

The One With The Football

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309 橄榄球比赛

女孩们做饭时 ‘男人们看球赛’ ；

六人决定一起玩橄榄球 °

莫妮卡和罗斯为家族的“盖勒杯”争得头破血流 °

乔伊和钱德为场边的荷兰女孩争风吃醋 ‘结果竹篮打水一场空’ ；

瑞秋技术差 ‘两边都不要她’ °

菲比暴露关键部位 ‘来迷惑对方’



[Scene: Monica and Rachel's, the whole gang is there, the guys are watching football, the girls are cooking Thanksgiving dinner.]

The Guys: (reacting to a play) Yes! Yes! Yes! Yes! Awww!

Phoebe: Hey, it's your Thanksgiving too, y'know, instead of watching football, you could help.

The Guys: We will. (they don't move)

Monica: Okay, Rachel, you wanna put the marshmallows in concentric circles.

marshmallow n. 棉花糖/concentric circle n. 同心圆

/Okay, Rachel, you wanna put the marshmallows in concentric circles:
spongy(adj. 像海绵地) confection(n. 糖果) made of gelatin(n. 凝胶) and sugar and corn syrup(<美>玉米糖浆) and dusted(v. 撒糖于糕上) with powdered sugar(n. 糖粉)



Rachel: No Mon, **you** want to put them in concentric circles. **I** want to do this.

(Rachel **sticks a marshmellow into** Monica's nose. Monica takes it out of her nose by closing one nostril, and blowing.)

stick v. 粘住/**nostril n.** 鼻孔

Monica: Every year.

OPENING CREDITS

[Scene: Monica and Rachel's, continued from earlier.]

Phoebe: Y'know, **for once** 只有一次, I am going to sit down and try to watch one of these things. (just as she sits down).

Ross: Halftime.

Joey: Hey, who wants to ah, **throw the ball around** a little, maybe **get a little** three on three **going**?

Rachel: Oh! That would be sooo much fun!

Phoebe: Oh, can I play too? I've never played football, **like ever**.

Joey: Great, you can cover Chandler.

cover v. 防守/Great, you can **cover** Chandler: when a player stays close to an opponent to prevent him from receiving a pass or making a play on offense, then he covers him

Chandler: No, no, no, I don't, I don't really wanna play.

Joey: Come on man! You **never want to do anything** since you and Janice **broke up**.

Chandler: That's not true! I wanted to wear my bathrobe and eat peanut clusters all day. I wanted to start drinking in the morning. Don't say that I don't have goals!

bathrobe n. 浴袍/cluster n. 丛, 簇/That's not true! I wanted to wear my bathrobe and eat ~~peanut clusters~~ all day. I wanted to start drinking in the morning. Don't say that I don't have goals: 花生巧克力



Joey: Chandler, you have to start getting over her. All right, if you play, you get some fresh air, maybe it'll take your mind off Janice, and if you don't play, everyone will be mad at you —cause the teams won't be even. Come on.

Chandler: Yeah, all right, I'll play.

Phoebe: Yay!!

Rachel: Let's do it! Ross?

Ross: What?

Rachel: Do you wanna play football?

Ross: Um, Monica and I aren't supposed to play football.

be not supposed to 不应该, 不能

Joey: Says who? Your mom?

Monica and Ross: Yeah.

Monica: Well, every, every Thanksgiving um, we used to have a touch football game called the "Geller Bowl"

touch football n. 触身式橄榄球

Chandler: No, no, no, you say that proudly.

Monica: Anyway, Ross and I were always captains, and um, it got kind of competitive and one year, Geller Bowl VI, I **accidentally** broke Ross's nose.

Ross: It was so **not** an accident. She saw I was about to tag her, so she threw her **big fat grandma arm elbow** right into my face. And just keep running.

tag v. 紧抱, 紧随/It was so not an accident. She saw I was about to **tag** her, so she threw her big fat grandma arm elbow right into my face. And just keep running: go after with the intent (n. 意图, 目的) to catch.

Monica: To score the winning touchdown, by the way.

touchdown n. [美橄]攻方持球, 触地, 触地得分

Ross: Whoa, whoa, whoa, ho, ho, ho, you did not win the game, the touchdown didn't **count**, because of the spectacularly illegal, oh and by the way savage nose breaking.

spectacularly illegal n. 严重犯规/savage adj. 野蛮的, 凶猛的

Monica: (to Chandler and Joey) I won the game.

Ross: Oh yeah! Then how come you didn't get the Geller Cup?

Rachel: Um, there was a Geller Cup?

Ross: Yes, it was the **trophy** you got if you won the game. But our Dad said, "nobody won that game" and he was sick of our fighting, so he took the trophy and... (pauses to collect himself, as he is on the verge of tears saying this) threw it in the lake.

be sick of 厌恶, 厌倦/collect oneself 集中, 镇定/on the verge of adv. 接近于, 濒临于

Chandler: And was the curse lifted?

lift the curse 解除咒语

Ross: Anyway. That's when our Mom said we were not to play football ever again.

Monica: Y'know what, I think we should play a game. I mean come on, it's been twelve years.

Ross: Can I see you for a second?

(they walk over to the sink and discuss it for a moment)

Monica: (shouting) Once!!

Ross: All right, we're gonna play.

Chandler: But wait a minute **though**, how are we gonna get there, though, because my Mom won't let me cross the street.

[Scene: The Park, the gang is **warming up for** their football game.]

warm up v. 热身

Monica: Okay. Let's bring it in.

Rachel: Wait no, honey, honey throw it to me, throw it to me.

Ross: Here you go. (throws her the ball)

Rachel: (**knocking it down** instead of catching it) That almost **hit me in the face**.

Joey: All right, we have to pick captains.

Chandler: And then Tineals.

tineals n. <俚>队员

Phoebe: Okay, so how do we decide that?

Monica: Well, why don't we just bunny up.

bunny up: 一种猜拳方式, 装兔宝宝

Rachel, Chandler, and Joey: What?

Monica and Ross: (holding both of their hands above their heads **making rabbit ears** with their fingers.) Bunny!

Monica: Okay, looks like Ross and I are captains. Okay, so um, I bunnyed first so that means I get to pick first. Joey.

Joey: Thank you.

Rachel: Monica, I'm your best friend.

Ross: Sweetie, don't worry you'll **get picked**. Chandler.

Rachel: Ross!

Monica: Phoebe.

(Phoebe kisses Rachel on the cheek, then joins her team.)

Ross: Sweetie, now I pick you.

Rachel: You don't **pick** me! You're **stuck** with me 你没人可选了!

be stuck with 粘住

Ross: Okay. All right. So let's see, let's play from the **trash can**, to the lightpost. Right. Two hand touch, we'll kick off.

trash can n. 垃圾桶/Two hand touch 两手发球/kick off 中线开球

Monica: All right people listen, I've got exactly twenty-eight minutes before I have to **baste** again.

baste v. 润以油脂; 狠揍 毒打 痛斥 大骂 to 给你们好看/All right people listen, I've got exactly twenty-eight minutes before I have to **baste** again: to moisten(v. 弄湿) (as meat) at intervals with a liquid (as melted butter, fat, or pan drippings[n. 油滴]) especially during cooking

Chandler: Wow! Just like **in the pros**.

pros n. 职业球队

Monica: Huddle up.

huddle up v. 卷缩 to 临场会议/**Huddle up**: The action of the players grouping together to plan the next play(s).

Joey: (to his team) All right, huddle up, right over here.

Phoebe: Wait for me! Wait for me! Wait for me! Oh cool, this is my first huddle.

huddle v. 拥挤 卷缩 草率从事 挤作一团

Monica: Okay.

Phoebe: Okay, so what do you guys really think of Chandler?

Monica: Okay, Phoebe you know what you're doing right?

Phoebe: Yeah.

Monica: Okay, Joey's gonna catch it, and you and I are gonna block.

block v. 阻挡

Phoebe: What's block?

Monica: Phoebe, I thought you said you know what you're doing?

Phoebe: I thought you meant in life.

Monica: Break 开始.

Break: to begin or initiate

(Chandler is getting ready to kick off, Ross is holding the ball between his foot and finger.)

Chandler: The ball is Janice. The ball is Janice. (goes to kick the ball but kicks Ross's foot instead.)

Ross: Oww!! Son of a...!! Ow! Come on!

Chandler: Sorry. I'm sorry. Y'know what, we're just gonna throw it.

(Chandler throws the ball to kick-off.)

Joey: I got it. (catches the ball)

Phoebe: Go! Go! Go!

(Joey runs up field and fakes out Ross and scores a touchdown. His team all celebrates the touchdown.)

run up v. 向上跑/fake out 假装向外传/(Joey runs up field and fakes out Ross and scores a touchdown. His team all celebrates the touchdown.): to deliberately (adv. 故意地) mislead, FOOL, TRICK

Monica: Score!! 7 to nothing!

Rachel: (coming over to Ross, who is just getting up) Are you okay?

Ross: Come on, let's go!

Monica: Losers walk!

Ross: Yeah, losers talk!

Chandler: No, no, no, actually losers rhyme.

rhyme vi. 押韵

[cut to later, Ross's team has the ball.]

Chandler: (coming up under center, just like a real quarterback does, and puts his hands between Ross's legs.) Twenty-three!! Seventy-four!! (Ross stands up and looks at him) You wanna go shotgun?

center n. 中锋/quarterback n. [橄榄球] 四分卫/go shotgun 拉开进攻阵势
/(Coming up under center, just like a real quarterback does, and puts his hands between Ross's legs.) Twenty-three!! Seventy-four!! (Ross stands up and looks at him) You wanna go **shotgun**: An offensive formation(n.编队), used especially for passing, in which the quarterback receives the snap several yards behind the line of scrimmage(n.混战;并列争球)

Ross: Yeah!

Chandler: (from the shotgun) Hike!

(From the shotgun) **Hike**: the same meaning as ~~snap~~ (see reference below)

Monica and Joey: One-Mississippi. Two-Mississippi. Three-Mississippi.

(Rachel runs a quick slant.)

slant n. 斜线;突破防线

Rachel: Over here!

(Chandler throws her the ball, which she drops.)

Rachel: (proud of herself) I almost caught that one!

Chandler: Great! Now, the score is 7 to almost 7.

Ross: Okay, (to Chandler) this play, I want you to do a down and out to

the right. Okay. Break!

do a down and out 往前场跑/Okay, (to Chandler) this play, I want you to do a down and out to the right: In a down and out, the receiver runs downfield then turns out, toward the sideline

Rachel: Wait, what am I gonna do?

Ross: You, you go long.

Rachel: Wait, how long?

Ross: Until we start to look very small.

Rachel: Okay.

Ross: Break!!

[cut to later, Monica's team has the ball.]

Joey: Set....hike!

Ross: One-Mississippi, two-Mississippi, switch! Switch! Switch!!

Chandler: No, no, no, no, no!

(Monica throws the ball over Joey's head, it's stopped from rolling away by a very beautiful woman.)
stop from 阻止

Joey: Haaaaa! Hey-hey, thanks for stopping our ball.

Woman: (in a foreign accent) You are playing American football?

Joey: Yeah! Wow, your like from a whole other country.

Woman: I'm Dutch.
Dutch n. 荷兰人

Joey: Hi-hi, I'm Joey.

Woman: I'm Margha.

Joey: I'm sorry Dutch, I didn't get that last little bit.

Chandler: (running up) Hey Joey, do you wanna play football or you wanna..
(sees Marhan) Hi, I'm Chandler.

Margha: Hello, Chandler.

Joey: Her name is Dutch, and also Marklan.

Margha: Margha.

Joey: Mar-klan.

Margha: Mar-gha.

Chandler: Mar-haaaaan.

[cut to Ross and Monica.]

Monica: Come on guys! Let's go! Come on, it's second down.
second down n. 第二次十码进攻/Come on guys! Let's go! Come on, it's second **down**:
An offensive play, starting with a center snap and ending when the ball is dead, then
we count it as a **down** (一次完整的进攻)

Ross: Uh, hello, it's third down.

Monica: No it's not, it's second.

Ross: Wow!

Monica: Wow, what?

Ross: It just amazes me that you still pulling stuff like this 还来这一套.

Monica: Pulling what? It's second down.

Ross: Okay, it's second down. (turns away) Take all the second downs you need.

Monica: I heard that!

Ross: Well, I said it loud.

[cut to Chandler, Joey, and Margha.]

Marge: It is okay, if I stay and watch?

Chandler and Joey: Yeah! Why don't you stick around. You can sit right there.

stick around v. 逗留/Yeah! Why don't you **stick around**. You can sit right there: stay put(<美>原位不动;安装牢固) (in a certain place)

(she goes and sits down)

Chandler: Well, that went well.

Joey: I think so.

Chandler: Y'know, I was thinking about ah, asking her for her number.

Joey: Thanks man, but I think it **makes a stronger statement** if I ask for it myself, y'know.

make a stronger statement 更有说服力

Chandler: Whoa-ho, whoa! No, I was thinking about y'know for me, **as a part of** that whole getting over Janice thing you were talking about.

Joey: Oh, yeah, that. All right, **means that much to ya**, I'll let you have her.

Chandler: Thanks. What, let me have her?! What do mean? Like if you didn't I wouldn't have a shot?

have a shot 有机会

Joey: Well I don't like to say it out loud, but, yeah! Don't feel bad man, we all have our strengths. You're **better with** numbers and stuff.

Chandler: Math!! You're giving me math! All right, look y'know what, forget about it, you **go for** 追 the girl, we'll see who gets her.

[cut to later, in Ross's huddle.]

Ross: Chandler, I want you to **run a post pattern to the left** 往左边点防守, okay. And sweetie..

Chandler, I want you to run a **post pattern** to the left, okay: A pass pattern where the receiver runs 10-15 yards downfield [<美橄>在前场(的)] before turning towards the middle of the field, but at a 45 degree angle

Rachel: Yeah, I know, go long. Y'know, it's like all I'm doing is **running**

back and forth from the huddle.

Ross: Well ah, you wanna just stay out there?

Rachel: Can I see that for second.

Ross: Yeah.

(Rachel takes the ball from his hands and bounces it off of Ross's forehead and Chandler catches the rebound.)

bounce v. 弹回/rebound n. v, 反弹, 回弹

Ross: Okay. Hut! Hike!

hike v. 裆下开球

(Chandler runs around behind Ross, who pitches 投, 掷 him the ball. Chandler runs upfield, and Joey knocks the ball out of his hands.)

upfield adv. (足球等运动中) 向前场地

Joey: Fumble!

fumble v. 漏接/Fumble: A ball that is dropped while in play

(Joey starts to return the fumble and Chandler grabs Joey's shirt and rips it off of his back.)

Joey: What the hell's the matter with you?! This is my favourite jersey. jersey n. 运动衫

Chandler: Well now you have two. Hey, I am good at math.

Joey: All right, that's it. Y'know I was still gonna let you have her. But now, forget about it. Prepare to feel very bad about yourself.

Chandler: Hey! Well, I've been preparing for that my entire life! Or something about you that's mean!

mean adj. 卑鄙的

Monica: All right, come on guys, let's go! Tie score, and we're running out of time. Forty-two!! Thirty-eight!! Hike! (the timer sounds as Monica throws the ball to Phoebe.)

tie score 平分/run out of 用完

Phoebe: Oh I got it!! (catches the ball) Oh! Ew! Broken boob! Ow!

Joey: Pheeb, run!

Monica: Run, Phoebe, run!

(Phoebe runs and scores a touchdown.)

Phoebe: Touchdown!! Touchdown!!

Ross: Uh, hello, the buzzer buzzed. It doesn't count.

Monica: After the snap!

snap v. 传球
/After the snap: The handing of the ball by the center, reaching back between his legs, to the quarterback or punter(n. 船夫; 弃踢手)

Ross: Before the snap!

Joey: After!!

Chandler: Before!!

Rachel: Now, does it really matter?

All: Yes!!

Phoebe: Well, okay, I made a touchdown. It was my first touchdown. So?

Ross: Oh Pheeb, that's great. It doesn't count.

Monica: Does so count!

Ross: Cheater, cheater, compulsive eater.
compulsive adj. 强制的, 强迫的, 禁不住的

Phoebe: Oh my God!

Monica: Y' know what, that's fine, maybe you haven't grown up, but I have.

Ross: Oh-ho, okay.

Monica: Dead leg!! (kicks him in the thigh.)

thigh n. 大腿 /
Dead leg: An act of playground punishment administered by various means with the purpose of numbing(v. 使麻木) the victims leg and rendering him or her unable

to walk normally

Ross: Ow! Ow! Okay, okay, fine, fine! All right, you wanna win by cheating, go ahead, all right. Phoebe the touchdown does count, you win.

Phoebe: Woo-yay!!

Monica: No! Listen, I'm not gonna go through this with you again, okay. Just once I wanna beat when you can't blame it on the broken nose, the buzzer, or the fact that you thought you were getting mono. Let's just call this, tie score and it's halftime.

mono n. (= mononucleosis) 单核细胞增多症 /halftime n. 中场休息
/mono: an acute disease(n. 急性病) characterized by fever and swollen lymph nodes(n. 淋巴腺) and an abnormal increase of mononuclear leucocytes(n. 单核白细胞) or monocytes(n. 单核细胞) in the bloodstream(n. 血流)

Ross: Okay, first of all, I don't play with cheaters, and second of all, you know I had swollen glands!!

swollen adj. 肿胀的/gland n. [解剖]腺

Monica: Y'know what? I'll think you'll play.

Ross: Oh really! Why is that?

[cut to Monica and Rachel's.]

Monica: Because the winner gets this!

Ross: The Geller Cup.

Chandler: Is everybody else seeing a troll doll nailed to a two by four?

troll n. 钓绳;钓饵;(北欧传说中的)侏儒;巨人/nail v. 钉/two by four[美口] 小的, 狭窄的, 微不足道的/Is everybody else seeing a troll doll nailed to a two by

four: a long piece of wood that is two inches thick and four inches wide

All: Yeah.

Chandler: Okay, good.

COMMERCIAL BREAK

[Scene: The park, the gang is returning to play the second half of the game.]

Ross: Okay, where in the hell did you get that?!

Monica: When Mom and Dad drove you to the hospital to **get your nose fixed**, I swam into the lake and fished it out.

fish out v. 捞出

Ross: That cup is mine!

Monica: No it's not! You want it, you're gonna have to win it!

Rachel: All right, so are we not having dinner at all?

Monica: Come on Phoebe, let's go! Come on, **it's time to get serious**, huddle up. Joey, **keep your head in** the game.

Joey: It's hard, y'know, his huddle is closer to Dutch girl.

Monica: All right look, if I take Chandler **out of the running** will you be able to focus?

out of the game adv. 不参加比赛;没有赢的希望

Joey: What are you gonna do?

Monica: All right, you just make sure that Chandler catches the ball, I'll **take care of the rest**.

Joey: Okay.

Monica: Break!

Joey: Here you go!

(Joey throws the ball to Chandler)

Ross: Chandler! Chandler!

(Chandler catches the ball and starts to run upfield.)

Chandler: (to Margha) Hi.

(just as he gets in front of Margha, Monica comes up and tackles him)

tackle v. 扭倒

Monica: Whoa! Whoa!! Tackled by a girl! Bet ya don't see that everyday, do ya?

Ross: Whoa! Whoa! Whoa! What's with the tackling?

Monica: What?! I just touched him and he went over.

go over v. 倒下

Ross: Okay, you wanna play rough, we can play rough.

play rough v. 暴力玩法, 玩狠的

(They both stare each other down as we hear Let's get ready to r-r-r-umble!

rumble v. 隆隆声, 辘辘行驶, 低沉地说

(A long football sequence follows.)

sequence n. (电影中描述同一主题的)连续镜头

[Sequence 1: Monica throws the ball over Chandler's head to Joey who catches it for a touchdown, and starts to dance in celebration. Chandler then tackles him, and he starts to dance in celebration.]

[Sequence 2: Monica runs upfield and stops, waiting for a pass. Ross runs over and pulls her pants down, steps in front of her and intercepts the pass.]

intercept vt. 中途阻止, 截取

[Sequence 3: Chandler throws a pass to Ross, who catches it. Phoebe starts screaming and runs up to him and tries to tackle him. But all she ends up doing is running around his waist and screaming.]

run around v. 东奔西跑

[Sequence 4: Ross hikes the ball to Chandler, and the camera pans down to show Rachel standing deep in the end zone, playing with her gum. Something hits her on the head and she looks up to see where it came from.]

[Sequence 5: Monica hands the ball off to Phoebe, who runs up field and

delivers a fore-arm shiver to Chandler, knocking him over and scores the touchdown, and she yells...]

fore-arm n. 前臂/ shiver v. 颤抖, 打碎, 碎裂/knock over v. 打翻

Phoebe: I love this game!!

[cut to Ross who walks up to Rachel who is eating a baked pretzel.]

bake v. 烘焙, 烤, 烧硬/pretzel n. 一种脆饼干

Ross: Hey, where'd you get that?

Rachel: I went really long.

Monica: Forty-two to twenty-one! Like the turkey, Ross is done!

Ross: It's no surprise that your winning, —cause you got to pick first, so you got the better team.

Monica: You're so pathetic! Why can't you just accept it, we're winning because I'm better than you.

(Ross makes a —Yeah. Right—sound.)

Monica: Oh, what a great argument, exhaling! All right, y'know what, I'll prove it to you, okay. I'll trade you Joey for Rachel, and I'll still win the game.

exhale v. 呼气

Ross: What?! The guys against the girls? See, that's ridiculous Monica, because I'm only down by three touchdowns.

Monica: Oh, then bring it on! Oh, unless of course your afraid you might lose to a bunch of girls.

bring it on 那就试试看呀 !

Ross: Fine, fine, Rachel your with Monica, Joey you're with me.

Rachel: I can not believe your trading me!!

Monica: Come on Rach, come on. Let's see what's it like to be on a winning team for a change.

Rachel: Are you gonna let me play?

Monica: All right then.

[cut to the guys?team.]

Margha: (coming over) The game is over, we eat now?

Chandler: No-no-no-no, the game's not over, we're just switching teams.

Joey: Yeah, Chandler finds me so intimidating that it's better if we're on the same team.

intimidate v. 威吓;胁迫

Ross: Right. Okay, let's play. Let's go.

Chandler: No ah, hold on a second Joe, where do Dutch people come from?

Joey: Ah well, the ah, Pennsylvania Dutch, come from Pennsylvania.

Pennsylvania n. 宾夕法尼亚州(美国州名)

Chandler: And the other ah, Dutch people, they come on from somewhere near the Netherlands, right?

Netherland n. 荷兰

Joey: Nice try. (to Margha) See the Netherlands is this make believe place where Peter Pan and Tinker Bell come from.

Nice try 你想得美/make believe n. v. 假装,虚构/Tinker Bell n. 小仙子/Peter Pan Tinker Bell '乔伊和钱德勒在公园打橄榄球时偶遇了一位荷兰美女'乔伊显然不知道荷兰在哪里'他对美女说'那个著名的彼得·潘(Peter Pan)和小仙女廷克·贝尔(Tinker Bell)就来自荷兰(Netherland)'显然'乔伊把荷兰(Netherland)和童话中彼得·潘们住的地方(Neverland)'搞错了'所以美女对乔伊的没有常识感到很惊讶'所以后来荷兰美女选择了钱德勒时'钱德勒就得意地说'看起来你需要胡克船长来向他解释'胡克船长也是彼得·潘童话中人物'不过是个反面人物'Nice try. (to Margha) See the Netherlands is this make believe place where

Peter Pan and **Tinker Bell** come from: **Peter Pan, Tinker Bell and Captain Hook** are all main characters in **Peter Pan** written by J. M. Barrie.

In Peter Pan, the girl Wendy is invited to **Neverland** to be a mother for Peter's gang of Lost Boys. Many adventures ensue(v.跟着发生), often involving Peter's nemesis(n.报应, 复仇女神) Captain Hook, before Wendy decides that her place is

at home (v. 觉得安适, 无拘束) with her family. (Joey 错把 **Netherland** 当作故事发生的地点 **Neverland** 了, 所以闹了笑话)

Margha: Oh, my.

Ross: Enough with **geography for the insane**, okay? Let's play some ball, guys.

geography n. 地理

Joey: Whoa, whoa, no, no, I-I'm not playing with this guy, now.

Chandler: **Fine with me.**

Ross: Okay, y'know what, let's just cut to the chase here. Okay? Heidi, which of my boys do you like?

chase n. 追逐; 追击 / **cut to the chase** 直截了当一点 / Okay, y'know what, let's just **cut to the chase** here. Okay? Heidi, which of my boys do you like: **cut to the chase** means to immediately start dealing with the most important part of sth

Chandler and Joey: What are you doing? What are you doing? What are you doing?

Margha: Which do I like?

Ross: Yeah, y'know for dating, general merriment, taking back to your windmill...

merriment n. 欢喜, 嬉戏 / **windmill** n. 风车

Margha: Well, if I had to chose right now, which by the way I find really weird, I would have to say, Chandler.

Chandler: Yes!!

Joey: Wait a minute! Wait a minute! She obviously didn't understand the question.

Chandler: Well, you don't you have Captain Hook explain it to her.

Margha: I'm sorry, Joey, that is my chose.

Chandler: You hear that! That is her chose, mister I'll let you have her!

I win! You suck! I rule all! A mini-wave in celebration of me!! (does the wave.)

mini-wave n. 迷你波浪舞

Margha: I'm now thinking I would like to change my answer to, no one.

Chandler: Wh-what?

Margha: I now find you shallow and um, a dork. All right, bye.

shallow adj. 浅的, 浅薄的/dork n. <俚>呆子, 笨蛋

Joey: Nice going. You just saved yourself a couple months of sex.

Chandler: Y'know what, it doesn't matter, 'cause she picked me. Me! From now on I get the dates and you have to stay home on Saturday nights watching *Ready, Set, Cook!*

Ross: Save the breakthroughs for therapy, okay. The clock is ticking. We have no time, and we are losing, we are losing to girls.

breakthrough n. 突破性进展;突破点

Chandler: We're not gonna lose to girls.

Ross: Hey! It's 42-21!

Joey: This sucks, I was just up by that much 我刚才就是领先那么多的!

Monica: Are we playing football or what? Come on you hairy-backed Marries.

hairy-backed Marries n. 娘娘腔

[cut to the girls huddle.]

Monica: We have to do this. We are playing for women everywhere. Okay, just think about every lousy date that you ever had, okay, every guy who kept on the TV while you're making out...

lousy adj. <俚>污秽的, 恶心的/make out <俚>亲热

Phoebe: Oh my God! You dated someone with a glass eye too?!

glass eye n. 玻璃假眼/Oh my God! You dated someone with a glass eye too: An artificial eye fashioned of glass

Monica: Come on, okay, come on this is for all womankind. Let's kill 'em!

Rachel: Yeah!!! Kill 'em!!!

Phoebe: All right, no, well I want to kill them too, but their boys, y'know how are we gonna beat three boys?

(Another football sequence follows)

[Sequence 1: Chandler is running past Phoebe with the ball, Phoebe flashes him, he stops and stares dumbfounded at her. Phoebe then runs up and takes the ball away.]

flash v. 闪现出/dumbfound v. 使人哑然失声, 使发楞

[Sequence 2: Phoebe throws the ball, and it's intercepted by Joey, who starts to run up field. Rachel jumps on his back in order to try and tackle him, but she doesn't slow him down. Monica and Phoebe then both grab her legs in order to stop Joey, who still manages to fight through the tackle and score the touchdown.]

[Sequence 3: Chandler is running with the ball, Phoebe flashes him again, but Chandler covers his eyes, and keeps running. He then runs into a tree at the end of the field.]

[cut to the girls huddle]

Monica: All right, we still have a minute and a half to go, and we're down by two points. Two points.... (she gets interrupted by the guys, who are doing a slow-motion high five.) Phoebe you do a button-hook again. Rachel, you go long.

be down by 落后/slow-motion adj. 慢动作的, 缓慢的/high five 举手击掌(用来招呼, 表示狂喜或庆祝胜利)/button-hook n. 后转身进攻法/_Phoebe you do a **button-hook** again. Rachel, you go long: A pass route in which the receiver heads straight downfield, then abruptly(adv. 突然地) turns back toward the line of scrimmage. (回身跑战术)

Rachel: No! Come on! Don't make me go long. Use me. They never cover me.

Monica: Honey, there's a reason.

Rachel: God, I'm not lame, okay. I can do something. I can throw, would you let me throw, come on this is my game too.

lame adj. 跛足的

Phoebe: Come on Mon, let her throw the ball.

Monica: All right Rachel, you sweep behind, I'll pitch it to you, you throw it down field to Phoebe. All right. Break.

sweep behind 迅速跑到他们身后/pitch v. 投, 掷

Rachel: Thank you! Break!

Monica: Thirty-two! Seventy-one! Hike!

Thirty-two!Seventy-one!Hike! ‘莫尼卡在打橄榄球时最投入’她不停地叫喊着一些数字’然后说‘Hike(给球)’。这些数字一般是进攻方的进攻策略暗号’但此处莫尼卡大概是在乱喊一气。Hike 是指中锋把球给四分卫’四分卫一边退后一边组织进攻的动作。

(Phoebe snaps the ball to Monica, who pitches back to Rachel.)

The Guys: One-Mississippi! Two-Mississippi! Three-Mississippi!

(They all rush toward Rachel, who panics and runs away. She runs out of the park and up along the fence, she then comes back into the park and runs past Monica, as she gets to Monica, she throws the ball at Monica, and it hits her in the eye.)

panic v. n. 受惊, 惊慌/fence n. 围墙

Rachel: I'm so sorry! Are you okay?

Monica: No! I'm not okay!

Rachel: I'm sorry, they were just all coming at me, and I didn't know what to do.

Joey: (looking at the timer) Thirty seconds left on the timer!

Chandler: Okay, okay, so we get to take that stupid troll thing home!

troll n. 侏儒

Monica: Come on! Come on! Hurry! We're running out of time! Huddle up!

Phoebe: Okay. Oooh! Oh, this is our last huddle, yeah.

Monica: All right, Phoebe get open. Rachel, go long.

get open 摆脱防守, 跑空挡

Rachel: (on the verge of tears) Okay.

Monica: Break!

(In slow motion, Phoebe snaps the ball, Rachel goes long. Joey and Chandler and all over Phoebe, leaving Rachel wide open. Ross starts to rush Monica, who sees Phoebe is double covered, in desperation she throws to Rachel. We see flying through the air, and then Rachel running underneath it, then the ball, then Rachel again, then the ball, then Phoebe, Chandler, and Joey staring at it in shock. Then with the grace of Jerry Rice (no offense to Jerry Rice), Rachel catches the ball, and she stops and spikes the ball. Both Phoebe and Monica erupt in celebration.)

snap v. 从胯间往后传球/double covered 被双人包夹/desperation n. 绝望
/spike v. 用长而尖之物刺; 阻止/erupt vt. 喷出 vi. 爆发/Rachel catches the ball and she stops and spikes the ball. Both Phoebe and Monica erupt in celebration: when a player throws the ball at the ground to celebrate a touchdown

Rachel: (in triumph) I got a touchdown! We did it!!

triumph n. 巨大的成就; 胜利后的喜悦

Chandler: Hey-hey-hey Rachel, funny thing. Actually, the ah, end zone starts at that pole, so you're five feet short, so we win!

end zone n. 达阵区/Hey-hey-hey Rachel, funny thing. Actually, the ah, end zone starts at that pole, so you're five feet short, so we win: The end zone is a term in Canadian football and American football. It is the area between the end line and goal line bounded by the sidelines. A team scores a touchdown by entering their opponent's end zone while carrying the ball or catching the ball while being within the end zone.

Phoebe: Wait-wait-wait-wait! So, explain something to me though, if, if nobody tagged Rachel, then isn't the play still going.

tag v. 抱住

(they all start to dive for 向: 扑去 the ball and Monica and Ross grab it at the same time.)

Ross: Let go! Let go!

Monica: Let go! I'm a tiny little woman!!

Chandler: Guys! Guys! Come on! It's Thanksgiving, it's not important who wins or loses. The important thing is, (to Joey) the Dutch girl picked me! Me! Not you! Holland loves Chandler! Thank you, Amsterdam! Good night!!

Amsterdam n. 阿姆斯特丹(荷兰首都)

Monica: Ow!!

CLOSING CREDITS

[Scene: Monica and Rachel's, Rachel, Phoebe, Chandler, and Joey are eating Thanksgiving dinner.]

Rachel: We should defiantly play football more often. Maybe there's a like league we could join or something.

defiantly adv. 挑战地, 对抗地

Phoebe: Isn't there a national football league.

Chandler: Yes. Yes, there is, they play on Sundays and Monday nights.

Rachel: Oh shoot! I work Monday nights.

shoot 糟糕, 太可惜了

Phoebe: Umm, this stuffing is amazing. Do you think we should bring them some?

stuffing n. 填充料/Umm, this **stuffing** is amazing. Do you think we should bring them some: a mixture of bread, onion, herbs(n. 药草) and other foods, that you put inside a chicken, vegetable etc. before cooking it

Joey: When they're hungry enough, they'll come in.

[Scene: The park, it's dark outside and Monica and Ross are still fighting over the ball.]

Monica: Let go!

leg go v. 放开, 释放

Ross: No! You let go!

Monica: No!

Ross: How come it's always us left in the field holding the ball?

Monica: I don't know. I guess the other people just don't care enough.

(It starts snowing.)

Ross: Hey! It's starting to snow.

(They both look up, and watch it start to snow. Then they both start fighting for the ball again.)

Ross: Gimme the this!

Monica: Let go!

END
