



Volleyball

Beltloop and Pin Worksheet

Cub Scout Academic & Sports Program

Scout Name: _____

Pack/Den: _____

Volleyball Belt Loop

Complete these three requirements:

1. Explain the rules of volleyball to your Leader or adult partner. _____

2. Spend at least 30 minutes practicing skills to play the sport of volleyball.

3. Participate in a volleyball game. _____

Volleyball Pin

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

1. Participate in a Pack, school, or community volleyball tournament.

2. Demonstrate skill in two volleyball passing techniques: forearm pass and overhead pass (setting). _____

3. Demonstrate skill in two volleyball serving techniques: underhand and overhead. _____

4. Spend at least 60 minutes in practice over several practice periods to develop individual skills for volleyball. Make a chart to record your practice efforts. _____

| session | 1 | 2 | 3 | 4 | 5 | 6 |
|---------|---|---|---|---|---|---|
| time | | | | | | |

5. Explain how volleyball matches are scored, including the terms side-out and rally scoring. _____

6. Accurately lay out a volleyball court. _____



7. Play five games of volleyball. _____

8. Officiate at least three games of volleyball. _____

9. Explain the importance of good sportsmanship. _____

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