

Olha Matviyas

WATER POLO



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

Матвіяс О. В.

«Водне поло»

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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Матвіяс О. В.

Водне поло : метод. розробка з англ. мови для сам. та авд. роботи з теми «Спортивна спеціалізація» для студ. III курсу денної та заочної форми навчання за напрямами підготовки «фізичне виховання» та «спорт» Матвіяс О. В.- Л.: 2012 – 16 с.

У методичній розробці представлено тему «Спортивна спеціалізація» (*Водне поло*) 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 неадаптованих текстів. 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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WATER POLO

Text A

1. Study the active vocabulary.

bottom n. – дно

boundary n. – межа, границя

clenched fist – стиснутий кулак

crossbar n. – поперечина

deep adj. – глибокий

depth n. – глибина

ear protectors – навушники

forward n. – нападник

fresh-soph n. – команда студентів першого та другого курсу

goal n. – ворота

goalkeeper n. – воротар

goal line – лінія воріт

goalpost n. – штанга

guard n. – захисник

hit the ball – бити по м'ячу

intercollegiate competition – міжуніверситетські змагання

junior varsity n. – молодіжна університетська команда

penalty throw zone – штрафний майданчик

quarter n. – чверть гри

shallow end – плитке дно

substitution n. – заміна

time-out n. – положення гри „поза грою”

varsity n. – університетська команда

wall of the pool – бортик басейна

water surface – поверхня води

whistle n. – свисток

2. Translate without using a dictionary.

Based on, popular, lacrosse, water polo, legal, foot, championship, ideal, minimum, zone, distance, start, goalkeeper, protector, time-out, forward, position, minute, junior, period, interval, yard, penalty, referee.

3. Read and translate the text.

Water Polo

Play is based on two popular sports: swimming and lacrosse.

The game is played on the surface of the water by teams of seven players each. NCAA water polo is now considered legal in both 100-foot (30.5 m) and 75-foot (22.9 m) pools, with the 100-foot preferred and championships played in a 100-foot by 75-foot pool. The deeper the water, the better. If the entire playing area is deep – 6.5 feet (2 m) or more – it is ideal, but most indoor pools have a shallow end. The goalposts must be 10 feet (3.05 m) apart, and the crossbar must be 3 feet (0.91 m) above the water surface when the water depth is 5 feet (1.52 m) or more; when the water is less than 5 feet, the crossbar must be 8 feet (2.44 m) from the floor of the playing area. Canvas backing and sides must enclose the goal area. The depth of the goal space must be a minimum of 18 inches (46 cm). The boundaries of the penalty throw zone extend along the 4-yard (3.66 m) line a distance of 22 feet (6.7 m).

At the start of the game each team consists of six field players and a goalkeeper, each wearing a swimsuit and a cap with ear protectors. The captain of each team can be any player on the team. Substitutions may be made only during time-outs or dead time.

The goalkeeper is the only player on a team who can stand or jump from the bottom (if the water is shallow enough to permit this), catch and pass the ball with both hands at the same time, or hit the ball with a clenched fist, provided he or she is inside the 4-yard line.

The guards and forwards on each team may swim freely up and down the pool as they see fit, interchanging positions as often as they wish. They may not stand on or jump from the bottom, nor may touch the ball with more than one hand at a time

when catching, passing, or shooting it, nor may they enter inside the opposing team's 2-yard (1.83 m) line unless preceded by the ball.

In intercollegiate competition the game consists of four 7-minute quarters, the teams changing ends after every period of play. In high school competition the game consists of four 5- or 6-minute quarters, depending on whether the participants are varsity, junior varsity, or frosh-soph, and the teams change ends after every period. There is a 2-minute interval between each quarter and a 5-minute interval between halves.

At the start of a game one player (usually the goalkeeper) must be in position between the goalposts and the field players must take up their positions at least 1 yard (91 cm) apart on their respective goal lines. They may grasp the wall of the pool, ready to push off. The game is started with a blast of the whistle by the referee.

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

Notes:

1. *up and down* – вздовж і впоперек

2. *NCAA (National Collegiate Athletic Association) water polo* – Національна Університетська Спортивна Асоціація з водного поло

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

- surface of the water
- NCAA water polo
- the playing area
- during time-outs
- to pass the ball
- to interchange the positions
- to change the ends
- intercollegiate competitions
- frosh-soph competitions
- to take up the position

5. Match the definitions to the notions.

1. team	a. the bar joining the two vertical posts of a goal
2. goalpost	b. the official who controls the game in some sports
3. pool	c. an attacking player whose position is near the front of a team in some sports
4. crossbar	d. the main team that represent a college or high school in sports competition
5. time-out	e. a small area of still water
6. guard	f. the first and second course students university team
7. forward	g. a group of people who play a particular game or sport against another group of people
8. frosh-soph	h. a short period of rest during a sports game
9. referee	i. one of the two vertical posts that form part of a goal
10. varsity	j. a player who is mainly responsible for staying close to opposing players to stop them from scoring

6. Combine the following words and translate the collocations.

- | | |
|---------------------|----------------|
| 1. playing | a. protectors |
| 2. indoor | b. competition |
| 3. water | c. time |
| 4. goal | d. area |
| 5. penalty | e. surface |
| 6. field | f. zone |
| 7. ear | g. space |
| 8. dead | h. pool |
| 9. opposing | i. player |
| 10. intercollegiate | j. team |

7. Fill in the blanks with an appropriate preposition.

on (3), of (3), by (3), up (2), with (2), at (2), down, during, from, above, after,
inside, unless, off, in, between

1. Water polo is played _____ the surface _____ the water _____ two teams.
2. The forwards _____ each team may swim freely _____ and _____ the pool.
3. Substitutions may be made only _____ time-outs or dead time.
4. The goalkeeper can jump _____ the bottom and pass the ball _____ both hands _____ the same time.
5. The crossbar must be 3 feet _____ the water surface.
6. The teams change ends _____ every period _____ play.
7. They may not enter _____ the opposing team's 2-yard line _____ preceded _____ the ball.
8. A player must be _____ position _____ the goalposts and the field players must take _____ their positions _____ least 1 yard apart _____ their respective goal lines.
9. The game is started _____ a blast _____ the whistle _____ the referee.
10. The players should be ready to push _____.

8. Complete the sentences with words or word combinations.

the water, field players, a blast of the whistle, on the surface, must enclose,
the goalkeeper, goal space, four 7-minute, any player, time-outs

1. The game is played _____ of the water.
2. At the start of the game each team consists of six _____ and a goalkeeper.
3. _____ can stand or jump from the bottom.
4. In intercollegiate competition the game consists of _____ quarters.
5. The deeper _____ the better.
6. Substitutions may be made only during _____ or dead time.
7. Canvas backing and sides _____ the goal area.
8. The captain of each team can be _____ on the team.
9. The depth of the _____ must be a minimum of 46 cm.
10. The game is started with _____ of the referee. *

9. Match the endings to the sentence beginnings.

1. The game is played	a) swimming and lacrosse.
2. The guards and forwards on each team	b) the game consist of four 7-minute quarters.
3. Water polo is based on	c) during time-outs or dead time.
4. The goalkeeper	d) must enclosed the goal area.
5. In the intercollegiate competition	e) with a blast of the whistle by the referee.
6. The most indoor pools	f) may swim freely up and down the pool.
7. Substitutions may be made	g) on the surface of the water by teams of seven players each.
8. The guards or forwards	h) may not stand on or jump from the bottom.
9. Canvas backing and side	i) have a shallow end.
10. The game is started	j) can stand or jump from the bottom, catch and pass the ball with both hands at the same time, or hit the ball with a clenched fist.

10. Answer the following questions and write 10 questions of your own.

1. Where the game is played?
2. What is the ideal water depth for the game?
3. What is the depth of the goal space?
4. What are the boundaries of the penalty throw zone?
5. Which player can stand or jump from the bottom?
6. Which competition is called intercollegiate?
7. Who are called frosh-sophs?
8. What is the game started with?
9. What are the positions of players at the start of the game?
10. Is water polo cultivated in our country?

11. Complete the sentences:

1. Water polo is played ...
2. It is ideal if ...
3. The depth of the water should be ...
4. Each team consists of ...
5. Substitutions may be made ...
6. The field players may swim ...
7. The goalkeeper may ...
8. At the start of the game one player must be ...
9. The field players may grasp the wall ...
10. The game is started with ...

- I. Read the text.
- II. Divide the text into paragraphs. Give headings to them.
- III. Find in the text the information about:
 - a) *the water polo origin (time and place);*
 - b) *changes in the water polo rules;*
 - c) *The United States' Olympic successes.*

The History of Water Polo

Bored with conventional swimming races and stunts, a group of British aquatic athletes created a new type of game during the 1860s. Played originally in lakes, with 11 players per side and rafts as goals, water polo has undergone numerous refinements. Today it ranks as perhaps the most demanding of all aquatic sports. Introduced to the Olympic Games in 1900, water polo appealed to swimmers throughout the world, especially in Europe. Until recent years, however, it remained a rather obscure sport. Great Britain and Belgium dominated early Olympic competition (Great Britain won four gold medals in the five Olympics between 1900 and 1920, and Belgium won four silver medals and a bronze medal in the six Olympics between 1900 and 1924). Incredibly, beginning in 1928, Hungary won a medal in every Olympics through 1980, amassing six golds (1932, 1936, 1952, 1956, 1964, and 1976), three silvers (1928, 1948, and 1972), and three bronzes (1960, 1968, and 1980). With the increase of the number of swimming pools and the availability of well-trained professional swimming coaches, resulting in the tremendous increase in the number of competent swimmers around the world, water polo is one of the fastest growing sports. In fact, of the 30 sports on the Olympic agenda, the U.S. Olympic Development Committee rated water polo as the third fastest growing sport in the United States. In the past for various reasons, the United States did not conform to the rules used by the most other nations, that is, the FINA (International) rules. Now,

however, water polo in the United States follows almost exactly the FINA rules so that its teams can gain experience to enable them to do well in international competitions. Earlier in this century the United States promoted what was called "softball" water polo, in which a soft, semi-inflated ball was used; the ball could be taken underwater, and much of the action occurred beneath the surface. This game attracted few spectators because no one could see what was happening underwater. Furthermore, the referee, who was situated at poolside, could not see what was taking place, and, therefore, an increasing number of underwater injuries occurred. In the late 1940s and throughout the 1950s, a small group of California swimming coaches brought U.S. water polo back to the surface of the water and created a style of play that appealed to California high school and college swimmers and that, during the 1960s, spread rapidly across the country. Until 1984 the United States had managed only three bronze medals (1924, 1932, and 1972) in water polo. The United States did win the gold, silver, and bronze medals in 1904, but the only foreign team (Germany) withdrew because of the "strange" rules adopted in St. Louise. In both 1984 and 1988, however, the U.S. teams finished with the silver medal, losing in both cases to Yugoslavia in close games. The 1984 final score was 5-5, but the gold medal went to Yugoslavia because they had scored more total goals in the tournament. In 1988 the Yugoslavian team defeated the U.S. team 9-7 in the first overtime game in Olympic history. In July 1991 the U.S. men's water polo team defeated Yugoslavia 7-6 in overtime to win the first gold medal for the United States in major international competition since 1904. This was in the FINA World Cup tournament in Barcelona, Spain. In the 1992 Olympics Italy won the gold, with Spain taking the silver and the United States fourth place. In 1996 Spain captured the gold medal with Croatia winning the silver and Italy the bronze. In June 1991 the U.S. women's water polo team won a bronze medal at the FINA World Cup. Women's water polo is not an Olympic event.

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

IV. Are the sentences True or False.

1. Water polo was created in Great Britain in the mid-nineteenth century.
2. Water polo was introduced to the Olympic Games in 1990.
3. United States and Belgium dominated early Olympic competition.
4. Water polo is considered the third fastest growing sport in the U.S.A.
5. Water polo in the United States always strictly follows the FINA rules.
6. Until 1984 the U.S.A. owned only three bronze medals in water polo.
7. In the 1992 Olympics Italy failed the gold.
8. Women's water polo became an Olympic event in 1991.
9. In 1988 the Yugoslavian team was defeated by the U.S. team.
10. In 1991 the U.S. women's water polo team defeated Yugoslavia 7-6 in overtime to win the first gold medal for the United States.

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

VI. Write summary to the text.

1. Read and translate the text in written form.

NCAA RULES

Starting play. At the start of each period, teams line up on their own goal line. Three players go both sides of the goal; the goalkeeper starts in the goal. At the referee's whistle, both teams swim to midpoint of the field (known as the sprint or the swim-off); the referee drops the ball near the side of the pool. The first team to recover the ball becomes the attacker until a goal is scored or the defenders recover the ball. After a goal is scored, the teams line up anywhere within their halves of play, but usually along the midpoint of the pool. Play resumes when the team not scoring the goal puts the ball in play by passing it to a teammate.

Advancing the ball. When the offense takes possession of the ball, the strategy is to advance the ball down the field of play and to score a goal. Players can move the ball by throwing it to a teammate or swimming while pushing the ball in front of them ("dribbling"). If an attacker uses his arm to push away a defending player and free up space for a pass or shot, the referee will rule a turnover and the defense will take possession of the ball. If an attacker advances inside the 2-meter line without the ball or before the ball is inside the 2-meter area, he is ruled off side and the ball is turned over to the defense. This is often overlooked if the attacker is well to the side of the pool or when the ball is at the other side of the pool.

Setting the ball. The key to the offense is to accurately pass (or "set") the ball into the center forward or hole set, positioned directly in front of the goal (*the hole*). Any field player may throw the hole set a "wet pass." A wet pass is one that hits the water just outside of the hole set's reach. The hole set attempts to take possession of the ball, to shoot at the goal, or to draw a foul from his defender. A minor foul is called if his defender (called the "hole D") attempts to impede movement before the hole set has possession. The referee indicates the foul with one short whistle blow and points one hand to the spot of the foul and the other hand in the direction of the attack of the team to whom the free throw has been awarded. The hole set then has a "reasonable amount of time" (typically about three seconds) to re-commence play by making a

free pass to one of the other players. The defensive team cannot hinder the hole set until the free throw has been taken, but the hole set cannot shoot a goal once the foul has been awarded until the ball has been played by at least one other player. If the hole set attempts a goal without the free throw, the goal is not counted and the defense takes possession of the ball, unless the shot is made outside the 5-meter line. As soon as the hole set has a free pass, the other attacking players attempt to swim or *drive* away from their defenders towards the goal. The players at the flat position will attempt to set a screen (also known as a pick) for the driver. If a driver gets free from a defender, the player calls for the pass from the hole set and attempts a shot at the goal. A classic 4-2 man-up situation. The attacking white team has 4 players positioned on 2 metres, and 2 players positioned on 4 metres. The 5 outfield defending blue players try to block shots and prevent a goal being scored for the 20 seconds of man-down play. In the top left corner, the shot clock can be seen, showing 28 seconds remaining in the white attack.

Man up (6 on 5). If a defender interferes with a free throw, holds or sinks an attacker who is not in possession or splashes water into the face of an opponent, the defensive player is excluded from the game for twenty seconds (informally called a 'kicked out' or an ejection). The attacking team typically positions 4 players on the 2 meter line, and 2 players on 5 meter line (4-2), passing the ball around until an open player attempts a shot. Other formations include a 3-3 (two lines of three attackers each) or arc (attackers make an arc in front of the goal and one offensive player sits in the 'hole' or 'pit' in front of the goal). The five defending players try to pressure the attackers, block shots and prevent a goal being scored for the 20 seconds while they are a player down. The other defenders can only block the ball with one hand to help the goalie. The defensive player is allowed to return immediately if the offense scores, or if the defense recovers the ball before the twenty seconds expires!

Five meter penalty. If a defender commits a foul within the five meter area that prevents a likely goal, the attacking team is awarded a penalty *throw* or shot. An attacking player lines up on the five meter line in front of the opposing goal. No other player may be in front of him or within 2 meters of his position. The defending

goalkeeper must be between the goal posts. The referee signals with a whistle and by lowering his arm, and the player taking the penalty shot must immediately throw the ball with an uninterrupted motion toward the goal. Penalty shots are often successful, but the goalkeeper who blocks a "five meter" can expect a chorus of cheers from the stands.

Scoring. A shot is successful if the ball *completely* passes between the goal posts and underneath the crossbar. If a shot bounces off a goal post back into the field of play, the ball is rebounded by the players and the shot clock is reset. If the shot goes outside the goal and on to the deck (outside the field of play) then the ball is automatically recovered by the defense. If the goalie, however, is the last to touch the ball before it goes out of play behind the goal line, or if a defender purposely sends the ball out, then the offense receives the ball at the two meter line for a *corner throw* or "two meter" much like a corner kick in soccer or football. When the goalie blocks a shot, the defense may gain control of the ball, and make a long pass to a teammate who stayed on his offensive end of the pool when the rest of his team was defending. This is called *cherry-picking* or *sea gulling*.

Overtime. If the score is tied at the end of regulation play, two overtime periods of three minutes each are played. If the tie is not broken after two overtime periods, a penalty shootout will determine the winner. Five players and a goalkeeper are chosen by the coaches of each team. Players shoot from the 5 meter line alternately at either end of the pool in turn until all five have taken a shot. If the score is still tied, the same players shoot alternately until one team misses and the other scores. Overtime periods are common in tournament play due to the high level of skill of these superior teams; Team USA defeated Hungary in the 2004 Women's Water Polo World League Super Final when US goalie Jackie Frank made 2 stops on penalty shots.

ACTIVITIES

1. Compile the vocabulary of terms using texts A, B, C.
2. Present your kind of sport.