis rackets, and their sizes and shapes vary. The general classifications, determined by the size of the racket head, are standard, midsize, oversize, and super oversize. There are no restrictions on weight.

Service and Play. A serve begins every point of a tennis match. The player who initiates the point is called the server, and the one who receives the ball is called the receiver. To serve, a player tosses the ball into the air and strikes it before it touches the ground, hitting it into the opponent's service area, known as the service box. Although players usually employ an overhand motion to serve, it is permissible to strike the ball underhanded.

The server delivers the ball from behind the back line, known as the baseline. Two tries are permitted for each service. If the ball first strikes any part of the opponent's court except the service box, or exits the court altogether, a fault is called. A fault is also called if the ball is served into the net. After one fault a server may serve again. If both tries result in faults, a double fault is called, and the opponent wins the point. In general, the faster the serve, the more difficult it is to return. But a faster serve is also more difficult for the server to control.

After a successful serve the ball is hit back and forth until one player or side fails to return the ball successfully. The point is lost when a player lets the ball bounce twice, drives it into the net, or hits it beyond the boundaries of the opposite side of the court. If the ball strikes the line of the court, it is considered in play. If, after hitting the net, a shot falls out of bounds on the opposite side of the court, it is considered out; if the ball falls in bounds in the opposite court, it is considered in play. When a shot is unsuccessful, the opponent scores a point.

Values and reasons for popularity

Tennis is a popular lifetime sport throughout the world for the following reasons:

1. It can be played by able-bodied individuals as well as many individuals with disabilities. The United States Tennis Association has a division devoted to the promotion of wheelchair tennis that offers instruction, league play, and tournaments.
2. It can be played by both men and women and is well suited for mixed-gender competition.
3. It requires only two or four players.
4. It can be played indoors and outdoors.
5. It can provide a strenuous physical workout, requiring cardiovascular endurance, quick movement, and good flexibility.
6. Public and private courts are widely available.
7. Tennis lessons are widely available for players of all skill levels.
8. Organized leagues and tournaments for recreational players are available.
9. Equipment costs are relatively low.
10. It can be played both as an individual and team sport.

Post-text exercises

1. Give Ukrainian equivalents to the following phrases.

- | | |
|--|-----------------------------------|
| 1) to be considered in play | 6) service box |
| 2) to be considered out | 7) equipment costs |
| 3) wheelchair tennis | 8) the size of the racket head |
| 4) rectangular court with a net strung between the midpoints | 9) to strike the ball underhanded |
| 5) to hit back and forth | 10) double fault |

2. Match the definitions to the following notions.

- | | |
|--------------------------|---|
| 1) baseline | a) failure of a player to get either of the two service attempts into the proper service court; |
| 2) break (service break) | b) a stroke used to play a ball on a player's dominant side; |
| 3) double fault | c) a high, arcing shot that lands near the opponent's baseline; |
| 4) fault | d) a scoring system designed to eliminate prolonged sets in which one player must win seven points with a two-point advantage to win a set; |
| 5) forehand | e) to win a game that the opponent serves; |
| 6) lob | f) the stroke used to put the ball into play at the start of each point; |
| 7) overhead (smash) | g) a short punch stroke used to hit the ball before it bounces; |
| 8) serve | h) the line marking the end of the court; |
| 9) tie-breaker | i) a served ball that does not land within the proper service court or any other violation of the rules of service; |
| 10) volley | j) a free-swinging stroke used for a ball that is over the player's head. |

3. Combine the following words and translate them.

- | | |
|----------------|-----------------------------|
| 1) to require | a) in faults |
| 2) able-bodied | b) the point |
| 3) service | c) physical workout |
| 4) artificial | d) grass |
| 5) to toss | e) cardiovascular endurance |
| 6) to win | f) area |
| 7) to hit | g) individual |
| 8) strenuous | h) flexibility |
| 9) to result | i) back and forth |
| 10) good | j) the ball into the air |

4. Insert prepositions where necessary.

*of (3), on (2), with (2), after, by, in (5),
behind, into (2), from, out of, between*

1. Tennis, game played ... a racket and a ball ... two (as ... singles) or four (as ... doubles) competitors, ... a rectangular court ... a net strung ... the midpoints ... the longer sides ... the court.
2. ... hitting the net, a shot falls ... bounds ... the opposite side ... the court, it is considered out.
3. If the ball falls ... bounds ... the opposite court, it is considered ... play.
4. The server delivers the ball the baseline.
5. A player tosses the ball ... the air and strikes it before it touches the ground, hitting it ... the opponent's service area.

5. Match the two parts of the sentences.

- | | |
|--|---|
| 1. The court is marked with white lines | a)...until one player or side fails to return the ball successfully. |
| 2. United States Tennis Association has a division | b)...of grass, clay, asphalt, concrete, wood, artificial grass, or composite materials. |
| 3. The faster the serve, | c)...and is well suited for mixed-gender competition. |
| 4. Tennis, game played with a racket and a ball by two or four competitors, | d)...it is considered in play. |
| 5. The general classifications, determined by the size of the racket head, | e)...the more difficult it is to return. |
| 6. If the ball strikes the line of the court, | f)...to indicate its dimensions and service areas. |
| 7. The ball is hit back and forth | g)...on a rectangular court with a net between the midpoints of the court. |
| 8. Courts may be made up | h)...devoted to the promotion of wheelchair tennis. |
| 9. Tennis can be played by both men and women | i)...it is considered out. |
| 10. If, after hitting the net, a shot falls out of bounds on the opposite side of the court, | j)...are standard, midsize, oversize, and super oversize. |

6. Answer the following questions.

1. What is the object of the game?
2. Is tennis an indoor game?
3. What may the court be made up of?
4. What do the white lines indicate on the court?
5. Who is called a server?
6. Who is called a receiver?

7. Which motions are usually employed to serve?
8. Where does the server deliver the ball from?
9. When the points are scored?
10. What are the values and reasons for tennis popularity?

7. Finish the following sentences.

1. Tennis is played ...
2. The court is made up of ...
3. A tennis ball is ...
4. A tennis racket is ...
5. The main serves are ...
7. After a successful serve the ball is ...
8. When a shot is unsuccessful ...
9. Tennis can be played by ...
10. The main reasons and values for tennis popularity are ...

Text B

1. Read the text to find the information about:

- 1) *tennis origins and tennislike games;*
- 2) *four "grand slam" events;*
- 3) *famous tennis players.*

Tennis History

There is evidence that a form of tennis was played in the ancient Greek and Roman Empires and that a game in which a ball was batted back and forth with a type of racquet may have been played in the Orient more than 2,000 years ago. Still other indications are that tennis may have begun in Egypt or Persia 500 years before the Christian era. Despite these obscure ancient origins, there is no doubt that a tennislike game was played in thirteenth-century France. Called jeu de paume (literally, "game of the hand"), it was first a bare-handed game of hitting a stuffed cloth bag over a rope. When paddles, and later racquets, were added, the game grew steadily in popularity. By the close of the fourteenth century it was also well established in England. It is believed the game received its present name when English visitors heard French officials call

tenez, which means to resume play, an expression similar to "play ball" used by baseball umpires. The English thought tenez was the correct name for le paume. In time the English word tennis was substituted. At the beginning of the fifteenth century there were 1,400 professional players in France, and yet the first standardized written rules of tennis did not appear until 1599. The game reached a peak of popularity in England and France during the sixteenth and seventeenth centuries; but soon after, the game almost disappeared due to the civil war in England and the French Revolution. What remnant of the game was left in England seems next to appear at a garden party given in 1873 by British Army Major Walter C. Wingfield. His guests were introduced to a game called "sphairistike", later to become more descriptively referred to as "lawn tennis." In attendance at the party was an army officer who took the game with him to Bermuda as a diversion for the British garrison stationed there. Miss Mary Outerbridge, who was vacationing on the island during the winter of 1873-74, became intrigued with the game and took equipment with her upon returning to her New York home. As a member of the Staten Island Cricket and Baseball Club, Outerbridge received permission to lay out a court in an unused corner of the grounds. Within a few years tennis was included as an activity at nearly every major cricket club in the East, and soon it became a sport of the masses. But the rules were diverse, so in 1880 Outerbridge's brother called a meeting in New York to establish a standard code. An outcome of that meeting was the establishment of the United States Tennis Association (USTA), still the ruling body of American tennis today. Later that same year the first tournament for National Championship of the United States was held at Newport, Rhode Island. The site was moved in 1915 to Long Island, and in 1978 it was relocated to its present site at the National Tennis Center in Queens, New York City. This tournament is now called the U.S. Open. The U.S. Open, the Australian Open, the French Open, and Wimbledon are the four "grand slam" events on the professional tour. In 1988, tennis returned to the Olympics for the first time since 1924, and was open for the first time to professional players. At the 1996 Olympics, held in Atlanta, Georgia, Andre Agassi of the United States won the men's tennis gold medal in singles by defeating Sergi Bruguera from Spain. Leander Paes of India won the bronze medal, earning India's first Olympic medal in any sport since 1980. In men's doubles, Todd Woodbridge and Mark Woodforede of

Australia won the gold medal by defeating Neil Broad and Tim Henman of England. In the semifinals, Woodbridge and Woodforde played the longest men's doubles set in Olympic history, defeating Jacco Eltingh and Paul Haarhuis of Holland in 3 hours and 16 minutes. Lindsay Davenport of the United States won the gold medal in women's singles by upsetting Arantxa Sanchez Vicario. Jana Novotna won the bronze by beating Mary Joe Fernandez. Americans Gigi Fernandez and Mary Joe Fernandez won their second gold medal in women's doubles by defeating Jana Novotna and Helena Sukova of the Czech Republic. Conchita Martinez and Arantxa Sanchez Vicario of Spain won the bronze medal for women's doubles by besting Brenda Schultz-McCarthy and Manon Bollegraf of the Netherlands.

2. Are the sentences true or false. Correct any false statements.

1. The first tennis like game was played in the ancient Greek and Roman Empires.
2. It is believed the game received its present name from the English word ten.
3. The game reached a peak of popularity in England and France during the sixteenth and seventeenth centuries; but soon after, the game almost disappeared due to the wars in these countries.
4. An army officer took the game with him to the USA as a diversion for the British soldiers.
5. Miss Mary Outerbridge spent her vacation on the Bermuda island during the winter of 1873-74.
6. In 1880 Miss Mary Outerbridge called a meeting in New York to establish a standard code for the game.
7. The United States Tennis Association (USTA) is the ruling body of American tennis today.
8. The United States Tennis Association was established in 1880.
9. The first tournament for National Championship of the United States was held at Newport, Rhode Island and it is now called U.S. Open.
10. The longest men's doubles set in Olympic history lasted one minute more than three and quarter hours.

3. Divide the text into paragraphs. Give headings to them.

4. Ask 10 questions to the text and answer them.

5. Title the text and write an abstract of it.

Text C

1. Read the text. Translate it in a written form.

Tennis Rules and Scoring

Single Games

The United States Tennis Association (USTA) sets the rules for tennis, along with the International Tennis Association (ITA).

1. One player remains the server for all points of the first game of a match, after which the receiver becomes the server for all points of the second game, and so on alternately for subsequent games of the match.

2. To start a match, the player who wins a 'toss' may choose (a) to serve or to receive for the first game, whereupon the player shall choose the end of the court on which to start, or (b) the end, whereupon the other player shall choose to serve or to receive. The 'toss' is typically a spin of a racquet where one player guesses if an identifying mark will land up or down.

3. The server must take up a position behind the baseline, without touching that line, and between an imaginary extension of the center mark and the singles sideline. From that position the server must project the ball into the air by hand and strike it in any fashion (an underhand serve is legal) before the ball hits the ground.

4. For each point the server is given two opportunities to make one good service into the proper court. To start a game, the server stands to the right of the center mark and attempts to deliver the ball diagonally across the net into the receiver's right service court. When the first point has been completed, the server then stands to the left of the center mark and serves diagonally. Thus, when the total number of completed points is an even number, service attempts are made from the right of the center mark; service attempts are made from the left when the completed points are an odd number. If a player inadvertently serves from the wrong side of the center mark, play resulting from service is to be counted, but the improper position of the server must be corrected as soon as it is discovered.

5. A fault is an invalid serve and is counted as a service attempt. The foot fault occurs when the server steps on the baseline or into the court before the racquet contacts the ball or when the server is in contact with the imaginary extension of the center mark or singles sideline. However, the serve may legally be made while the server is completely in the air. Another service fault occurs when the server swings with the intent of hitting the ball but misses (although the ball may be tossed and then caught without penalty, so long as a no serve is attempted). Finally, the service is a fault if the delivered ball does not land in the proper service court or on line bounding that court. If the ball touches the net and then lands within the proper service court (including its lines), it is not a fault but a let.

6. Any service that is let does not count as an attempt and is retaken. In addition, a let may be called by a receiver who was not ready to receive the serve, unless the receiver makes an attempt to return the ball. Any other interruption in normal play from an outside source is also a let and the point is replayed. For example, if a ball from a neighboring court interrupts a rally or either of the services, the entire point is replayed, including the two service opportunities for the server.

7. There are no rules that govern the position of the receiver; a station may be taken anywhere, including within the service court. However, the receiver may not strike the served ball until after it has bounced.

8. With the occurrence of a legally served ball, play is continuous as long as the players succeed in making legal returns, even though a returned ball may strike another ball lying within the boundaries of the court. As is true with the service, it is not necessary for either player to allow the ball to bounce before making an attempt return.

9. After the service, a player has made a good return and play continues :

- a) When the ball lands from flight within the proper court.
- b) If the ball strikes and passes over the net and then lands within the proper court.
- c) When a player strikes a ball on his or her side of the net, even though the follow-through carries the racquet over the net without touching it. Note, however, that if a ball has bounced on a player's side of the net and the spin of the ball causes it to rebound or it is blown back over the net again, that player may then reach over the net and strike the ball, provided the player does not touch the net or the opposing court.

10. The server wins a point when a legal service is not returned or when a service hits the receiver or the receiver's racquet before it touches the ground. The receiver wins a point when the server commits two consecutive faults (double fault) or otherwise delivers the ball in an illegal manner. After the service, a player loses a point:

- a) When the ball bounces twice before the player strikes it.
- b) When a returned ball lands outside the opposing court.
- c) When a ball lands within a player's court and then strikes a permanent fixture before its second bounce.
- d) Any time a player strikes a ball before it has bounced and fails to make a good return no matter where the player was standing when the ball strikes.
- e) If the player or the player's clothing or racquet touches the net or net post while the ball is in play.
- f) If the player hits a ball from flight before it has passed to that player's side of the net.
- g) If the ball in play touches a player or anything the player wears or carries except the racquet. A return may legally be made off any part of the racquet.
- h) If the player throws the racquet at and hits the ball.
- i) If the player intentionally interferes with an opponent.

11. Players change sides of the court at the end of the first, third, and every subsequent odd game of each set and at the end of each set, unless the total number of games in a completed set is an even number, in which case the change is not made until the end of the first game of the next set.

Scoring

A player must win at least four points to win a game, then at least six games to win a set, and usually at least two sets to win a match. When a player has no points in a game, the score is called love; the first point is called 15; the second point 30; the third point, 40; and on winning the fourth point, that player who has won the game, provided that the player is ahead by at least two points at that time. When both players have won one point, the score is called 15-all, and when both players have won two points, the score is 30-all, but when both players have won three points, the score is called deuce. A score of deuce means that one player must win two consecutive points to win the

game. The first point won by a player after a deuce is called advantage for that player (often shortened to ad). If that point is won by the server, it is called ad in; and if that point is won by the receiver, it is called ad out. If the same player who won the advantage point also wins the next point, the game is won by that player. However, if the other player wins the next point, the score returns to deuce, and so on until one player wins two consecutive points after a deuce score.

When a player wins six games and has at that time a lead of at least two games, that player wins the set. If a player wins six games and the opponent has won at least five games, traditional scoring requires that the set be extended until one player has won a two-game lead. However, this custom has been replaced by playing a tie-breaker game if the set becomes tied at six games each. In this game the first player to win seven points with a two-point advantage wins the set. To start the tie-breaker game, if it is a player A's turn to serve the thirteen game (with the set tied at six games each, that player serves for the first point. Then player B serves for points 2 and 3. Note the player B serves from the left of the center mark for point 2, then from the right of the center mark for point 3. Next, the player A serves points 4 and 5, left then right of the center mark. Player B then serves point 6, the players change sides, and player B serves for point 7. The game continues with players alternately serving for two points with the necessary two-point advantage. Players continue to change sides whenever the total number of points played is any multiple of six.

Points won in a tie-breaker game are called by their numerical value rather than the traditional scoring. After the tie-breaker game, player B becomes the server for the first game of the next set, and the players stay on their sides of the court for that game.

Scoring

Scoring is identical in the singles and doubles games. A tennis game, when not prolonged by a tie, is played to four points, designated by the terms 15, 30, 40, and game, with zero points being referred to by the term love (possibly derived from the French for "the egg," l'oeuf, referring to the physical appearance of the number zero). A tie at 40 is called deuce. Because a game must be won by two points, play continues from deuce until one player leads by a margin of two points. After reaching deuce, the player who can win the game on the next point is said to have the "advantage," while a

subsequent tied score is always called deuce. (A system referred to as “no-ad” is sometimes employed in which the winner of the point following the first deuce wins the game.) In tennis competition, the score of the server is always given first. Typical scores at stages of a given tennis game might be “love-15” or “40-30.” The players or teams exchange sides after each odd-numbered game.

Players must win six games to win the set, but they must win by at least two games. Thus, if a set becomes tied at 5-5, at least 7 game victories are required to win the set. A tiebreaker is often employed if a set becomes tied at 6-6. A tiebreaker is generally played to 7 points, but because it too must be won by at least two points, it may be extended. The winner of a tiebreaker is recorded as having won the set 7-6, regardless of the point total achieved in the tiebreaker. Tennis matches are usually the best two out of three sets or the best three out of five sets. At the professional level, women generally play best-of-three sets while men play best of five.

2. Compile a vocabulary of tennis terms.

3. Make up a presentation of tennis.

VOLLEYBALL

*Pre-text exercises***1. Read and learn the active vocabulary.**

back and forth	назад і вперед
to become dead	виходити з гри
bump, <i>n</i>	удар
set, <i>n</i>	подача
spike, <i>n</i>	напад
constitute a team	складати команду
rectangular court	прямокутне поле
frontline and backline player	гравець передньої та задньої лінії
knee pad, <i>n</i>	наколінники
net antennae, <i>n</i>	стовп, що позначає бокові лінії
to make an error	робити помилку
to commit a fault	зробити порушення
rotation of players	чергування гравців
to hit the ball in succession	вдаряти м'яч один за одним
to serve a ball	подавати м'яч
completion of the game	завершення гри
side-out, <i>n</i>	втрата подачі
to rotate clockwise (counterclockwise)	чергуватися за (проти) стрілкою
	годинника
to exchange positions	обмінюватися позиціями
offensive play	нападаюча гра
defensive play	захисна гра
to refine one's skills	удосконалювати навички
sand court	піщаний корт

2. Translate without using a dictionary.

Athletic program, boycott, bronze medal, center, control of the match, college classes, coordination, fundamental techniques, method, modification, National Volleyball Championship, opponent, pass, penalty, popularize, recreation, referee, regularly, seriously, strategy, standart position.

3. Read and translate the text.

Volleyball

Volleyball is a game played with two teams of six players each. The object of the game is to hit the ball back and forth across the net, trying to prevent it from becoming dead on one's own half of the court. Also trying to cause the opponent to miss the ball. The perfect play in volleyball is: Bump, Set, Spike!

Volleyball for men and women is played on a rectangular court divided by a tightly stretched net. Six players constitute a team: three frontline players and three backline players. A leather ball weighing between 260 to 280 g is used. It is somewhat smaller than a basketball and resembles a soccer ball in size. Knee pads are not required equipment although they are highly recommended for safety purposes.

The play begins with a serve by the right back player. The server stands with both feet in the service area. The serve consists of hitting the ball with the hand (open or closed) or any part of the arm so that it goes clearly over the net and within the boundaries designated by vertical extensions of the sidelines called the "net antennae". The receiving team must return the ball over the net before it touches the floor. Each team may hit the ball a maximum of three times in returning it across the net. The ball is returned back and forth until one team makes an error. If the receiving team commits a fault, a point is scored. If the serving team makes the error or commits a fault, side-out is called and the other team serves following the rotation of players.

The ball must be cleanly hit in volleyball; it may not come to rest momentarily in the hands or on the arms. A player may not hit the ball twice in succession. The server continues to serve until loss of serve or completion of the game. Following a side-out, the opposite team must rotate clockwise one position before serving. This rotational system is used so that every player rotates not only in serving but in position on the floor.

Both teams must be in correct rotation order at the time the ball is served. However, after the serve players may exchange court positions.

Today the game of volleyball requires team strategies involving offensive and defensive plays and highly refined individual skills. Another modification that has become popular, especially on sand courts and beaches, is played with just (two players on each side. Most recently four person volleyball has become popular across the nation.

(Originated from Dave Mood, Frank F. Musker, Judith E. Rink. Sports and recreational activities)

Notes

...it may not come to rest – затримуватися

Post-text exercises

1. Give Ukrainian equivalents to the following phrases.

- | | |
|-----------------------------------|-----------------------------------|
| 1) the object of the game | 6) constitute a team |
| 2) to hit the ball back and forth | 7) frontline and backline players |
| 3) to prevent from falling | 8) to require an equipment |
| 4) to become dead | 9) to stand with both feet |
| 5) a rectangular court | 10) to commit a fault |

2. Match the definitions to the following notions.

- | | |
|--------------|---|
| 1. bump | a) a type of material that is made of string, thread or wire woven |
| 2. set | or tied together, with small spaces in between; |
| 3. net | b) a round object used for throwing, hitting or kicking |
| 4. to serve | in games and sports; |
| 5. ball | c) the action or sound of sth hitting the hard surface; |
| 6. frontline | d) to start playing by throwing the ball into the air and hitting it; |
| 7. antennae | e) an area where the enemies are facing each other during a war |
| 8. to score | and where fighting takes place; |
| 9. pass | f) red-and-white striped pole attached to the net that extends 32 |
| | inches above the net and indicates out-of bounds along the ideline; |
| 10. rotation | g) to win points, goals etc. in a game or competition; |

- h) receiving a serve or the first contact of the ball with the intent to control the ball to another player;
- i) players must retain their initial rotational order throughout the entire game, but once the ball is served they are allowed to move anywhere;
- j) a pass that puts the ball in place for a hitter to attack.

3. Combine the following words and translate them.

- | | |
|-----------------------------|-------------------------|
| 1) to hit the ball back and | a) the floor |
| 2) to miss | b) a fault |
| 3) net | c) of the game |
| 4) to touch | d) positions |
| 5) to make | e) the ball |
| 6) to commit | f) an error |
| 7) completion | g) clockwise |
| 8) to rotate | h) antennae |
| 9) to exchange | i) strategies |
| 10) team | j) forth across the net |

4. Insert prepositions where necessary.

across, in (3), on (4), with (2), between, over (2), of

1. The main task of the game is to hit the ball back and forth ... the net.
2. "Bump, Set, Spike" is the motto of perfect play ... volleyball.
3. Men and women play ... a rectangular court divided by a tightly stretched net.
4. The volleyball play begins ... a serve by the right back player.
5. A leather ball used in volleyball weighs ... 260 to 280 g.
6. A ball goes clearly ... the net and within the boundaries designated by the "net antennae".
7. The team must return the ball ... the net before it touches the floor.
8. The ball may not come to rest momentarily ... the hands or ... the arms.
9. A player is not allowed to hit the ball twice ... succession.

10. A game ... volleyball became popular ... sand courts and beaches, and is played ... just two players ... each side.

5. Match the two parts of the sentences.

- | | |
|--|---|
| 1. The object of the game is ... | a) ... a point is scored. |
| 2. The perfect play in volleyball is: ... | b) ... side-out is called and the other team serves following the rotation of players. |
| 3. Volleyball for men and women is played ... | c) ... three frontline players and three backline players. |
| 4. Six players constitute a team: ... | d) ... it touches the floor. |
| 5. Knee pads are not required equipment although ... | e) ... they are highly recommended for safety purposes. |
| 6. The play begins with ... | f) ... a serve by the right back player. |
| 7. The receiving team must return the ball over the net before ... | g) ... on a rectangular court divided by a tightly stretched net. |
| 8. If the receiving team commits a fault ... | h) ... Bump, Set, Spike! |
| 9. If the serving team makes the error or commits a fault ... | i) ... the opposite team must rotate clockwise one position before serving. |
| 10. Following a side-out ... | j) ... to hit the ball back and forth across the net, trying to prevent it from becoming dead on one's own half of the court. |

6. Answer the following questions.

1. How many players constitute volleyball game?
2. What is the main object of the game?
3. What is the size of a ball?
4. What equipment is recommended for safety purposes in volleyball?
5. What does the serve consist of?
6. What must the receiving team do before the ball touches the floor?
7. What usually happens if the receiving team commits a fault?
8. What usually happens if the serving team makes the error?

9. May a player hit the ball twice in succession?

10. Do you enjoy playing volleyball?

7. Finish the following sentences.

1. The object of the game is ...

2. The perfect play in volleyball is: ...

3. Volleyball for men and women is played on ...

4. Six players constitute a team:

5. Knee pads are not required equipment although ...

6. The play begins with ...

7. The serve consists of ...

8. A point is scored if ...

9. Side-out is called and the other team serves ...

10. Following a side-out, the opposite team must ...

Text B

1. Read the text to find the information about:

1) William J. Morgan;

2) USVBA Open Championship;

3) the countries who took the volleyball game the most seriously;

4) the highest results of the U.S. volleyball teams (both men's and women's);

5) the development of the volleyball today.

Volleyball History

Volleyball was invented in 1895 by William J. Morgan, who was physical education director of the YMCA in Holyoke, Massachusetts. He developed the game to provide an indoor game for the winter months in which relatively large groups of men could participate in a small gymnasium. The principal features of tennis were employed, but the net was raised the players struck the bladder of a basketball with their hands instead of racquets. The YMCA is chiefly credited with promoting this very fine game throughout the United States and in many foreign countries. In the United States volleyball is played regularly on playgrounds and in recreation centers, camps, and school and college classes and intramural programs. It recently has become one of the

most popular sports in high school and college women's athletic programs. Also, it has become an excellent recreational game in the armed services and was played in both World War I and World War II. The YMCA held its first National Volleyball Championships in 1922. The annual YMCA tournament and the addition of the United States Volleyball Association (USVBA) Open Championship in 1928 further popularized the game, not only as a pleasurable sport but also as a competitive game. Volleyball was adopted as an Olympic sport in 1964 at Tokyo. Although at the time it was a sport played around the world, it was the Soviets and Japanese who took it most seriously. The Japanese women's teams introduced tenacious defense and increased the level of play by scraping and diving for every ball hit by an opponent. The Soviet's contribution to the game was the power offense. With the exception of 1976, when the Polish men's team defeated the Soviets for the gold medal, the Soviets or the Japanese won every men's and women's volleyball gold medal through 1980 (Soviet men three gold, women three gold; Japanese men one gold, women two gold). In fact, in the women's competitions from 1964 through 1980 the only time the gold or silver medal failed to go to the Soviets or Japanese was in 1980, when the Japanese boycotted the Olympics (silver to East Germany). Until 1984 the highest finish by a U.S. men's team was seventh in 1968, and the highest placement by a U.S. women's team was eighth in 1968. But in 1984 (when the Soviets boycotted) the U.S. men won the gold and the U.S. women won the silver (China won the gold). In 1988 the Soviet women's team regained the gold by beating Peru (with China capturing the bronze), but the U.S. men's team repeated its gold medal performance, this time by heating the Soviets 13-15, 15-10, 15-4, and 15- 8. Both the men's and women's U.S. volleyball teams took the bronze medal at the 1992 Barcelona Olympics. The men's gold was won by Brazil and the women's gold by Cuba. In the 1996 Olympic Games neither U.S. team medaled. The men's gold was won by the Netherlands, and the women's gold was captured by Cuba. Today the game of volleyball requires team strategies involving offensive and defensive plays and highly refined individual skills. Most recently four-person volleyball has become popular across the nation.

2. Are these sentences true or false? Correct any false sentences.

1. William J. Morgan was volleyball trainer of the YMCA in Holyoke, Massachusetts.
2. In the United States volleyball is played regularly on playgrounds and in recreation centers, camps, and school and college classes and intramural programs.
3. During World War I and World War II volleyball wasn't played.
4. The first National Volleyball Championships was held by the YMCA in 1922.
5. Japan was the first country who adopted volleyball as an Olympic sport in 1964.
6. The Soviet women's teams introduced tenacious defense and increased the level of play by scraping and diving for every ball hit by an opponent.
7. The Japanese contribution to the game was the power offense.
8. The only time the gold or silver medal in 1964 – 1980 was won by the East Germany women's competitions.
9. What was the Japanese women's team contribution to the game? In 1988 the Soviet women's team won the gold by beating Peru, but the U.S. men's team repeated its gold medal performance, this time by heating the Soviets
10. The game of volleyball requires team strategies involving defensive and offensive plays and highly refined individual skills.

3. Divide the text into paragraphs. Give headings to them.

4. Answer the questions according to the text.

1. When was volleyball invented?
2. Where is volleyball usually played?
3. What was the roll of the game during World War I and World War II?
4. What organization stands for the popularization of the game?
5. Where was volleyball adopted as an Olympic sport?
6. What was the Japanese women's team contribution to the game?
7. What was the Soviets women's team contribution to the game?
8. What country defeated the Soviets for the gold medal in 1976?
9. What was the highest placement by the U.S. women's team?
10. Is the volleyball game profitable nowadays? Why / why not? Prove your point.

5. Title the text and write an abstract of it.

1. Read the text. Translate it in a written form.

Rules and Regulations

Playing Area and Court Specifications

The height of the net is the only difference between court specifications for men and women.

Officials and Their Duties

1. The first referee is the superior official and decides whether the ball is in play or dead and when point or side-out is made and imposes penalties for rule infractions. The first referee is in full control of the match and any judgement decisions rendered by the first referee are final,

2. The second referee assists the first referee wherever possible but is primarily responsible for net and centerline violations, supervision of substitutions, and overlap violations of the receiving team. This referee stands outside the court behind the standard, constantly changing positions as the ball changes sides of the court and should be positioned on the side of the net opposite the ball.

3. The scorer, seated on the side of the court opposite the referee, keeps the record on points scored, substitutions made, and time-outs called and supervises rotations of servers.

4. When two line judges are used, they are stationed diagonally opposite each other. They are responsible for decisions concerning boundary plays and serving errors.

Players and Substitutes

1. In official matches each team must consist of only six players. Player positions along the net are designated right front, and left front; those in the backcourt are called right back, center back, and left back.

2. When the ball is served, players must be in their rotational order. Side-to-side and front-to-back relationships of players must be maintained until the serve is contacted. In the frontline the center front must be between the right and left front. In the backline the center back must be between the right and left backs. Also, back-row players may not overlap with their corresponding frontline player. In other words, the left back must be deeper in the court than the left front. However, the left back does not need to be deeper

in the court than the center forward because they do not have a side-to-side or front-to-back relationship. As soon as the serve is contacted, players may move anywhere on their side of this court.

3. A substitute may replace any player when the ball is dead, provided the player has reported to the scorer and received permission of the referee, A player taken out of a game may reenter once, but must return to the original position in the serving order.

4. In international rules, a substitute who enters the game and is then removed cannot reenter until the next game. In high school rules a player is permitted three entries into a game, with starting the game counting as one entry. Effective in 1998 in collegiate rules a maximum of 12 team substitutions are allowed with no entry limitations per player.

Returning the Ball

1. A return may be hit in any direction, A player may use any part of the body above (and including) the waist to hit the ball. Inadvertent play of the ball below the waist is permitted. For example, a hand-driven spike that rebounds unintentionally off a player's foot would be a legal play on the ball. However, if the defensive player stuck his or her leg out to block the ball and it rebounded off the foot, it would be illegal.

2. A return that passes over that part of the net between the net posts or their imaginary extensions is in play even if it touches the top of the net while in flight.

3. A return may be recovered from the net, provided the player avoids contact with the net.

4. After once contacting the ball, a player may not touch it again until it has been touched by some other player, (Note: After the ball has been blocked at the net, any of the blockers may make the next contact.)

Restrictions in the Play of Backline Players

1. Backline players may not participate in the action of blocking.

2. Backline players may not spike from the attack area, but may from behind the attack line.

3. Inasmuch as the attack line extends indefinitely, a backline player may not hit a ball into the opponents' court from above the height of the net while outside the court and within such limits of the attack area.

Infractions

If any member of the receiving team commits any of the infractions listed, point is credited to the serving side; if the infraction is made by the serving team, side-out is called.

1. Serving illegally or serving out of turn.
2. Catching or holding the ball or failing to make a legal return.
3. Touching the ball twice in succession with any part of the body.
4. Contacting the net.
5. Touching the ball when it has already been played three times without passing over the net.
6. Completely crossing the centerline when not directly involved in a play on the ball is permitted
7. Reaching under the net and intentionally or unintentionally interfering with the opponent's play of the ball.
8. Changing player positions before the serve has been made.
9. Violating substitutions or time-out regulations.
10. Unnecessarily delaying the game.

2. Compile a vocabulary of volleyball terms.

3. Make up a presentation of volleyball.

REFERENCE LIST

1. A. Clement, B. G. Hartman. The Teaching of Physical Skills. – Brown and Benchmark Publishers Madison, Wisconsin, 1994. – 353 p.
2. Microsoft® Encarta® Encyclopedia 2000. ©
3. Voy, Robert O., Drugs, sport, and politics. 1991. – 258 p.
4. Wayne A. Payne, Dale B. Hahn Understanding your health. – McGraw-Hill Higher Education, 2000. – 742 p.
5. Wuest, Deborah A. Foundations of physical education and sport. - Mosby, 1991. – 472 p.