



# Table Tennis

Scout Name: \_\_\_\_\_  
Pack / Den: \_\_\_\_\_

## **Beltloop and Pin Worksheet** Cub Scout Academic & Sports Program

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### Table Tennis Belt Loop

Complete these three requirements:

- 1. Explain the rules of table tennis to your leader or adult partner. \_\_\_\_\_

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- 2. Spend at least 30 minutes practicing table tennis skills. \_\_\_\_\_

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- 3. Participate in a table tennis game. \_\_\_\_\_

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## Table Tennis Pin

*Earn the Table Tennis Beltloop, and complete five of the following requirements:*

- 1. Compete in a Pack or community table tennis tournament. \_\_\_\_\_  
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- 2. Demonstrate your knowledge of the use and care of the equipment needed to play table tennis (racket or paddle, table and net, ball, tennis or basketball shoes, and comfortable clothing). \_\_\_\_\_  
\_\_\_\_\_
- 3. Practice for 30 minutes in up to two practice sessions developing serving skills. \_\_\_\_\_  
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- 4. Practice for 30 minutes in up to two practice sessions developing forehand and backhand strokes \_\_\_\_\_  
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- 5. Explain to your Leader or adult partner how spin affects the bounce of the ball. \_\_\_\_\_  
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- 6. Accurately set up a table tennis table and net according to USA Table Tennis rules. \_\_\_\_\_  
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- 7. Play five games of table tennis. \_\_\_\_\_  
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- 8. Participate in a table tennis skills development clinic. \_\_\_\_\_  
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❑ 9. Explain to your Leader or adult partner how to score a table tennis game. \_\_\_\_\_  
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❑ 10. Participate in a game of doubles table tennis (four people playing in one game, two people per side). \_\_\_\_\_  
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