



# 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](mailto:craig@craiglincoln.com). Workbook updated: March, 2011.

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. On three different occasions, spend at least 30 minutes developing individual defensive skills. \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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. \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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](http://meritbadge.org) -or- ▶ [Academics](#) / [Sports](#)

**Webelos Activity Badge Workbooks:** ▶ [usscouts.org](http://usscouts.org) -or- ▶ [meritbadge.org](http://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](http://en.wikipedia.org/wiki/Rules_of_basketball)

Basketball Moves: [http://en.wikipedia.org/wiki/Basketball\\_moves](http://en.wikipedia.org/wiki/Basketball_moves)

Basketball Positions: [http://en.wikipedia.org/wiki/Basketball\\_position](http://en.wikipedia.org/wiki/Basketball_position)

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

NBA Rules: [http://www.nba.com/analysis/rules\\_index.html](http://www.nba.com/analysis/rules_index.html)