



# Cub Scout Volleyball

## 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: April 2008.

Scout's Name: \_\_\_\_\_

Pack: \_\_\_\_\_

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

**Complete these three requirements:**

1. Explain the rules of volleyball to your leader or adult partner. \_\_\_\_\_

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2. Spend at least 30 minutes practicing skills to play the sport of volleyball. \_\_\_\_\_

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3. Participate in a volleyball game. \_\_\_\_\_

### **Cub Scout Volleyball Pin**

**Earn the Cub Scout 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.

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5. Explain how volleyball matches are scored, \_\_\_\_\_  
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 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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. \_\_\_\_\_

**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:](#)       [How to Play Volley Ball \(Lessons\)](#)

Volleyball History, Rules, Skills: <http://en.wikipedia.org/wiki/Volleyball>

USA Volleyball: <http://www.usavolleyball.org/>

