



# CUB SCOUT ACADEMICS AND SPORTS PROGRAM



## Sports Basketball

### Belt Loop

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.

### Sports Pin

Earn the 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.

Cub's Name: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

Initial each item completed, sign the form, and turn in to your son's Den Leader.