



Cub Scout Tennis

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. Workbook updated: April 2008.

Scout's Name: _____

Pack: _____

Cub Scout Tennis Belt Loop (See the [Pin Requirements](#) below.)

Complete these three requirements:

1. Explain the rules of tennis to your leader or adult partner. _____

2. Spend at least 30 minutes practicing tennis skills. _____

3. Participate in a tennis game. _____

Cub Scout Tennis Pin

Earn the Cub Scout Tennis belt loop, and complete five of the following requirements:

1. Compete in a pack or community tennis tournament. _____

2. Demonstrate your knowledge of the use and care of the equipment needed to play tennis
(rackets, _____

balls, _____

shoes, _____

clothing, _____

and court). _____

3. Practice for 30 minutes developing forehand techniques through forehand bump-ups with a bounce, _____
partner bump-ups with a target, _____

forehand alley rally, _____

forehand alley rally over a "net," _____

drop-hit forehand bumps, _____

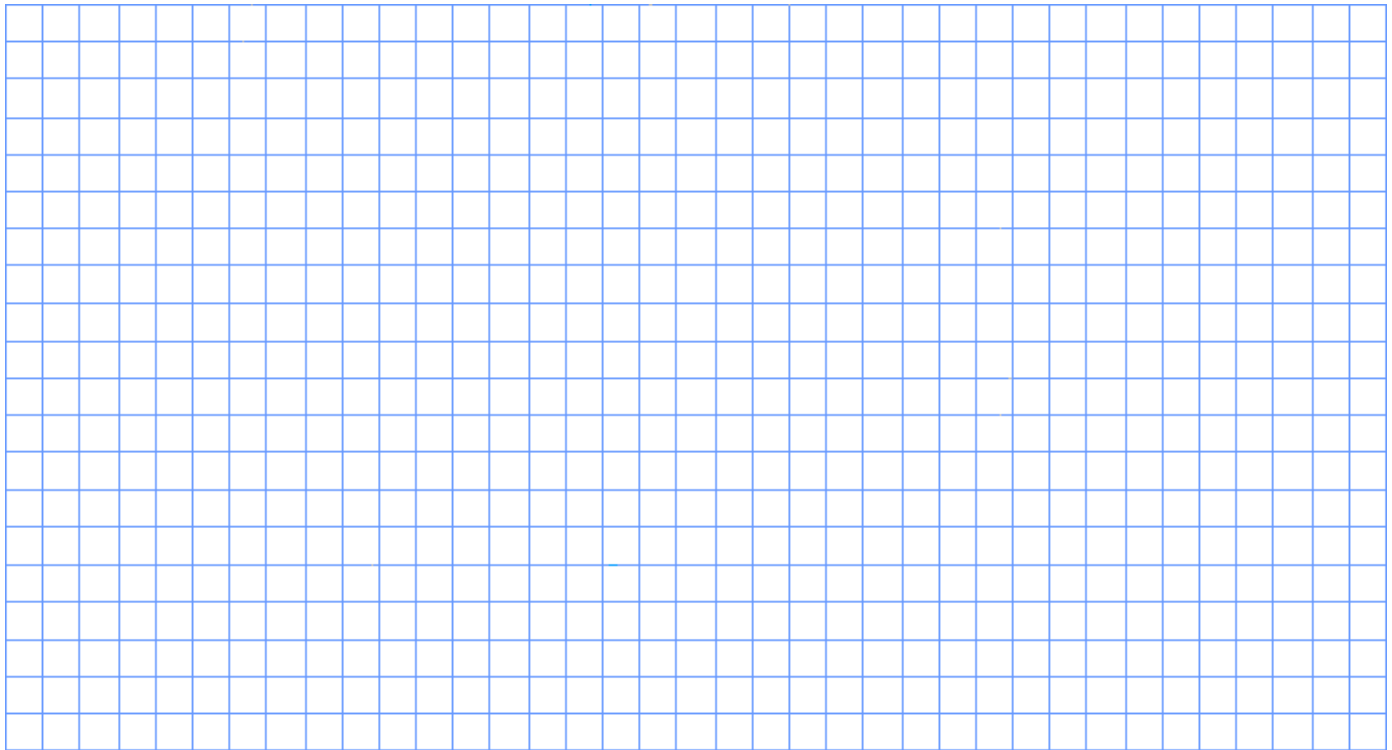
drop-hit catch in pairs, _____

and toss-hit catch in pairs. _____

4. Practice developing serving skills for 30 minutes. _____

5. Explain to your leader or adult partner how to score in tennis. _____

6. Accurately draw, label, and explain a tennis court layout. _____



7. Play five games of tennis using U.S. Tennis Association rules.

8. Participate in a tennis skills development clinic. _____

9. Attend a high school, college, or professional tennis meet. _____

10. Present to your den or family a report on the history of tennis. _____

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 -or- ▶ [Academics](#) / [Sports](#)

Webelos Activity Badge Workbooks: ▶ usscouts.org -or- ▶ meritbadge.org

Boy Scouts of America: <http://www.scouting.org/> ▶ [Guide to Safe Scouting](#) ▶ [Age-Appropriate Guidelines for Activities](#)

ExpertVillage.com Lesson Videos:  [Beginners Lessons](#)  [Warm-up](#)  [The Court](#)  [Grip](#)  [Serve](#)
 [Volley](#)  [Forehand Stroke](#)  [Backhand](#)  [more...](#)

Tennis Court, Terms, Scoring, Shots, History: <http://en.wikipedia.org/wiki/Tennis>

Tennis Magazine: <http://www.tennis.com/>

US Tennis Association: <http://www.usta.com/>

US Tennis Association Rules: <http://www.usta.com/rules/default.sps?iType=923&icustompagid=1121>