

词汇: *sport 运动*

Pickleball. It's got nothing to do with pickles – it's a sport. It has been described as a combination of tennis, **badminton** and table tennis. Picture a small plastic ball **soaring** through the air that you need to **bat** back to your partner, or partners.

Many Brits are listening to their inner **athlete** and picking up this **racket** game. In the UK, there are currently around 7,000 players, according to Pickleball England. But the association aims to have more than 25,000 players by 2025 and is even attempting to get the sport played as part of promotion for the 2028 **Olympics**.

How exactly do you play this game? Well, it can be played indoors or outdoors and it can be played as a **singles** or **doubles** game. There are a few easy-to-understand rules. The ball is **served underhand** and should be batted **diagonally** across the **court**. On the first two hits, the ball has to **bounce**, but after that, players are free to **volley**. To win a point, the **defending side** must **miss** the ball.

So, why is it popular? Firstly, it appears to be a game for all ages. The ball is **lightweight** because it's full of holes. This means that, when batting, there is much less **impact** on the body than when hitting a tennis ball, for example. Elaine Brown, who is in her 50s and a regular pickleball player, told news organisation, The Guardian why she loves the sport. "It's good exercise, it's **strategic**, it can be as hard or as easy as you want it to be, and most of the time it's just good fun."

And the social aspect and **low-impact** nature of the game has been attracting players worldwide, creating a blossoming community of pickleball **enthusiasts**, such as celebrities Bill Gates and Leonardo DiCaprio. So, if you fancy picking it up, find your local pickleball court and give it a go!

词汇表

pickleball	匹克球运动
badminton	羽毛球运动
soar	飞行
bat	用球拍击（球）
athlete	运动员，擅长运动的人
racket	球拍
Olympics	奥林匹克运动会
singles	单打比赛
doubles	双打比赛
serve	发球
underhand	下手（发球）
diagonally	对角地
court	球场
bounce	反弹，落地后弹起
volley	截击球，凌空击球
defending side	防守方，接球方
miss	未击中
lightweight	重量轻的
impact	冲击
strategic	有策略的
low-impact	对身体冲击力小的，低强度的
enthusiast	爱好者，热衷于...的人

测验与练习

1. 阅读课文并回答问题。

1. What do Pickleball England hope to achieve by 2025?
2. Which sports is pickleball similar to?
3. True or False? *The game must be played with a partner.*
4. How do you score a point in pickleball?
5. Why does the sport have less impact on the body than sports like tennis?

2. 选择意思恰当的单词或词组来完成下列句子。

1. The rubber ball _____ off the table and straight into my drink!

batted	served	bounced	missed
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2. Will I see you on the _____ later? I booked our game for 4pm.

court	racket	badminton	pickleball
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3. Phones are so _____ nowadays. I need a new one. Mine is really heavy.

singles	lightweight	doubles	low-impact
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4. He's a Harry Potter _____. He's read the books about ten times!

impact	enthusiast	volley	side
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5. Dan has a very _____ mind. I think that's why he's so good at chess.

strategic	defending	underhand	social
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答案

1. 阅读课文并回答问题。

1. What do Pickleball England hope to achieve by 2025?

The association aims to have more than 25,000 players by 2025.

2. Which sports is pickleball similar to?

It has been described as a combination of tennis, badminton and table tennis.

3. True or False? *The game must be played with a partner.*

True. It can be played as a singles or doubles game.

4. How do you score a point in pickleball?

To win a point, the defending side must miss the ball.

5. Why does the sport have less impact on the body than sports like tennis?

The ball is lightweight because it's full of holes.

2. 选择意思恰当的单词或词组来完成下列句子。

1. The rubber ball **bounced** off the table and straight into my drink!

2. Will I see you on the **court** later? I booked our game for 4pm.

3. Phones are so **lightweight** nowadays. I need a new one. Mine is really heavy.

4. He's a Harry Potter **enthusiast**. He's read the books about ten times!

5. Dan has a very **strategic** mind. I think that's why he's so good at chess.