

Moleskine Fifteen

----- Part A -----



Goalkeeping 1

Scarpe e tacchetti, maglietta e pantaloncini, pantaloni lunghi, proteggi gomiti, cappello e guanti, fanno parte del goalkeeper's equipment e quando essi sono pienamente confortevoli, contribuiscono a far stare bene il portiere dandogli sicurezza e tranquillità.

1 - **BOOTS** with the appropriate studs:

- a) Short studs for hard surface;
- b) Long studs for muddy surface.

2 - **JERSEY AND SHORTS:** must be comfortable to allow all the movements. A goalkeeper may wear elbow padding jerseys, it is a personal choice. Goalkeeping trousers, that is long trousers, can be used on icy grounds or when it is too cold.

3 - **CAP:** to shield his eyes from the sun. A goalkeeper can wear a cap with a large peak, but its size must not be too large because it could fall off the head during a match.

4 - **GLOVES:** a goalkeeper will wear gloves to feel his hands comfortable inside them. A good pair of gloves may give confidence to a goalkeeper, even if it is the hands that are important.



Saving - Basic handling

Ci troviamo sul campo d'allenamento, l'allenatore dei portieri sta parlando con un giovane portiere straniero di lingua inglese appena acquistato:

DIRECT SHOTS ALONG THE GROUND

Goalkeeping coach: with direct shots along the ground, you have to get your body in line with the ball and with your palms open to gather the ball into your body in a scooping motion, then you pick up the ball.

Young keeper: can I kneel just before collecting the ball?

Goalkeeping coach: yes of course, you can kneel, too.

Young keeper: once I have collected the ball, what should I have to do?

Goalkeeping coach: you can start distribution with your feet or with your hands.

Young keeper: when should I use the underarm throw?

Goalkeeping coach: use the underarm throw for short passes to players just outside the penalty area.

Young keeper: and the overarm throw?

Goalkeeping coach: use it for long passes and to launch a counter-attack.

GLOSSARY

Goalkeeping=il parare	Saving=parare
Boots=scarpini	Basic handling=indicazioni basilari
Studs=tacchetti	Along the ground=rasoterra
Hard=duro	To gather=raccogliere
Muddy=fangoso	Scooping motion=movimento a incassare
Jersey and Shorts=maglietta e pantaloncini	Pick up=prendere
To allow=permettere	Kneel=inginocchiarsi
Elbow padding=proteggi gomito	Collecting=raccogliere, bloccare
Peak=visiera	Underarm throw=lancio sottomano
Gloves=guanti	Over arm throw=lancio sopramano

Ex. 1 Complete each of the following sentences by choosing one of the options given.

1. Buffon **wore** a blue elbow padding jersey last night.
2. Our keeper **feels** his hands comfortable inside his new Nike gloves.
3. He doesn't **get** his body in line with the ball.
4. Once I **have kneeled** what should I have to do?
5. They **started** their training at 3pm yesterday.
6. If I use the over arm throw I **will launch** a counter attack.
7. If I used the underarm throw I **would pass** the ball to players just outside the penalty area.

Ex. 2 Answer

1. When do you use short studs?
I use them for hard surface
2. When do you use long studs?
I use them for muddy surface
3. Can you wear long trousers on icy grounds?
Yes, I can
4. Why does a goalkeeper wear a cap with a large peak?
To shield his eyes from the sun
5. How do you have to get your body with direct shots along the ground?
In line with the ball
6. Once you have collected the ball, what would you have to do?
I can start distribution
7. When do you use over arm throw and when underarm one?
I use over arm throw for long passes and to launch a counter attack. I use underarm throw for short passes to players just outside the box.

----- Part B -----

STARS AND STRIPES SOCCER BALL - MLS -

MAJOR LEAGUE SOCCER

Encouraged by the success of the 1994 World Cup held in the USA, Major League Soccer (MLS) began play in 1996. The season goes from mid March to mid November. Unlike its predecessor, MLS has modest aims and is realistic in its approach. For one thing, the league has instituted a salary cap so that each club has the same amount of funds at its disposal for player contracts. No team can surpass a limit imposed by the League. As a result there are few class players populating MLS.



THREE NOTABLE EXCEPTIONS: R.DONADONI – D.BECKHAM – W.ZENGA

David Beckham's arrival at the Los Angeles Galaxy in 2007 was greeted with much fanfare and garnered desperately needed publicity for the League. It was hoped that his presence would generate a substantial increase in attendance and TV viewership. The harsh reality is that David is more famous in the States for being wed to one of the Spice Girls than for his brilliance on the football pitch. Beckham was often injured in Los Angeles and has failed thus far to make an impact or raise attendance to a significant extent. He looks happier at AC Milan or at Paris Saint- Germain.

Roberto Donadoni joined the then New York-New Jersey Metro Stars (now The New York Red Bulls) in its inaugural season and played for two years. He was by far the best player in the league but was often lost in the overall mediocrity around him.

Walter Zenga signed with the New England Revolution in 1997 as their player-coach. The Italian keeper's tenure was not a successful one. Assisted from the bench by former player Roberto Galderisi, Zenga was very demonstrative and agitated on the pitch, and fans loved his antics, but the results just weren't there and he quickly left the scene.

THE SHOOT-OUT AND GOLDEN GOAL

Like its predecessor, MLS also implemented some rule changes that have since been abandoned. One was the shoot-out, designed to eliminate draws. Under this rule, a player stands 35 yards away from goal and has five seconds to score one versus one with the keeper. Each squad was given five attempts to score, much like penalty shoot-outs. This rule failed to increase interest or attendance in the league while it managed to alienate the more traditional soccer fans who saw it as a cheap gimmick. In 1999 the league cancelled the shoot-out and replaced it with a ten minute "golden goal" period in 2000. At the end of regulation they added an extra ten minutes of play and the team that scored first would emerge victorious. This too failed to excite the masses and by 2003 it was abolished in favour of simply playing by the same rules as the rest of the world

EASTERN AND WESTERN CONFERENCES

At the moment there are nineteen clubs in MLS.

The league is divided into two conferences:

Eastern Conference: Chicago Fire, Columbus Crew, DC United, Houston Dynamo, Montreal Impact, New York Red Bulls, New England Revolution, Toronto FC, Sporting Kansas City, Philadelphia.

Western Conference: Chivas Usa, Colorado Rapids, FC Dallas, Los Angeles Galaxy, Portland Timbers, Real Salt Lake, San Jose Earthquakes, Seattle Sounders, Whitecaps Vancouver.

The top eight teams in the standings make the playoffs and play to conquer the "MLS Cup", which is the trophy given to the league champion. The top four clubs are invited to play in the CONCACAF Champions League, the North American equivalent of UEFA Champions League.

Glossary

Approach=impostazione	By far=di gran lunga
Salary cap=tetto salariale	Overall=totale/globale/generale
Greeted=salutato/accolto	Player-coach=giocatore-allenatore

Fanfare=clamore	Tenure=mandato
Garnered=acquistò/guadagnò	Antics=sceneggiate
Increase=incremento	Draws=pareggi
Attendance=spettatori	Cheap gimmick=trovata gratuita
Viewership=audience televisiva	Conference=lega/girone

Ex. 1 Fill in the gaps with one of the words in the glossary above.

1. Mourinho was loved by his fans for his **antics** at Inter Milan
2. He acted as a **player-coach** because his club hadn't much money
3. W. Snyder was **greeted** with much fanfare in Turkey
4. Totti is **by far** the best player at Roma F C
5. Juventus Stadium helped increase attendance and **viewership**
6. In Italy we need a **salary cap**, many players earn too much money
7. This rule was seen as a **cheap gimmick** by soccer fans

Ex. 2 Answer

1. When did MLS begin play?
In 1996
2. What has the League instituted?
A salary cap
3. How was Beckham's arrival at L.A. Galaxy greeted?
It was greeted with much fanfare
4. Where does Beckham look happier?
At AC Milan and Paris Saint-Germain
5. Who assisted Zenga from the bench?
Zenga was assisted by Roberto Galderisi
6. What were the results of Zenga at the New England Revolution?
The results just weren't there and Zenga quickly left the scene
7. What was the shoot out designed to?
They were designed to eliminate draws
8. What was the Golden Goal?
**At the end of regulation they added ten minutes of play (Golden goal).
The team that scored first would emerge victorious**
9. How is the League divided?
The League is divided into two conferences: Eastern Conference and Western Conference