



МИНИСТЕРСТВО ОБРАЗОВАНИЯ И НАУКИ РОССИЙСКОЙ ФЕДЕРАЦИИ
Федеральное государственное автономное образовательное учреждение
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«Южно-уральский государственный университет
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Институт лингвистики и международных коммуникаций
Кафедра иностранных языков

**ФОНД
ОЦЕНОЧНЫХ СРЕДСТВ**

Направление 49.04.01 «Физическая культура»

Дисциплина: «Иностранный язык в профессиональной деятельности»
2 семестр

Зачет

№ 1

- I. а) Прочитайте предложенный текст № 11 “Developing The Control Needed For “One-Touch Play”
б) Обсудите с преподавателем тему статьи, её общее содержание и затронутые проблемы.
II. Беглое чтение текста и передача извлеченной информации на русском языке в форме аннотации.
III. Сообщение и беседа с экзаменаторами на иностранном языке по темам курса.

Преподаватель _____

Заведующий кафедрой _____

К.Н. Волченкова

Экзаменационный билет № 1

1. Письменный перевод отрывка текста

1. “Developing The Control Needed For “One-Touch Play”

Many young players don't like to first-time a ball. First-timing means to pass it or play it before it's trapped or comes to a complete stop. This is partially due to the fact that since they've been very young, they've been trained to properly trap first and then pass. It takes time before players feel they're even allowed to first-time a ball. Usually they lack confidence in their ability to play it quickly and accurately. Developing good control is important when it comes to first-timing a ball.

It's impossible to play the ball first-time all the time, nor would you want to, but first-time play is usually a great way to break through tight defenses because it helps change the pace. There are many creative ways to develop comfort with first-time (or one-touch) play.

Let's take a look at a few practice drills and games to strengthen this ability in your players. These drills are suitable for kindergarten age players up through more advanced stages, such as under-16 year-olds.

Drill 1) Try a simple practice with a ball between two players standing about 15 yards apart. The idea is simply to pass the ball back and forth without trapping it. This sounds easy, but have the players try to string together fifteen passes, or twenty. Competitions can be created and the team who makes the most crisp first-time passes wins. Players will soon realize that the ball doesn't always come to them along the ground. Sometimes it needs to be volleyed. This drill soon becomes a first-time passing practice requiring a high degree of touch and feel, both qualities you want your young players to develop.

Drill 2) Groups of five players with one ball can work another routine in the center circle. Eleven positions should be marked on the edge of the circle, one for each player and a spare. The object of the exercise is for the player with the ball to pass to any other player and immediately run to the spare position. The player receiving the ball must play it first time to somebody else and again sprint to the spare position which now is where the first player was standing. This continuous practice of first-time passing and running helps players become aware of finding space. You can even add a defender to try to intercept the passes.

Drill 3) Once players are aware of space and support, a six-a-side game, in which everyone must play the ball first time, is a great drill. A full-sided game of one-touch is the next step. Your players will look forward to this exercise.

Instruct your players that they'll also find that even though they are watching the ball, they can still see other players partner out of the corner of their eye. This awareness enables them to play the ball to their teammates when they move off after playing the ball to you. This introduction of movement is a natural progression from doing these types of exercises standing still. One-touch soccer adds variation to the attack and gives you a natural ingredient to quickening the pace of a game.

(2541 печ.зн.)

2. Беглое чтение текста и передача извлеченной информации на русском языке в форме аннотации.

What is Co-Ed sports or Co-Ed games?

Co-Ed sports include any sport involving two or more players of opposite sex (males & females) working together towards a shared objective. A Co-Ed Game is an activity in which individuals of opposite sex are organized into opposing teams which compete to win. Popular examples of Co-Ed sports are soccer, basketball, volleyball, ultimate frisbee, water polo, handball, lacrosse, cricket, softball, and the various forms of flag football and hockey.

One of the most popular Co-Ed sport is Adult Co-Ed soccer. It usually involves a team mixed with men and women. The requirement varies but generally each team is required to have at least 2 women at all time on the pitch. Co-Ed Sports have many advantages and disadvantages.

Here are the advantages or positives of Co-Ed Sports.

- Fair Play: Most Co-Ed players and gentlemen and classy ladies and the fair play in these games are usually above average.
- Fewer injuries: Co-Ed games are usually recreational and Gentlemen usually slow down when they face slower players and the result is fewer injuries.
- Social: Co-Ed games encourage players from both sexes to meet up and play and socialize.
- Fun

Here are the disadvantages or negatives of Co-Ed Sports.

- Players availability: It is sometimes hard to find enough women to fill the minimum quota required by Co-Ed Team Sports Games like Soccer, Basketball, Volleyball, etc.
- Quality of games: The games can seems very slow to above average players. Some players can be frustrated to have to slow down when they clash with players from the opposite sex.
- Severe Injuries: Players who don't know the rules can cause severe injuries. Above average and string players who cannot control themselves can hurt weaker players form the opposite sex.
- Jealousy: Players dating teammate in same team can create jealousy. Some players try hard to impress their teammate and it can affect the team negatively.

(1618 печ.зн.)