

UNIVERSITY OF THESSALY
DEPARTMENT OF PHYSICAL EDUCATION &
SPORT SCIENCE

English Lecturer: Kyriaki Spanou

Email: kyspanou@uth.gr

Foreign language & sport terminology

ME0153

BALL GAMES

- ❑ Basketball
- ❑ Handball
- ❑ Soccer
- ❑ Tennis
- ❑ Volleyball
- ❑ Beach volleyball



Basketball

Basketball rules are designed to produce a very fast paced (γρήγορο) and offensive (επιθετικό) game which means that it is one of the most technically demanding (απαιτητικό) ball sports.

It was invented by a Canadian, James A. Naismith in 1891 (Springfield College, Massachusetts). The sport made its Olympic debut at the Berlin Games.

The first official National Basketball Association (NBA) match pitched (ρίχνω, πετώ) Minneapolis against Syracuse in 1950.

At Barcelona Games in 1992, the overwhelming dominance of the American men's team - nicknamed "The Dream Team" - made NBA basketball popular around the world.



How a basketball game is played

Two teams of 5 players each try to score points by tossing (ρίχνω, πετώ ελαφρά) the ball into the opposing team's basket. They have to use only their hands to control the ball and are not allowed to run while holding it.

A field goal counts for 2 points and 3 points if it is thrown from outside the 3-point line. A free throw is worth 1 point.



Basketball Techniques



- **Opening jump ball** (the referee throws the ball straight up into the air between the opposing centres)
- **Passes** (short and direct without looking at the receiver)
- **Moving on the court**
- **The pivot foot** (βάση, άξονας, στροφή)/Pivoting technique:
 - if the player catches the ball in the air, the 1st foot that touches the ground becomes the pivot foot.
 - if the player catches the ball with both feet on the ground, he can choose his pivot foot, if the ball is caught while one foot is on the ground that becomes the pivot foot.
 - The only way to free the pivot foot while retaining possession of the ball is to start dribbling.
- **Dripping** (ντρίμπλα, τρίπλα) technique: stopping and restarting a drizzle is against the rules.
- **Shots**
- **Offensive and defensive** (επιθετικά και αμυντικά) **rebounds**
- **Out of bounds** (a ball that touches or goes outside the court boundaries). Once the referee blows the whistle, the player with the ball has 5 seconds to put it back into play.

Violations & Fouls

The referee call violations when the rules of motion (pivot foot, dribbling) or the time limit are broken. Then the opposing team is given possession of the ball.

- ✓ Technical fouls stem from the conduct (συμπεριφορά) of coaches or players on the court (not respecting the official or delaying the game). The opposing team is awarded 2 free throws.
- ✓ A personal foul is called against a player who interferes with an opponent's progress whether or not he has the ball. After the 8th foul, the "victim" of the personal foul is given 2 free fouls.
- ✓ Each team commits 25 fouls per game. Free throws provide an opportunity for 35 points.





NBA

Rules Differences



FIBA

Length: 48min (4 12min)

Number: 3

Second clock: 24 sec

Court dimensions: 94ft x50ft

Three point line: 23.75ft

Max fouls: 6

Timeouts: 7 per game

Who can call a timeout: coach
or player

Length: 2x20min (4x12min)

Number: 2

Second clock: 30 sec

Court dimensions: 91.9ft
x49.2ft

Three point line: 20.5ft

Max fouls: 5

Timeouts: 2 in 1st half, 3 in 2nd
half

Who can call a timeout:
Coach

Basketball player Profile

- ❖ Ability to think and move fast, good peripheral vision (περιφερειακή όραση) and an understanding of the game.
- ❖ Explosive power, acceleration (επιτάχυνση) and coordination (συντονισμός) (average height 6'1" to 7'1").
- ❖ Top players must be capable of peak performance under extreme fatigue (κούραση), stress or psychological pressure (200,000 times has to be practiced a move before it becomes an automatic reflex/αυτοματοποιηθεί).
- ❖ Daily workouts (προπονήσεις) last several hours.



Handball Singles & Doubles



It is a game of tactical skill (στρατηγικής), played by bouncing (πετώντας) a rubber ball (μια λαστιχένια μπάλα) in an enclosed space (περιφραγμένος χώρος) using either hand (οποιοδήποτε χέρι).

The first depictions of men striking a handball date back to 2000BC in Egypt and 1500BC in Central America.

Handball



- It can be played by 2 players (singles) or by teams of 2 (doubles) on a 1, 3 or 4 wall court.
- The hands are the only part of the body used to strike the ball.
- The first player to win two 21-point games wins the match. In the event of a tie (σε περίπτωση ισοπαλίας), a third 11-point game is played as a tiebreaker (σπάει την ισοπαλία).
- Only the serving player may score a point. The receiver who wins a serve becomes the server.

Handball (team)



It was developed in Germany at the end of the 19th century by a gymnastic instructor. It has been an Olympic event for men since the Munich Games in 1972 and for women since the Montreal Games in 1976.

It is played between two teams of 12 players. The object of the game is to score more goals than the opposing team. Players are allowed to throw, push, hit, stop and catch the ball with their hands, arms, head, body, thighs (μηρούς) and knees but never with their feet.

Handball Technique

- Warm up: players should increase their blood circulation (κυκλοφορία του αίματος) by clapping (παλαμάκια) and warming their hands in order to avoid being bruised (μελανιάζω) by the ball.
- Gloves: They are made of soft leather (μαλακό δέρμα) and are light colored (ανοιχτόχρωμα) in order to have a contrast (αντίθεση) with the ball.
- Player's Profile: powerful, quick legs, good cardiovascular endurance (καρδιοαγγειακή αντοχή) and solid (σταθερός) shoulders and arms.



Soccer Football



- It is a ball sport played between 2 teams. Its roots go back to antiquity: σφαίρα by the Greeks and ollis by the Romans, in Renaissance Italy, a more elaborate version, calcio was played.
- It was invented in England in the mid 19th century. The Fédération internationale de football association (FIFA) was founded in 1904. It became an official Olympic event in 1908.
- It is universal because its equipment and rules are simple and of global coverage of the World Cup.

The Match



- The **aim of soccer** is for one team to send the ball into the opposing team's goal by propelling (προωθώ) it with the feet or any other part of the body but the arms and hands.
- 2 teams with a maximum of **11 players** (1 goalkeeper and 10 field players) play 45-minute periods with a halftime of not more than 15 minutes.
- The team to **kick first** is determined by a coin toss (κορώνα-γράμματα).
- The **referee** keeps track of stoppages (διακοπές) in play and may extend the periods beyond the regulation 45min if he deems it necessary (injuries, players changes etc.)
- If there is a **tie** (ισοπαλία), the teams play two 15-minute overtime periods. If there is still a tie after the overtime periods, a penalty shoot-out (εκτέλεση πέναλτυ) takes place.

Refereeing & Disciplinary sanctions



Warning (yellow card): players receive a warning if they regularly break the rules, do not respect the referee's decision, delay the start of play, are argumentative (αντιδραστικός) or show unsportsmanlike conduct (συμπεριφορά).

Expulsion (red card): players are expelled (αποβάλλονται) if they commit a serious foul, are violent, use abusive (υβριστικός) or insulting (προσβλητικός) language or receive a second yellow card during the game.

Cups & Championships



Competitions are ranked according to importance (world, national, continental).

FIFA organizes the World Cup (national teams) and since January 2000, the World Club Cup.

The 6 continental confederations (συνομοσπονδίες) organise international tournaments (Euro, Copa America etc.) and interclub tournaments, which include the best clubs in a country (Champions League in Europe etc.)

The national federations (ομοσπονδίες) organise competitions within their own countries (championships and cups).

Player's Profile



- ✓ A good physical condition: be quick and agile (ευκίνητος), have excellent technique, a good vision of the game and strong team spirit.
- ✓ Daily training: it involves exercising (stretching), practicing basic techniques and practicing team tactics.
- ✓ Training lasts 1 or 2 hours except on game day, when it is replaced by a warm-up session.

Tennis

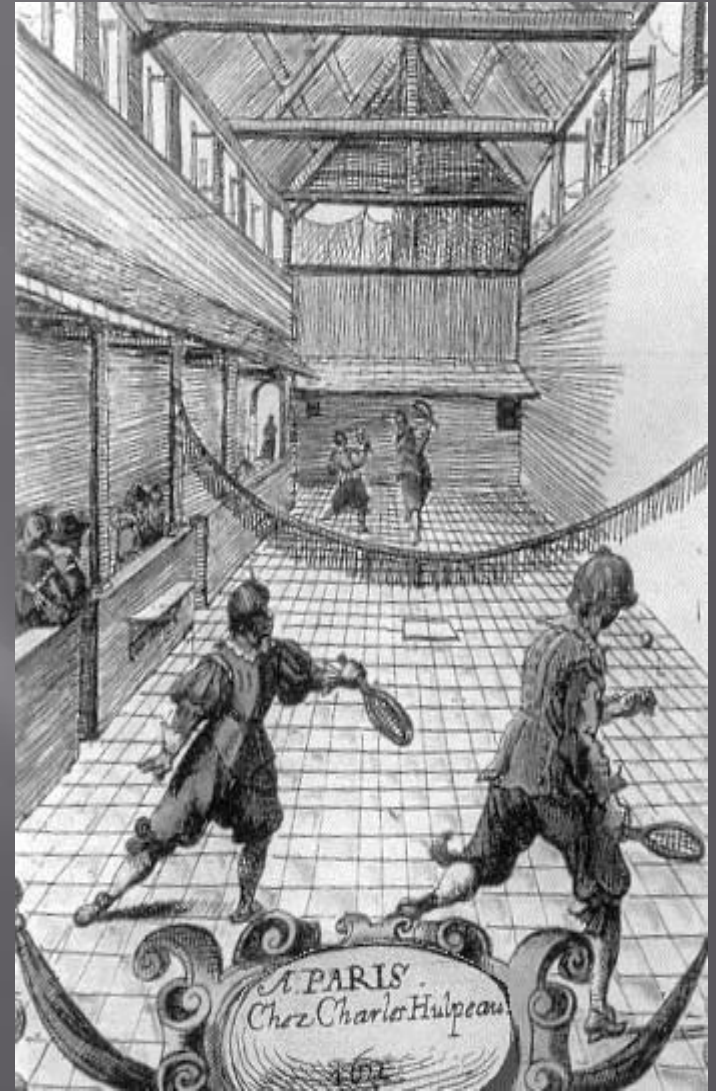
It is a racket sport in which 2 players or teams of 2 players send a ball over a net in such a way that it is difficult to return legally.

Modern tennis has its roots in the old French game of *paume* for which the rules were written in Paris in 1592.

Since 1977, the sports governing body has been the International Tennis Federation (ITF).

It is played in most countries and the players range from 5 or 6 years old to veterans of over 80.

There are: men's and women's singles/doubles and mixed doubles.



Tennis

The match



The side (πλευρά) of the court that each player will occupy (καταλαμβάνει) first and who will serve first are both chosen by draw (κλήρωση).

The server has 2 chances to serve and usually puts the most effort into the first serve, trying to unsettle (δυσκολεύω) the opponent with its power or placement.

The player scores a point if the serve is an ace («άσος») - if the opponent cannot touch the ball or if the opponent returns it out of bounds (όρια) or into the net. A served ball must always be returned after it has bounced (αναπηδήσει) once.

Tennis Techniques



Apart from the serve, all strokes are identified as **forehand** or **backhand**. The word “backhand” (ρεβέρ) comes from the fact that a right-handed player makes strokes (χτύπημα) with the back of the hand facing forward. For left-handed players the reverse (αντίστροφο) is true.

- **Serve:** this stroke starts the play. The server stands behind the baseline and has 2 tries to send the ball into the diagonally opposite service court.
- **Return of serve:** The receiver is placed diagonally opposite the server near the baseline. Depending on the difficulty of the serve, the receiver may use a defensive or attacking return.



Tennis

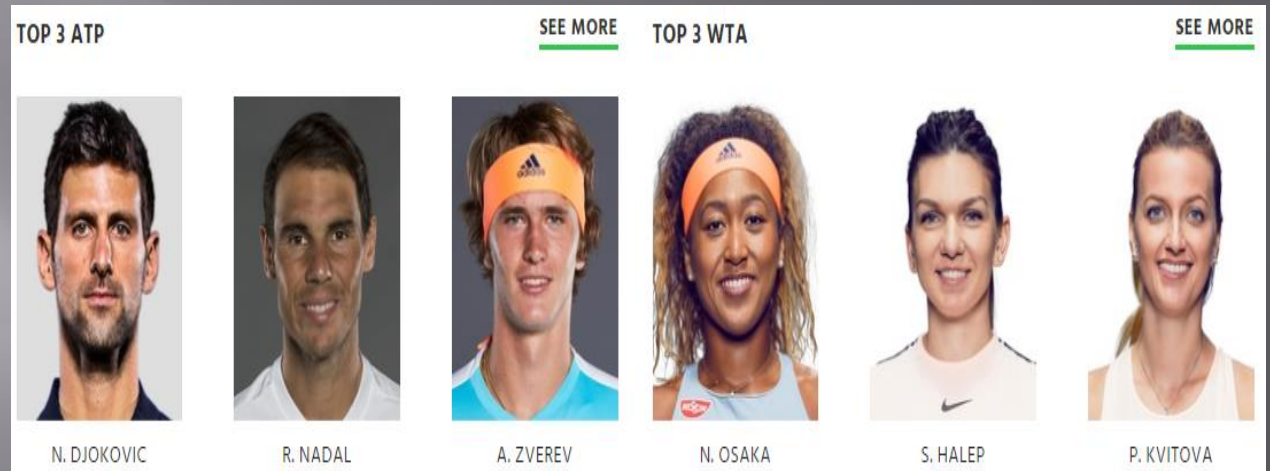
Playing Surfaces

Tournaments

Ranking - singles		Ranking - doubles	Race - singles	
Rank	Move	Player name	Country	Points
1.	-	Djokovic Novak	 Serbia	10955
2.	-	Nadal Rafael	 Spain	8320
3.	-	Zverev Alexander	 Germany	6475
4.	-	Del Potro Juan-Martin	 Argentina	5085
5.	-	Anderson Kevin	 RSA	4595
6.	-	Nishikori Kei	 Japan	4190
7.	-	Federer Roger	 Switzerland	4100
8.	-	Thiem Dominic	 Austria	3800
9.	-	Isner John	 USA	3270
10.	-	Cilic Marin	 Croatia	3095
11.	↕ 1	Tsitsipas Stefanos	 Greece	2965

- In 1877, tennis was played on rolled grass, which is the reason that is sometimes called lawn tennis. There is now a variety of outdoor and indoor surfaces. In indoor tennis, the surfaces are made of a hard synthetic material or rubber mats and play is faster [grass, clay, hard surface (cement), synthetic surface].
- The ATP (Association of Tennis Professionals), which has had amateur and professional members since 1972, has published world player rankings since 1973, presenting a series of tournaments with players' cumulative (συγκεντρωτικός) performances and thus determining their annual (ετήσιος) ranking.

Tennis Player profile



Tennis combines technical, tactical, physical and psychological skills and requires the ability to perceive and anticipate, make decisions and adapt play to the circumstances.

There are **5 main styles**:

Baseliners (no risks but wait for the opponent to make an error), **hitters** (hit powerful shots), **net players** (desire advance to the net as quickly as possible), **placement players** (move their opponent around the court, changing directions of their strokes), **all round players** (they are at ease on the baseline and at the net).

Volleyball



- In 1895, American William G. Morgan invented a new indoor game, “Mintonette”, which became volleyball. It was a working class (εργατικής τάξης) sport and inexpensive (φθηνός) or else a compromise (συμβιβασμός) between two other new games, basketball and tennis, which were played by the wealthy (πλούσιους).
- Exported to Europe by Americans during the First World War. It was a demonstration (παρουσίαση) sport at the Olympics in Paris in 1924 and it became an official sport in 1947 when the Fédération internationale de volley-ball (FIVB) was founded.

Volleyball The Game



- Volleyball involves 2 teams of 6 players who try to send the ball over the net to touch the ground on the opposing team's side.
- A set is won by a score of 25 points with a lead of at least 2 points.
- If there is a tie (ισοπαλία) at 24-24, the game continues until one team has a 2 point lead (προβάδισμα).
- When a team wins service, the players rotate (μετακινούνται) one position clockwise (κατά την φορά των δεικτών του ρολογιού). This rule was instituted so that players would have to play in both the front (μπροστινές) and the back (πίσω) zones.

Volleyball

Player Positions: Back row left, back row centre, back row right, power attacker, centre, passer.

Player Profile: tall with quick reflexes and powerful arms.



Beach Volleyball



It was originally a family leisure (ελεύθερος χρόνος) activity. The California Beach Volleyball Association (CBVA) was founded in 1965. It became an Olympic sport at the Olympics in Atlanta in 1996. The countries with the most titles are the United States and Brazil.

It is played by 2 teams of 2 or 4 players on a sand court. The players play barefoot (ξυπόλητοι) and are dressed in bathing suits (μαγιό) or shorts and T-shirts and a cap.

Thanks for your attention

Reference book:

Kontopodis, P.(2002) *English for sports purposes with exercises. Athens: Kontopodis*