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F O O T B A L L



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

Базиляк Н.О.

«Футбол»

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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Базиляк Н.О.

Футбол : метод. розробка з англ. мови для сам. та авд. роботи з теми «Спортивна спеціалізація» для студ. III курсу денної та заочної форми навчання за напрямками підготовки «фізичне виховання» та «спорт» - Л.: 2012 – 14 с.

У методичній розробці представлено тему «Спортивна спеціалізація» (*Футбол*) для самостійної та аудиторної роботи студентів третього курсу денної і заочної форми навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ, укладених на основі автентичних неадагтованих текстів. Матеріали методичної розробки спрямовані на формування навичок усного та письмового мовлення. Методична розробка призначена для студентів третього курсу за напрямками підготовки «фізичне виховання» та «спорт», які навчаються за кредитно-модульною системою.

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1. Study the active vocabulary:

- intricacy - складність
- cognitive - пізнавальний
- challenge - виклик
- appropriate substitute - відповідна заміна
- circumference - окружність
- coin toss - жеребкування монетою
- crossbar - поперечина
- to defend - захищати
- kickoff - початок гри
- dimension - розмір, вимір
- shooting - бити по м'ячу
- fundamental skills - основні навички
- to refer – направляти
- referee – рефері
- to be presided by smb. - очолюватись
- touchline - бокова лінія поля
- fouls, infractions - порушення правил гри
- to whistle violation – вказати на порушення (свистком)
- offside - положення поза грою
- to occur - зустрічатися
- to award - присуджувати
- to issue the caution - зробити попередження
- to expel - виключати, виганяти
- to be at a disadvantage - опинитися в незручному положенні
- environment - середовище
- to designate penalty kick - призначити пенальті
- to maintain ball control - зберігати контроль над м'ячем

2. Translate without using a dictionary.

Football, psychomotor, to restart, goalkeeper, to elect, physical, mental, goal, cardiovascular, improvisation, control, ball, match, passing, center, opponent, object, game, period, individual, referee, forward, assistant, initiate, to attack, foul, offside.

3. Read and translate the text.

Football is one of the most popular kind of sport in the world, and it is also one of the most demanding. Its intricacies have been described as playing chess at 30 miles per hour-referring to its cardiovascular, cognitive, competitive, and psychomotor challenges. It's a game of movement, speed, physical and mental control, space, timing, flow, creativity, improvisation and imagination. All that is needed is a ball and willing participants, and the spirit of the game.

Football match is contested by two teams of 11 players each (with an appropriate number of substitutes), one of which is designated the goalkeeper. The object of the game is to score by propelling the ball (400 to 457 g. 69 to 71 cm) in circumference completely across the goal line and within the confines of the (2.44*7.32m) goalposts and crossbar. The game is begun after one team has won coin toss and has elected to defend a goal-by a kickoff from the centre of the field and the ball must move or be touched before it can be played by another player. The game is restarted after each goal and at each half, or period. The duration consists of two 45-minute halves and all phases and dimensions of the game may be modified to accommodate the individual needs of the participants.

Once play has been legally initiated, each team attempts to gain possession, and through planned and creative combinations of the fundamental skills(passing, shooting, heading, trapping and collecting, dribbling, tacking and marking, and goalkeeping) attempts to place the ball in the back of the opponent's net. Football matches are presided by a referee and two assistant referees, who run the touchlines (opposite sides and halves) and signal when a ball completely crosses the touchline (throw-in), goal line(goal kick or corner kick), or goal. They also may indicate fouls and offside infractions, usually by snapping their flags in the direction of team that is to maintain ball control. However it's the referee who calls (whistle) or doesn't call the infraction

and awards possession of the ball or goal. The assistant referee serves as advisor in this regard. The referee keeps the official time on the field, at least for the several minutes of the game to allow for injury or extra time. The official objectives is to allow play to be free-flowing and within the spirit of the game while maintaining optimal safety for the participating players.

Once the ball completely crosses(either in the air or rolling)the touchline or a violation is whistled, the referee will designate by band signal the team that is awarded possession of the ball .Depending of the situation any number of restarts may occur. Restarts can be direct(can be scored without touching another player) or indirect(must by touched by another player, even the opposition, before a goal is awarded).Direct restarts included the following: penalty kick, corner kick, direct kick, goal kick, throw-in, indirect free kick, offsides, drop ball. When, in the judgment of the referee, a player is not playing within the laws and spirit of the game by committing any number of serious violations, the referee may issue to the player a caution, or yellow card. Any repeat offense (flagrant violation) will result in ejection from the game. Persistent misconduct after receiving a yellow card a red card is awarded and immediate expulsion results. The player who is expelled may not be replaced, thus placing his team at a serious disadvantage.

It's hard to believe that these seemingly simple skills placed in a competitive environment have captured the hearts of hundreds millions spectators and players.

4. Give the Ukrainian equivalents to the following phrases and make up your own sentences.

1. one of the most demanding
2. all that is needed
3. the object of the game
4. to accommodate to
5. can be played by
6. snap the flag
7. to serve as
8. to keep the time

9. creative combinations

10. to eject from

5. Pick up the appropriate explanation of the word.

1) football	a) a restart after the ball crosses the opponent's goal line when last touched by the opponent.
2) kick-off	b) the start of the game of football
3) full - time	c) a game that is played by 2 teams of 11 players who try to kick a round ball into a net.
4) draw	d) the starting of play whenever the ball is out of play or the game is stopped.
5) blocking	e) if 2 teams have the same number of goals.
6) dropkick	f) the end of the game.
7) defending team	g) the tackle using the inside of the foot to block the ball from an opponent who is dribbling.
8) touchline	h) a ball that is dropped on the ground by the goalkeeper and is kicked just after it bounces.
9) corner kick	i) the team that is trying to gain possession of the ball.
10) restart	j) side boundary of the field.

6. Combine the words in as many collocations as possible.

football	card
offside	needs
defending	infractions
individual	restart
assistant	violation
fundamental	match
direct	skills
corner	team
yellow	kick
flagrant	referee

7. Fill in the blanks with an appropriate adverb using the table

of (8)	in (3)	to	by (2)	from	at	after	across	within
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1. The most important ... the team is to feel the spirit ... the game.
2. Every coach should listen ... the individual needs ... the participants.
3. All the matches are presided ... assistant referees who run the touchlines.
4. Referee awards possession ... the ball or goal.
5. He snapped the flag ... the direction ... defending team .
6. The flagrant violation ...the rules will result ... ejection ... the game.
7. Any number ... results may occur depending ... the situation.
8. The goalkeeper placed his team ... a serious disadvantages.
9. The game begun ... our team has won coin toss.
10. The main object ... the game is to score ... propelling the ball ... the goal line and ... the goalposts and crossbar.

8. Complete the sentences by words and word combinations

1. Our team was disappointed cause ... showed yellow ... to the forward.
2. run the touchlines and signal when ... completely crosses the ...
3. The ... of ... consist of two 45-minutes halves.
4. Every team attempts to place ... in the back of the opponent's ...
5. The game is ... after each goal and each period.
6. The only equipment you need to play football is: ..., ..., ...
7. When the player has a number of serious violations he can be from the game.
8. During the match, the ball is ... to teammates at various angles.
9. The ... can use the hands and the legs in order to defend his goal post.
10. Every team has the same number of appropriate ... who can replace the players.

9. Match the endings to the sentence beginnings.

- | | |
|---|---|
| 1. Football is the game of... | a)... in ejection from the game |
| 2. Assistant referees serves... | j)... the player has got a caution |
| 3. Each team attempts... | c)... at a serious disadvantage |
| 4. The referee whistle the infractions... | d)... movement, speed, timing, creativity |
| 5. The duration of the match... | e)... different types of kicks |
| 6. Red card means... | f)... and awards the possession of the ball |
| 7. Any repeat offense will result... | g)... consists of two 45- minute halves |
| 8. Direct restarts include ... | h)... as advisor in this regard |
| 9. The expelled player place his team... | i)... that the player should be expelled |
| 10. Yellow card shows that... | b)... to score as many goals as possible |

10. Make up ten questions to the text.

11. Complete the sentences:

- 1) Football is the game of...
- 2) Each team attempts to...
- 3) Football match is contested by...
- 4) The game begins after...
- 5) The duration of match consists of...
- 6) The main fundamental skills in football are...
- 7) Direct restarts include...
- 8) The task of goalkeeper is...
- 9) The main object of the game is...
- 10) Any repeat offense will result...

The history and sociocultural values of soccer.

The roots of soccer are grounded in antiquity. Some believe that soccer's origins can be traced to the ancient (2500B.C.) Chinese game of tsu-chu, or kickball. The Egyptians (2000 B.C.), Japanese (600 B.C.), ancient Greeks (Episkyros) and Romans (Harpastum) have also been intimately linked with the evolution and spread of the game. The Roman legions under emperor Claudius (A.D.43) are credited with caring the game to Britain; where it was integrated into the local games and evolved, grew, and developed from the Middle Ages through the industrial revolution. The modern form of soccer gained its renowned shape and identity in October 1863, in London's Freemason's Tavern, where the first football association (English Football Association) was established and the laws of the game were formulated. The laws served to separate association – "assoc" football (soccer) –and rugby. The kick-in was replaced by the throw-in(1863); offsides (1866), corner kick (1872), and referees(1874) were added, as were the whistle(1878), the penalty kick(1891), and various numbers of substitutions. Thus, the modern game of soccer was off and running, and wherever England's ships gained port, soccer was soon to follow. Contemporary soccer is truly an international game, with the Federation Internationale de Football Association (FIFA), established in 1904, representing approximately 170 nations. Soccer was introduced to the Olympic Games in Paris in 1900, and the inaugural World Cup was played in 1930 in Montevideo, where the Uruguayan hosts defeated Argentina. Since then, such luminaries as Pele, Charlton, Cruyff, Beckenbauer, Maradona, Romanrio, Ronaldo, and Roberto Baggio have served to spread the passion of the game around the world. The United States Soccer Federation (USSF), founded in 1913, serves as the governing body for most U.S. soccer interests. Since 1972, the USSF has offered coaching certification, as does the National Soccer Coaches Association. The United States Youth Soccer Association (USYSA), formed in 1974, is charged with the development and promotion of the game for those under age 19. Each of these affiliated organizations is attempting to build positive links to all communities by offering bilingual coaching courses, to promote not only the sport but also community solidarity. Today soccer is one of the

most popular participatory sport for young boys and girls and has emerged as an intercollegiate favorite, with over 1,200 teams competing each year. The U.S. women's team captured the inaugural Women's World Cup in Beijing, China, in 1992, and in 1994 the United States opened its doors to the global soccer community to host the World Cup for the first time. It was won by the team from Brazil. The 1998 World Cup was won by France. In the 1996 Olympic Games in Atlanta, the United States women's team won the gold medal, and the men's team held its own with the rest of the world. Nigeria won the men's gold medal. The impact of the United States' hosting the 1994 World Cup led to the emergence of the Major League Soccer (MLS), which initiated play in the summer of 1996.

2. Find and read the information about:

- a) the origin of soccer
- b) when and where the laws of the game were adopted.
- c) the famous soccer's players
- d) the functions of USSF
- e) the brightest wins in soccer

3. Define which of these sentences are true and which are false:

1. The kick-in was replaced by the throw-out in 1863.
2. Soccer was introduced to the Olympic Games in 1930 in Paris.
3. The World Cup was won by Nigeria in 1998.
4. Since 1972, the USSF has offered coaching certification.
5. The Roman legions carried the game to Britain.
6. The U.S. women's team won the Cup in China in 1994.
7. All footballs organizations attempt to build negative links to all communities.
8. France won the World Cup in 1998.
9. The Olympic Games in Atlanta were held in 1998.
10. FIFA represented approximately 70 nations in 1904.

4. Divide the text into the logic parts and put headings to them.

5. Make up 10 questions to the text. Answer them.

6. Write the abstract to the text.

1. Read and translate the text

FUNDAMENTAL SKILLS AND TECHNIQUES IN FOOTBALL

Football is a game of movement, speed, physical and mental control, space, timing, flow, creativity, improvisation, and imagination. To safely play and enjoy the game, the acquisition, practice, and mastery of certain basic fundamental skills are required.

Passing is the foundation of the game. Most short passes are made with the inside of the foot, although the outside of the foot, the 'touch' of a toe, and even the heel are often used during a match. Longer passes are either chipped, by placing the foot under the ball, or struck with force, while leaning the body backward to create the desired loft. During a match the ball is passed to teammates at various angles, including a square pass made at a right angle to the attacker in the hope that the passer will continue the momentum and receive a return pass in the most direct forward pass in the game because the ball is thrust behind the opponents into their defensive space as your teammate runs onto the ball. Of course, when thwarted or attempting to delay the game, or to create a planned opportunity, the ball can be passed backward, laterally, or "around", including to your own goalkeeper, who in this case may not play the ball with his or her hands.

Shooting is obviously a key element of football. The basic technique can be described as a powerful instep blast although like the pass, any surface of the foot or body can be employed. If the shot is struck forcefully with the right instep, the right foot will also hit the ground first as full force, momentum, and low follow-through are enacted. The skill of shooting is difficult and it often seems that the potential scorer is "never in the right position". Sometimes the ball is rolling; sometimes it's up in the air, and a volley shot must be used; and sometimes the ball must be taken after a quick bounce or half-volleyed. The technique of shooting includes accuracy, deception, discipline, and optimal concentration; and practice in all game situations is paramount.

Heading is used by the player to pass or to shoot the ball. The proper technique for safe heading is crucial, and injury to the neck area should be a consideration when warming up, teaching, practicing the skills. The ball should be attacked by the header with the frontal bone of the forehead near the hairline and directed to a teammate or space that will permit him to collect the ball or afford time to reorganize, esp. in the defensive third of the field. Heading technique includes concentration, awareness of players around you, proper body posture and position, including the use of the arms as a protective shield, and keeping your eyes on the ball as it is directed. Trapping and collecting the ball from a teammate's pass or opponent's miscue is the technique necessary for bringing the ball under complete control. Various parts of the body may be used, depending on the ball position upon arrival. The chest, thigh, and instep are often employed to control the ball if it arrives in flight, while the sole of the foot, or the inside or outside of the foot trap, is often used for ground balls. The key to control is known and using immediate space to gain possession of the ball and to utilize muscular control and bodily momentum-absorption techniques to ease the ball into your control space.

Dribbling is one of the most exciting and creative elements of the game and should be encouraged. It requires the player to use a series of soft touches, or pushes as the ball is dribbled into appropriate space. Effective dribbling is done with both feet employing feints, or fakes; change of pace; and rapid, deceptive moves. Dribbling technique requires proper body position because the ball often needs to be shielded, screened, and protected from defender or marker. It can be used to advance the ball, move into position to get off a quick shot, delay the game, or to take the ball into open space.

Tackling and Marking is a defensive technique that is designed to dispossess an opponent from the ball so that you or your teammate can gain ball possession. It involves marking or the opponent with the ball until the optimal time to make your tackling move. Tackling is usually accomplished by blocking, poking, or sliding in a calculated effort to win the ball. It requires sound judgment, assertive play, mental

toughness, and teamwork.

Goalkeeping: the goalier is unique in that he may legally use hands to stop, control, and catch a ball within the penalty area it is not intentionally passed to him by a teammate. Upon collection of the ball the goalie is also permitted to clear the ball or initiate "instant offense" by throwing, drop-kicking, or punting the ball. Defensively he must know when and how to challenge, come off the line and cut down the attacker's angle and effectively smother and deflect shots. Often sound judgment, common sense, and coolness under pressure are as important as physical skill when selecting a solid goalkeeper.

- 1. Make up the vocabulary of football terminology.**
- 2. Make the presentation of your kind of sport.**