



CUB SCOUT ACADEMICS AND SPORTS PROGRAM



Sports Badminton

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of badminton to your leader or adult partner.
- _____ 2. Spend at least 30 minutes practicing badminton skills.
- _____ 3. Participate in a badminton game.

Sports Pin

Earn the Badminton belt loop, and complete five of the following requirements:

- _____ 1. Compete in a pack or community badminton tournament.
- _____ 2. Demonstrate your knowledge of the use and care of the equipment needed to play badminton: shuttlecock (shuttle or bird), racket, court, net, and comfortable clothes and shoes.
- _____ 3. Demonstrate skill in the following grip techniques: forehand and backhand.
- _____ 4. Spend at least 60 minutes practicing to develop skills for shots and strokes (clear, drive, drop, and smash). Keep track of your time on a chart.
- _____ 5. Demonstrate skill in the following: hit the shuttle using forehand or backhand; hit the shuttle, alternating forehand and backhand; hit the shuttle against the wall with a forehand or backhand; hit the shuttle against the wall, alternating forehand and backhand.
- _____ 6. Accurately lay out a badminton court, including net and lines.
- _____ 7. Play five games of badminton.
- _____ 8. Participate in a badminton skills development clinic.
- _____ 9. Play at least three games during which you make your own foul calls effectively to your leader's satisfaction.

Cub's Name: _____ Parent's Signature: _____

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