



Cub Scout Basketball

Cub Scout Academics and Sports Workbook

This workbook is not required but can help you with this award. Belt Loops and Pins may be earned more than once.

Links to other workbooks and resources are at the end of this workbook: [Online Resources](#).

Send comments to the workbook developer: craig@craiglincoln.com. Workbook updated: April 2008.

Scout's Name: _____

Pack: _____

Cub Scout Basketball Belt Loop (See the [Pin Requirements](#) below.)

Complete these three requirements:

1. Explain the rules of basketball to your leader or adult partner. _____

2. Spend at least 30 minutes practicing basketball skills. _____
3. Participate in a basketball game. _____

Cub Scout Basketball Pin

Earn the Cub Scout Basketball belt loop, and complete five of the following requirements:

1. Compete in a pack or community basketball tournament. _____
2. Demonstrate effective passing using the chest pass, _____
 bounce pass, _____
 over-the-head pass, _____
 and baseball pass. _____
3. Successfully demonstrate the set shot and jump shot shooting styles. _____
4. Demonstrate skill in the following dribbling techniques: high dribble, _____
 low dribble, _____
 turnable dribble, _____
 change-of-pace dribble, _____
 and combination dribble. _____
5. Spend at least 30 minutes on three different occasions developing individual defensive skills. _____

6. Explain and demonstrate 10 official basketball signals. _____

7. Play three -shot-improving games with a member of your den or team. _____

8. Play five games of basketball. _____

9. Participate in a basketball clinic. _____

10. Attend a high school, college, or professional basketball game. _____

Online Resources *(Use any Internet resource with caution and only with your parent's or guardian's supervision.)*

Cub Scout Advancement: <http://usscouts.org/advance/cubscout/ranks.asp>

Tiger: <http://meritbadge.org/wiki/index.php?title=Tiger>

Wolf: <http://meritbadge.org/wiki/index.php?title=Wolf>

Bear: <http://meritbadge.org/wiki/index.php?title=Bear>

Webelos: <http://meritbadge.org/wiki/index.php?title=Webelos>

Cub Scout Academics and Sports Workbooks: ▶ meritbadge.org -or- ▶ [Academics](#) / [Sports](#)

Webelos Activity Badge Workbooks: ▶ usscouts.org -or- ▶ meritbadge.org

Boy Scouts of America: <http://www.scouting.org/>

▶ [Guide to Safe Scouting](#)

▶ [Age-Appropriate Guidelines for Activities](#)

[ExpertVillage.com Lesson Videos:](#)

 [Beginners](#)

 [Basics](#)

Basketball History, Techniques, etc.: <http://en.wikipedia.org/wiki/Basketball>

Basketball Rules: http://en.wikipedia.org/wiki/Rules_of_basketball

Basketball Moves: http://en.wikipedia.org/wiki/Basketball_moves

Basketball Positions: http://en.wikipedia.org/wiki/Basketball_position

National Basketball Association: <http://www.nba.com>

NBA Rules: http://www.nba.com/analysis/rules_index.html