



Basketball

Beltloop and Pin Worksheet

Cub Scout Academic & Sports Program

Scout Name: _____

Pack/Den: _____

Basketball Belt Loop

Complete these three requirements:

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

2. In three separate sessions, spend at least 30 minutes practicing basketball skills. _____

3. Participate in a basketball game. _____

Basketball Pin

Earn the Basketball beltloop, and complete five of the following requirements:

- 1. Participate 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 skill in two of the following catching techniques: 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. On three different occasions, spend at least 30 minutes 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. ____
