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HANDBALL



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

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«ГАНДБОЛ»

**методична розробка
з англійської мови**

**для самостійної та аудиторної роботи
з теми
«Спортивна спеціалізація»**

**для студентів III курсу
денної та заочної форми навчання
за напрямками підготовки «фізичне виховання» та «спорт»**

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У методичній розробці представлено тему “Спортивна спеціалізація” (*Гандбол*) для самостійної та аудиторної роботи студентів денної та заочної форми навчання третього року навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ. Матеріали методичної розробки спрямовані на формування навичок усного та письмового мовлення. Методична розробка призначена для студентів третього курсу за напрямами підготовки “фізичне виховання” та “спорт”, які навчаються за кредитно-модульною системою.

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HANDBALL

Text A

Pre-text exercises

1. Read and learn the active vocabulary:

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

2. Translate without using a dictionary:

goal, pass, court, centre, version, meter, minute, second, transport, variation, game, contact, referee, penalty, red card, standard, period, match, time-out, 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 1
- 2) to take a step
- 3) a quite fast game
- 4) to use a volleyball
- 5) similar to a football
- 6) to throw in the goa
- 7) with a single hand
- 8) a common version
- 9) to continue moving forward
- 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 |
| 8) to make | h) contact |
| 9) dividing | i) card |
| 10) to handle | j) variations |

4. Insert the prepositions where necessary:

between, by (2), for, with (3), to, in (5), from, of (5), on, since.

1. Handball is played ... two teams ... seven players ... each.
2. The players try to throw the ball ... the goal ... the opposing team.
3. Handball is played ... a court ... a goal ... the centre ... each end.
4. The goal is similar ... but smaller than ... football.
5. The ball is transported ... bouncing it ... hands and floor.
6. A player may only take three steps ... the ball ... hand.
7. The defenders try to stop the attackers ... approaching ... the goal.
8. A standard match duration consists ... two periods ... 30 minutes each.
9. Handball has been played ... internationally ... the 20th century.
10. The ball is smaller ... order ... the players to hold it ... a single hand.

5. Match two parts of the sentences.

- | | |
|--|---|
| 1. A handball court is 40 meters long ... | a) ... with the ball in hand. |
| 2. A referee may give a penalty if ... | b) ... than in football. |
| 3. A handball is smaller than a football ... | c) ... since the 20th century. |
| 4. A player may only take three steps ... | d) ... as in basketball. |
| 5. A standard match duration consists of ... | e) ... the contact is particularly rough. |
| 6. Some American versions ... | f) ... for three seconds only. |
| 7. A goal is similar to but smaller ... | g) ... to be held with a single hand. |
| 8. A handball is bounced ... | h) ... and twenty meters wide. |
| 9. A player may hold the ball ... | i) ... use a volleyball. |
| 10. Handball has been played internationally ... | j) ... two periods of 30 minutes each. |

6. Complete the sentences with appropriate terms.

1. In many ball games 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: 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 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 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?
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, házena 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 Konigh 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, 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 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.

1. 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 official 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 a presentation of handball.

Playing field. Handball is played on a court 40 meters long by 20 meters wide (40 m x 20 m), with a goal in the center of each end. The goals are surrounded by a near-semicircular area, called the zone or the crease, defined by a line six meters from the goal. A dashed near-semicircular line nine meters from the goal marks the free-throw line. Each line on the court is part of the area it encompasses. This implies that the middle line belongs to both halves at the same time.

Goals. Each goal has a rectangular clearance area of three meters in the width and two meters in the height. It must be securely bolted either to the floor or the wall behind. The goal posts and the crossbar must be made out of the same material (e.g. wood or aluminium) and feature a quadratic cross section with a side of 8 cm. The three sides of the beams visible from the playing field must be painted alternately in two contrasting colors which both have to contrast against the background. The colors on both goals must be the same. Each goal must feature a net. This must be fastened in such a way that a ball thrown into does not leave or pass the goal under normal circumstances. If necessary, a second net may be clasped to the back of the net on the inside.

Goal perimeter. The goals are surrounded by the crease. This area is delimited by two quarter circles with a radius of six meters around the far corners of each goal post and a connecting line parallel to the goal line. Only the defending goalkeeper is allowed inside this perimeter. However, the court players may catch and touch the ball in the air within it as long as the player starts his jump outside the zone and releases the ball before he lands. If a player contacts the ground inside the goal perimeter he must take the most direct path out of it. However, should a player cross the zone in an attempt to gain an advantage (e.g. better position) his team cedes the ball. Similarly, violation of the zone by a defending player is only penalized if he does so in order to gain an advantage in defending.

Substitution area. Outside of one long edge of the playing field to both sides of the middle line are the substitution areas for each team. The areas usually contain the benches as seating opportunities. Team officials, substitutes and suspended players must wait within this area. The area always lies to the same side as the team's own goal. During half-time substitution areas are swapped. Any player entering or leaving the play must cross the substitution line which is part of the side line and extends 4.5 m from the middle line to the team's side.

Duration. A standard match for all teams of 16 and older has two periods of 30 minutes with a 10 minute half-time. Teams may switch sides of the field, as well

as benches. For youths the game duration is: 2 x 25 minutes at ages 12 to 16; 2 x 20 minutes at ages 8 to 12. However, national federations of some countries may differ in their implementation from the official guidelines. If a decision must be reached in a particular match (e.g. in a tournament) and it ends in a draw after regular time, there are at maximum two overtimes of 2 x 5 minutes with a 1 minute break each. Should these not decide the game either, the winning team is determined in a penalty shootout. The referees may call timeout according to their sole discretion, typical reasons are injuries, suspensions or court cleaning. Penalty throws should only trigger a timeout for lengthy delays as a change of the goalkeeper. Each team may call one team timeout (TTO) per period which lasts one minute. This right may only be invoked by team in ball possession. To do so, the representative of the team lays a green card marked by black "T" on the desk of the timekeeper. The timekeeper then immediately interrupts the game by sounding an acoustic signal and stops the time.

Referees. A Handball match is led by two equal referees. The referees are obliged make their decisions "on the basis of their observations of facts". Their judgements are final and can only be appealed against if not in compliance with the rules. The referees position themselves in such a way that the team players are confined between them. They stand diagonally aligned so that each can observe one side line. Depending on their positions one is called *field referee* and the other *goal referee*. These positions automatically switch on ball turnover. They physically exchange their positions approximately every 10 min (long exchange) and change sides every 5 min (short exchange). The IHF defines 18 hand signals for quick visual communication with players and officials. The signal for warning or disqualification is accompanied by a yellow or red card, respectively. The referees also use whistle blows to indicate infractions or restart the play. The referees are supported by a *scorekeeper* and a *timekeeper* who attend to formal things like keeping track of goals and suspensions or starting and stopping the clock, respectively. They also have an eye on the benches and notify the referees on substitution errors. Their desk is located in between both substitutions areas.

Awarded throws. The referees may award a special throw to a team. This usually happens after certain events like scored goals, off-court balls, turnovers, timeouts, etc. All of these throws require the thrower to obtain a certain position and pose restrictions on the positions of all other players. Sometimes the execution must wait for a whistle blow by the referee.

Throw-off. A throw-off takes place from the center of the court. The thrower must touch the middle line with one foot and all of the other players must be in the half of their team. The defending players must keep a distance of at least three meters to the thrower. A throw-off occurs at the begin of each period and after the

opposing team scored a goal. It must be cleared by the referees. Modern Handball introduced the "fast throw-off" concept, i. e. the play will be immediately restarted by the referees as soon as the executing team fulfills its requirements. Many teams leverage this rule in order to score easy goals before the other team had time form a stable defense line after their own success.

Throw-in. The team which did not touch the ball last is awarded a throw-in when the ball fully crosses the side line or touches the ceiling. If the ball crosses the outer goal line, a throw-in is only awarded if the defending field players touched the balls last. Execution requires the thrower to place one foot on the nearest outer line to the cause. All defendmg players must keep a distance of three meters. However, they are allowed to stand immediately outside their own goal area even when the distance is less.

Goalkeeper-throw. If ball crosses the outer goal line without interference from the defending team or when deflected by their goalkeeper, a goalkeeper-throw is awarded to the defending team. This is the most common turnover. The goalkeeper resumes the play with a throw from anywhere within his goal area.

Free-throw. A free-throw restarts the play after an interruption by the referees. It takes places from the spot where the interruption was caused as long as this spot is outside of the free-throw line of the opposing team. In the latter case the throw is deferred to the nearest spot on the free-throw line. Free-throws are the equivalent to free-kicks in association football. The thrower may take a direct attempt for a goal which is, however, not feasible if the defending team organized a defense.

7-meter throw. A 7-meter throw is awarded when a clear chance of scoring is illegally destroyed anywhere on the court by a opposing team player, official or spectator. It is also awarded when the referees interrupted a legitimate scoring chance for any reason. The thrower steps with one foot on the 7-meter line with only the defending goalkeeper between him and the goal. The goalkeeper must keep a distance of three meters which is marked by a short tick on the floor. All other players must remain behind the free-throw line until execution. The thrower must await the whistle blow of the referee. A 7-meter throw is the equivalent to a penalty kick in association football, it is, however, far more common and typically occurs several times in a single game.

International bodies. The administrative and controlling body for *international Handball* is the *International Handball Federation* (IHF). The federation organizes world championships, separate for men and women, held in uneven years. The final round is hosted in one of its member states. The IHF is composed of five continental federations which organize continental championships held every other second year. In addition to these competitions between national teams, the federations arrange international tournaments between club teams.

(Originated from IOC site: <http://www.olympic.org>)

Handball Glossary

Back line: A line across the end of the court, not including the goal line; “outer goal line”.

Centre back: A player centred largely around midcourt who directs the offence and shoots or tries to penetrate the defence; also called a “playmaker”.

Centre line: A line across the court dividing it into two halves.

Corner throw: An offensive player’s throw from a corner at the offensive end of the court, restarting play after the ball has gone over the back line after being touched by a defender other than the goalkeeper.

Court player: Any player on the court except a goalkeeper; also known as a “field player”.

Dribble: To move the ball by bouncing it on the floor.

Exclusion: When a player is ejected from the game with no replacement allowed.

Field player: Any player on the court except a goalkeeper; also known as a “court player”.

Four-metre line: A line four metres in front of a goal that marks the limit of where a goalkeeper may advance to defend against a penalty throw; also known as the “goalkeeper’s restraining line”.

Free throw: A fresh start to offensive play without interference from the defence, awarded for a minor offence by the opponent.

Free-throw line: An arcing dotted line extending nine metres from the goal, marking where an attacking team resumes play after being fouled inside the line; “nine-metre line”.

Goal area: The D-shaped area extending six metres from the goal and occupied only by the goalkeeper.

Goal area line: An arcing line that defines the goal area; also called the “six-metre line”.

Goal line: The line the ball must cross to score a goal.

Goal throw: A throw-in from a goalkeeper to a team-mate, restarting play after the goalkeeper or the opposition last touched the ball before it passed over the back line.

Goalkeeper: The player in charge of defending the goal.

Goalkeeper's restraining line: A line four metres in front of a goal that marks the limit of where a goalkeeper may advance to defend against a penalty throw; also known as the "four-metre line".

Harpaston: An ancient Roman team sport believed to be a forerunner to handball, in which players threw a small ball to team-mates while trying to avoid opposing players.

Jump shot: A shot attempted while leaping.

Line player: An offensive player who plays largely around the six-metre line; "pivot".

Nine-metre line: An arcing dotted line extending nine metres from the goal, marking where an attacking team resumes play after being fouled inside the line; "free-throw line".

Outer goal line: A line across the end of the court, not including the goal line; "back line".

Penalty line: A one-metre line seven metres in front of the goal where penalty throws are attempted; also called the "seven-metre line".

Penalty shoot-out: A tie-breaking system where, after a tied game, players on each team try to score against the opposing goalkeeper from the penalty line to determine a winner.

Penalty throw: A seven-metre shot at goal defended only by the goalkeeper and awarded for a serious offence or because the defence illegally spoiled a clear chance to score a goal; also called a "seven-metre throw".

Pivot: An offensive player who plays largely around the six-metre line; "line player".

Playmaker: A player centred largely around midcourt who directs the offence and shoots or tries to penetrate the defence; also called a “centre back”.

Red card: A card signifying a referee has ejected a player from the game.

Referee throw: Similar to a jump ball in basketball, a throw into the air by the referee so a player on each team can jump and try to gain control of the ball.

Running shot: A shot attempted while running.

Seven-metre line: A one-metre line seven metres in front of the goal where penalty throws are attempted; also called the “penalty line”.

Seven-metre throw: A seven-metre shot at goal defended only by the goalkeeper and awarded for a serious infraction or because the defence illegally spoiled a clear chance to score a goal; also called a “penalty throw”.

Shooter: A player, usually tall and a good jumper, who shoots from the backcourt.

Sideline: A boundary line marking a side of the court.

Six-metre line: An arcing line that defines the goal area; also called the “goal area line”.

Throw-in: A throw from the side of the court to restart play after the ball has gone over the sidelines.

Throw-off: A throw from the centre line to a team-mate at least three metres away and behind the line, used to restart play.

Two-minute suspension: The penalty for a second warning from the referee or for any severe foul or unsportsmanlike behaviour.

Wing: A player who plays largely along the side of the court.

Yellow card: A card signifying the referee has warned a player about an infraction.

(Originated from IOC site: <http://www.olympic.org>)

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Навчально-методичне видання
Юрко Н. А.

Методична розробка з англійської мови
для самостійної та аудиторної роботи
для студентів III курсу денної та заочної форми навчання
за напрямками підготовки «фізичне виховання» та «спорт»

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