

63 课 橄 榄 球

Lesson 63 American Football

xiǎomíng nǐbúshìyìzhí dōuxiǎnggēnwǒxuédǎgǎnlǎnqiúma
Mike: 小 明，你不是一直都想跟我学打橄榄球吗？
jīntiānfàngxuézǎo wǒjiāojiāonǐzěnmeyàng
今 天 放 学 早，我 教 教 你 怎 么 样？

Mike: Xiao Ming, didn't you always want to learn American football?

Today I finished school early, how about I teach you?

zhèjǐtiānwǒyìzhí zài liànxí pǎobù tuǐdōuténgle suànle
小明: Mike, 这 几 天 我 一 直 在 练 习 跑 步，腿 都 疼 了。算 了
suànle huíjiāba
算 了，回 家 吧。

Xiao Ming: Mike, I've been practising running the last couple of days.

My legs are sore. Forget about it, let's go home.

xiǎomíng dǎgǎnlǎnqiújiùshìyàoqínxuékǔliànmā xiàngnǐ
Mike: 小 明，打 橄 榄 球 就 是 要 勤 学 苦 练 嘛。像 你
zhèyàngsāntiāndǎyú liǎngtiānshàiwǎngdezěnmehíng
这 样 三 天 打 鱼，两 天 晒 网 的 怎 么 行？

Mike: Xiao Ming, playing American football takes a lot of hard work and practice. Your sloppy attitude won't get you anywhere.

èn shuōdeyěshì kěshìwǒmenméiyǒugǎnlǎnqiúā
小明: 嗯，说 得 也 是，可 是 我 们 没 有 橄 榄 球 啊？

Xiao Ming: Hmm, you're right, but we don't have an American football?

fàngxīn wǒdàizhene jiùzài shūbāoli zǒuba
Mike: 放 心，我 带 着 呢，就 在 书 包 里，走 吧。

Mike: Don't worry, I've got one in my school bag, come on.

zěnmeyàng wǒpǎodegòukuàiba
小明: 怎 么 样？我 跑 得 够 快 吧。

Xiao Ming: How's that? Fast enough?

èn pǎodebúcuò búguò yīgèhǎodegǎnlǎnqiúyùndòngyuánbúdàn
Mike: 嗯，跑 得 不 错。不 过，一 个 好 的 橄 榄 球 运 动 员 不 但
xūyàopǎodekuài érqiěbìxūyǒutuánduìjīngshén
需 要 跑 得 快，而 且 必 须 有 团 队 精 神。

Mike: Hmm, not bad. But, a good American footballer not only runs fast, he also must be a team player.

小明: 嗯, 我明白了, 就是要注意互相配合。

Xiao Ming: Yep, I know, you've got to coordinate your play.

Mike: 是这样的。你向前跑的时候, 你的队友要帮你挡住对方球员, 不让他们靠近你, 这样你才能有机会进攻。

Mike: That's right. When you're running along, your teammates have to block the opposition team for you, not let them near you, that way you can attack.

小明: 噢, 我明白了。打橄榄球就像打篮球一样, 配合默契才是最重要的。

Xiao Ming: Oh, I get it. Playing American football is like playing basketball. Coordination is key.

Mike: 还有, 光注意打配合还不够, 你还要有强壮的身体。

Mike: Another thing, just coordinating your play isn't enough. You also need a strong body.

小明: 哈哈, 我现在的身体就很强壮啊。

Xiao Ming: Haha, I'm strong enough now.

Mike: 我说的是抗冲击能力。因为对方球员抢球的时候, 并不是站在那里一动不动, 而是会

xiàngnǐměngchōngguòlái nǐbìxūyǒuqiángzhuàngdeshēntǐcáinéng
向你猛冲过来。你必须要有强壮的身体才能
dǐngzhùduìfāngdechōngjī
顶住对方的冲击。

Mike: I'm talking about the ability to resist impact. Because when the other side is going for the ball, they're not standing there, they'll be heading for you with all their might. You must be very strong to withstand that impact.

xiǎomíng dǎgǎnlǎnqiúduìshēntǐdeyāoqiúzhèmegāo
小明：打橄榄球对身体的要求这么高。

Xiao Ming: I didn't know playing American football was so physically demanding.

háiyǒune nǐděixùnlìanzìjǐdefǎnyìngnénglì wǒláishìfàn
Mike: 还有呢，你得训练自己的反应能力。我来示范
yíxià wǒbàoqiújìngōng nǐláifángshǒu
一下，我抱球进攻，你来防守。

Mike: There's more, you've got to train your reflexes. Let me demonstrate, I take the ball in attack, you defend.

nǐkàn xiǎomíng nǐdefǎnyìngyàoxùnsù nǐláishìshi
Mike: 你看，小明，你的反应要迅速。你来试试。

Mike: Look, Xiao Ming, you must have rapid reflexes. You try.

xiǎomíng nǐzhēncōngmíng búguò rúguǒnǐdeshēntǐnéngzài
Mike: 小明，你真聪明。不过，如果你的身体能再
líng huó yí diǎnr jiù gèng hǎo le
灵活一点儿就更好了。

Mike: Pretty smart, Xiao Ming. But if your body was more agile that would be even better.

nǐbiézháojí wǒděimànmànliànmǎ
小明: Mike, 你别着急，我得慢慢练嘛。

Xiao Ming: Be patient, Mike, I need some time to practise.

hǎo wǒpéinǐliàn nǐjìngōng wǒfángshǒu
Mike: 好，我陪你练。你进攻，我防守。

Mike: OK, I'll train with you. You attack, I'll be defense.

Mike: xiǎomíng nǐ jìnbùzhēnkuài wǒ dōu kuài fáng bú zhù nǐ le.
小明，你进步真快，我都快防不住你了。

Mike: Xiao Ming, you're improving so fast, I'm not going to be able to defend against you.

小明: guòjiǎng guòjiǎng zhǔyào shì nǐ zhè ge lǎo shī jiàode hǎo.
过奖、过奖，主要是你这个老师教得好。

Xiao Ming: Not really, it's mainly because you're a good teacher.

Mike: nà wǒ kě yào liú jǐ shǒu ā
那我可要留几手啊!

Mike: Well I have to keep some tricks up my sleeve!

小明: hāhā zǒuzhe qiáoba wǒ zì xué chéng cái!
哈哈，走着瞧吧，我自学成才!

Xiao Ming: Haha, wait and see, I'm a self-learner!