

Olha Matviyas

RUGBY



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

Матвіяс О. В.

«Регбі»

методична розробка

з англійської мови

для самостійної та аудиторної роботи

з теми

«Спортивна спеціалізація»

для студентів III курсу

денної та заочної форми навчання

за напрямами підготовки «фізичне виховання» та «спорт»

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Матвіяс О. В.

Регбі : метод. розробка з англ. мови для сам. та авд. роботи з теми «Спортивна спеціалізація» для студ. ІІІ курсу денної та заочної форми навчання за напрямками підготовки «фізичне виховання» та «спорт» - Л. Матвіяс О. В. - : 2012 – 18 с.

У методичній розробці представлено тему «Спортивна спеціалізація» (*Регбі*) 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 напрямками підготовки «фізичне виховання» та «спорт», які навчаються за кредитно-модульною системою.

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RUGBY

Text A

Pre-text exercises

1. Read and learn the following words:

abdomen n.	- живіт, черевна порожнина
achieve v.	- досягати
afford v.	- дозволяти, мати змогу
balance n.	- рівновага
calf n.	- литка
cardiovascular adj.	- серцево-судинний
chest n.	- грудна клітка
choice n.	- вибір
conditioning n.	- заходи щодо поліпшення фізичного стану, тренування
consider v.	- вважати, розглядати
continually adv.	- постійно
duration n.	- тривалість, впродовж
emphasise on	- надавати особливого значення, підкреслювати
endurance n.	- витривалість
equip v.	- споряджати, екіпувати
event v.	- вид спорту
extremely adv.	- вкрай, надзвичайно
flexible adj.	- гнучкий
gradual adj.	- поступовий
hamstring n.	- підколінне сухожилля
injury n.	- травма, пошкодження
involvement n.	- залучання

kick n.	- удар ногою, копання
mauling n.	- боротьба (за м'яч)
meet v.	- задовольняти (вимоги, потреби)
neck n.	- шия
passing n.	- передавання, насування
physician n.	- лікар
practice v.	- вправляння, відпрацювання
preseason adj.	- період до початку сезону
prevent v.	- попереджати, запобігати, відвертати
require v.	- вимагати
requirement n.	- вимога, необхідна умова
rucking n.	- ракінг
sharpening n.	- відпрацювання, відшліфовування
skill n.	- навик, уміння
speed n.	- швидкість
spirit n.	- дух
strength n.	- сила
stretching n.	- розтяжка, розтягнення
success n.	- успіх
tackling n.	- таклінг, боротьба дозволеними засобами, штовхання
team n.	- команда
thigh n.	- стегно
tool n.	- 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 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 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.

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

4. Give Ukrainian equivalents to the following phrases:

• to develop spirit	• cardiovascular endurance
• to meet requirements	• physical development program
• preseason conditioning	• fitness and strength training
• team game	• to sharpen skills
• active involvement	• gradual loosening up

5. 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

6. 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

7. Fill in necessary prepositions:

a) in(2), b) of(3), c) for, d) with, e) during, l) after, g) to, h) 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. _____ fact, many sports physicians consider rugby second _____ such events as long-distance cross-country skiing and running.

8. Match the beginnings with their endings.

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

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

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?

10. Continue 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 ...

Pre-text exercises

I. Read the text and find the information about:

1. The best man swimmer.
2. The best woman swimmer.
3. The leading nations in the Olympics.
4. Legalization of blocking and tackling below the waist.
5. 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 became 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 ever four years. At first payment to players was covert, but following the 1995 World Cup the game become officially "open".

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

Post-text exercises

2. Are these statements 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. Answer the questions according to the text.

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?

4. Divide the text in the paragraphs and give them appropriate headings.

5. Write a summary to the text.

1. Read and translate the text in 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 went 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.

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

2. Make up a vocabulary of rugby terminology.

3. Make a presentation of rugby.