



# CUB SCOUT ACADEMICS AND SPORTS PROGRAM



## Sports 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.

### Sports Pin

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

- \_\_\_\_ 1. Compete 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 overhand.
- \_\_\_\_ 4. Spend at least 90 minutes in practice to develop individual skills for volleyball. Make a chart to record your practice efforts.
- \_\_\_\_ 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.

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

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