

## Mokytojo užrašai

### Vocabulary: Football (technique elements)

Term	Translation	Definition
<b>A corner</b>	kampinis	A place from where the kick is taken by the attacking side after the ball has been sent over the by-line by a defender.
<b>A crossbar</b>	skersinis	the horizontal bar between the two upright posts of a gate in football, rugby, hockey, etc.
<b>A drill</b>	treniruojamasis pratimas	Instruction or training in exercises.
<b>A gate</b>	vartai	A pair of posts linked by a crossbar with a net between forming a space into which the ball has to be sent in order to score a goal in football.
<b>A goal</b>	įvartis	The ball sent into the gate in football.
<b>A goalkeeper/goalie</b>	vartininkas	A player in football or field hockey whose special role is to stop the ball from entering the goal.
<b>A header</b>	smūgis galva	A shot or pass made with the head.
<b>A linesman</b>	šoninis teisėjas	An official who assists the referee from the side-line, especially in deciding whether the ball is out of play.
<b>A penalty area</b>	baudos aikštelė	The rectangular area marked out in front of each gate, within which a foul by a defender involves the award of a penalty kick and outside which the goalkeeper is not allowed to handle the ball.
<b>A penalty kick</b>	vienuolikos metrų baudinys	A free kick at the gate from the penalty spot (which only the goalkeeper is allowed to defend) awarded to the attacking team after a foul within the penalty area by an opponent.
<b>A penalty spot</b>	baudos aikštelės vieta, nuo kurios mušamas baudinys	The spot within the penalty area from which penalty kicks are taken.
<b>A red card</b>	raudona kortelė	A card shown by the referee to a player who is being sent off the field.
<b>A yellow card</b>	geltona kortelė	A card shown by the referee to a player being cautioned.
<b>A sequence</b>	seka	A set of related events, movements, or items that follow each other in a particular order.
<b>To tackle</b>	sustabdyti	Attempting to stop a player in the possession of the ball.
<b>A warm-up</b>	pramankšta, apšilimas	Preparation for physical exertion or a performance by exercising or practising gently beforehand.
<b>Ability (skill)</b>	gebėjimas	Possession of the means or skill to do something.
<b>Accuracy</b>	tikslumas	The quality or state of being correct or precise.
<b>An obstruction</b>	pražanga	The action of unlawfully obstructing a player in the opposing team.

<b>Throw-in</b>	Išsimesti kamuolį iš užribio	An act of throwing the ball from the side-line to restart play after the ball has gone out of the football field.
<b>To dribble</b>	varytis kamuolį	An act of taking the ball forward with repeated slight touches.
<b>To intercept</b>	perimti kamuolį	To seize, cut off, and overtake.
<b>To regain</b>	vėl atgauti, pasiekti	To obtain possession again
<b>To save</b>	saugoti	To protect and keep safe.
<b>To send off</b>	išsiųsti iš aikštelės	To require the player to leave the field after being shown a red card.
<b>To shoot</b>	spirti	To kick, hit, or throw the ball in an attempt to score a goal.

### Warm up exercises/apšilimo pratimai:

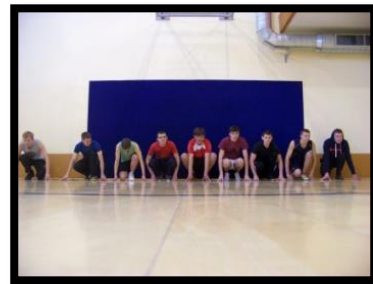
1. Line up, please. On the signal sprint ten metres and run back. The last one has to do 3 press-ups.

Išsirikiuojama prie linijos, po komandos bėgama iki vidurio. Paskutinis atlieka 3 atsispaudimus.



2. Squat down, please. Feet and hands on the line. Jump up and sprint to the centre-line. The last one has to do 6 press-ups.

Atsitūpiam, kojos ir rankos ant linijos bėgam iki vidurio. Paskutinis atlieka 6 atsispaudimus.



3. Sit down, please. Legs and arms are stretched. Jump up and sprint to the centre-line. The last one has to do 9 press-ups.

Atsisėdam, rankos ištiestos, kojos ištiestos, pašokam ir bėgam iki vidurio. Paskutinis atlieka 9 atsispaudimus.



4. Lie down, please. The arms are stretched. Jump up and sprint to the centre-line. The last one has to do 12 press-ups.  
Atsigulam ant ištiestų rankų, po signalo bėgam iki vidurio. Paskutinis atlieka 12 atsispaudimų.



5. Line up, please. Sprint 5 metres to the line, touch the line, come back, touch the line, sprint 10 meters to the next line. Do 10 press-ups and run back.  
Stovim prie linijos, bėgam penkis metrus pirmyn, ranka liečiam liniją, grįžtam atgal ranka liečiam liniją, bėgam dešimt metrų pirmyn visi atlieka po dešimt atsispaudimų ir grįžtam į pradinę padėtį.



5. The students have to sit down in a circle, hold each other's hands, bend the legs and do 10 sit-ups.

Mokiniai atsisėda ratu, susikimba rankomis, kojos sulenktos, daro dešimt atsilenkimų.



6. The students stand in a circle and hold each other's hands. Two students are left out of the circle. One of them is a runaway, another one is a catcher. All students can move in different directions. The students standing in the circle should move in such a way that they protect the runaway.

Mokiniai stoja ratu, susikimba rankomis. Išrenkami du mokiniai, kurie stovi už rate stovinčiųjų. Vienas iš jų bėglis, kitas gaudytojas. Galima judėti abiem kryptimis. Rate stovintys mokiniai juda ta kryptimi, kuri leidžia apsaugoti bėglį.



