

# Cub Scout Volleyball

## Sports Workbook

The work space provided for each requirement should be used by the Cub Scout to make notes for discussing the item with Akela, not for providing the full and complete answers. Each Cub Scout must do each requirement.

No one may add or subtract from the official requirements found in the <u>Cub Scout Academics and Sports Program Guide</u> (Pub. 34299) This workbook was updated in May 2012.

http://www.USScouts.Org • http://www.MeritBadge.Org

Please submit errors, omissions, comments or suggestions about improving this workbook to: Workbooks@usscouts.org

Cub	Scout's	Name:
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Pack No. :\_\_\_\_\_

Webelos Scouts that earn the Volleyball Belt Loop while a Webelos Scout also satisfy part of requirement 4 for the Sportsman Activity Badge.

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.

2.	Spend at least 30 minutes practicing skills to play the sport of volleyball.
3.	Participate in a game of volleyball.

## Cub Scout Volleyball Pin

Earr		e Cub																	win	ng re	qui	rem	ent	s:									
	1.	Compete in a pack, school, or community volleyball tournament.																															
	2.	Demonstrate skill in two volleyball passing techniques: forearm pass														pass and overhead pass (setting).																	
		🗌 fo	orea	rm	oass													overhead pass (setting)															
	3.	Demonstrate skill in two volleyball serving techniques: underhand an															id and overhand.																
		underhand [														overhand																	
	4.	Spen to rec								ctice	e ov	er s	eve	ral p	orac	tice	pei	iods	s to	dev	elop	) inc	livic	lual	skil	ls f	or v	olley	ybal	I. M	ake	e a c	hart
		Date						From 				То 	To				Duration																
	5.	Expla	in ho	ow v	volley	/ball	ma	tche	es a	are s	scor	ed,	inclu	udin	g tr	ie te	erms	s sid	le-c	out a	nd r	ally	sco	pring	j.								
	6.	Accur	ately	/ la	y out	a vo	olley	/ball	l co	urt.																							
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http://www.meritbadge.org/wiki/index.php/Cub Scout Volleyball#Requirement resources

Cub Scout Volleyball 7. Play five games of volleyball. Date Score 1.\_\_\_\_\_ 2.\_\_\_\_\_ 3.\_\_\_\_\_ 4.\_\_\_\_\_ 5.\_\_\_\_\_ 8 Officiate at least three games of volleyball. Date Score 1.\_\_\_\_\_ 2.\_\_\_\_\_ 3.\_\_\_\_\_ 9. Explain the importance of good sportsmanship. 10. Attend a high school, college, or professional volleyball game. Requirement resources can be found here:

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### Important excerpts from the <u>'Guide To Advancement'</u>, No. 33088:

Effective January 1, 2012, the 'Guide to Advancement' (which replaced the publication 'Advancement Committee Policies and Procedures') is now the official Boy Scouts of America source on advancement policies and procedures.

- [Inside front cover, and 5.0.1.4] Unauthorized Changes to Advancement Program
   No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements.
   (There are limited exceptions relating only to youth members with disabilities. For details see section 10, "Advancement for Members With Special Needs".)
- [Inside front cover, and 7.0.1.1] The <u>'Guide to Safe Scouting'</u> Applies Policies and procedures outlined in the 'Guide to Safe Scouting', No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated guarterly.]
  - [4.1.0.3]] Who Approves Cub Scout Advancement? A key responsibility for den leaders is to implement the core den meeting plans as outlined in the Den & Pack Meeting Resource Guide, No. 34409. For Wolf, Bear, and Webelos advancement, den leaders take the lead in approving requirements, though their assistants, and also parents who help at meetings, may be asked to play the role of "Akela" and assist. Parents sign for requirements that, according to meeting plans and instructions in the handbooks, take place at home. For the Bobcat trail and Tiger Cub achievements, parents (or adult partners) should sign in the boy's handbook; the den leader then approves as progress is recorded in the den's advancement record.
- [4.1.0.4] "Do Your Best"

Advancement performance in Cub Scouting is centered on its motto: "Do Your Best." When a boy has done this—his very best—then regardless of the requirements for any rank or award, it is enough; accomplishment is noted. This is why den leaders, assistants, and parents or guardians are involved in approvals. Generally they know if effort put forth is really the Cub Scout's best.

• [4.1.2.2] — Cub Scout Academics and Sports Program

More than just a recognition opportunity, this program develops new skills, improves those existing, and otherwise enriches Cub Scouting. Details can be found in the Cub Scout Academics and Sports Program Guide, No. 34299. Activities include subjects like science, video games, collecting, and chess; and sports such as baseball, skateboarding, and table tennis. Each has two levels—a belt loop and a pin. Belt loops, which can be earned more than once, are awarded when each of three requirements is met. Cub Scouts may then continue with additional requirements and earn the pin. Archery and BB gun shooting are included, but can only be conducted at a council presented activity with certified supervisors.

#### Additional notes of interest:

- Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements for all Academics and Sports Belt Loops and Pins (except shooting sports) in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.
- "Akela" (Pronounced "Ah-KAY-la") Title of respect used in Cub Scouting—any good leader is Akela. Akela is also the leader and guide for Cub Scouts on the advancement trail. The name comes from Rudyard Kipling's Jungle Book. (See "Law of the Pack.")

•	"Law of the Pack" —	The Cub Scout follows Akela.
		The Cub Scout helps the pack go.
		The pack helps the Cub Scout grow.
		The Cub Scout gives goodwill.