

本集内容

UK's first 'no heading' adult football match 英国首场“禁止头球”的足球赛

学习要点

有关“brain injuries（脑损伤）”的词汇

边看边答

Which new rule was added to the first half of this game of football?

文字稿

Kicking off the game, former Middlesbrough defender Bill Gates. Now 77, he has been **diagnosed** with **dementia**. A game, organised by his family, aiming to raise awareness for sport-related brain injuries.

为比赛开球的是前米德尔斯堡足球俱乐部后卫比尔·盖茨。现年 77 岁的他被诊断患有失智症。他的家人组织了一场球赛，旨在提高人们对运动性脑损伤的认识。

Judith Gates, Head for Change

We really want people to start thinking, talking, considering alternatives. With the overarching aim of protecting the players and protecting the game.

朱迪丝·盖茨 慈善机构“Head for Change”

“我们真的想让人们开始思考、讨论、考虑其它可行的比赛规则，把保护球员和足球赛作为首要目标。”

On the face of it, football as we know it with one simple rule: no heading outside of the 18-yard box. A UK first, it was always going to take some getting used to.

从表面上看，这和现行的足球比赛没什么两样，只是加了一条简单的规则：罚球区外不准头球。这是英国首例，肯定需要一些时间来适应。

Heading is and has always been an important part of the game, although increasingly research has been **carried out** to look at what the long-term effects of that might be.

头球从来都是足球比赛中重要的一部分，尽管人们已经开展越来越多的研究，着眼于头球可能带来的长远影响。

England's 1966 World Cup winning squad. Dementia has **played a part** in the deaths of Martin Peters, Ray Wilson, Nobby Stiles and Jack Charlton.

这是英格兰 1966 年世界杯的冠军队。其中数位队员的死亡均与失智症有关，包括马丁·彼得斯、雷·威尔逊、诺比·斯泰尔斯和杰克·查尔顿。

Many will point to the fact that the weight, size and materials used to make footballs has changed a lot since then. However, the Football Association recently updated its rules on heading, including a ban for under 11s during training.

许多人会指出，自那时起，足球的重量、尺寸以及制造材料都发生了很大的变化。但英格兰足球总会最近更新了头球规则，包括禁止 11 岁以下儿童在训练期间顶球。

Nesta McGregor, BBC correspondent

Plenty of goals so far, but this game was never about the result but the issue. And now that we're into the second half, heading is banned anywhere on the field.

内斯塔·麦克格雷戈 BBC 通讯员

“已经进了很多球了，但这场比赛的意义并非在于比赛结果，而是在于头球这个问题。现在，我们进入了下半场，球场上的任何地方都禁止头球。”

Yeah, I think instinct is if the ball is in the air, to go attack it and win the ball, but then it brings a different dimension to your game. You've got to adjust. You've got to move your feet quicker. Maybe bring the ball down with your chest and try and find different solutions really. But, yeah, it was an interesting game.

“是的，我认为，如果球在空中，队员的本能是顶上去抢球，但这样一来，你就需要从不同层面思考战术。你必须适应。你得加快脚步。也许你可以等球落在胸前，尝试找到不同的解决方法。但这的确是一场有趣的比赛。”

The link now has been proven between dementia and heading a football and there're so many great players now who are really **struggling**. It certainly needs looking at – the FA, the Premier League – they all need to look at it and decide what we're going to do with it, what's a safe way to move forward.

“现在已经证实了失智症和头球之间的联系，有很多优秀球员在因此**苦苦挣扎**。这个问题需要得到关注，足协和英超都需要关注这个问题，决定我们该怎么处理它，怎样才能安全地推动足球运动。”

We're unlikely to see any changes to the professional game any time soon, but work is under way to make the game safer for everyone.

我们不太可能在短期内看到职业比赛规则有任何变化，但为了使比赛对每个人都更安全，相关工作已经在进行中。

词汇

diagnosed 被诊断出

dementia 失智症

carried out 开展（试验，研究等）

played a part 起作用

struggling 艰苦挣扎

视频链接

<https://bbc.in/3oxOWx8>

问题答案

Heading was not allowed outside the 18-yard box.