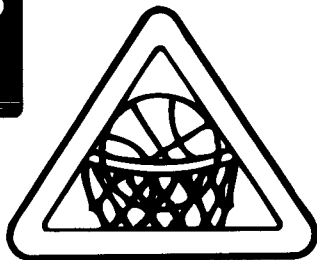


Cub Scout Sports: Basketball



Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements 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.

Belt Loop

Complete these three requirements:

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

Sports Pin

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

- _____ 1. Compete in a pack or community basketball tournament.
- _____ 2. Demonstrate effective passing using the chest pass, bounce pass, over-the-head pass, and baseball pass.
- _____ 3. Successfully demonstrate the set shot and jump shot shooting styles.

- _____ 4. Demonstrate skill in the following dribbling techniques: high dribble, low dribble, turnable dribble, change-of-pace dribble, and combination dribble.
- _____ 5. Spend at least 30 minutes on three different occasions developing individual defensive skills.
- _____ 6. Explain and demonstrate 10 official basketball signals.
- _____ 7. Play three shot-improving games with a member of your den or team.
- _____ 8. Play five games of basketball.
- _____ 9. Participate in a basketball clinic.
- _____ 10. Attend a high school, college, or professional basketball game.

Resources

Obtain information on local basketball resources from your school, local parks and recreation department, community library, and university or college athletic department. Visit the library to find many books on basketball, basketball stars, and basketball skills. One of the best basketball skills books is *Youth League Basketball: Coaching and Playing* (Spaulding Sports Library, Masters Press, 1993).

Pack Tournament

- **The Team.** Members of your den become a team. This will allow all Cub Scouts to play.
- **Practice.** A team will practice during four den meetings before the pack tournament.
- **Games.** One tournament is held for all the dens of the pack. Community, cluster pack, and district tournaments may be held within the Cub Scout district.

Basketball Skills

Read about and then practice these basketball skills. If possible, track your progress.

Outside shot

Side shot

Free throw

Lay-up shot

Passing the ball

Jumping

Overarm pass

Chest pass

Dribbling

Offensive footwork



Set shot

Jump shot

- **One-to-one defense must be played.** No zone defense. The players should learn the basic skills of one-to-one defense long before they try to learn the principles of the zone defense. Double-teaming is also not allowed at this age level, but switching players on defense is permissible.
- **The size of your court** will depend on the space available to you.
- **Length of the game.** Play four six-minute quarters, and allow at least three minutes at half-time. The game clock is stopped for jump balls, time out, and free throw attempts. Overtimes are usually not played. If the game ends in a tie, that's fine.
- **Ten-second rule.** The ball must be brought into the forecourt within 10 seconds. However, once a team or player gains control in the backcourt or after a throw-in, the team must be allowed to move the ball past the centerline. Defensive position on the player with the ball may not begin until the offensive player has both feet in the forecourt.
- **The ball.** The junior-size (28-inch) ball should be used.
- **Basket height.** When possible, the basket should be lowered to approximately 8 feet 6 inches.
- **Free throw line.** The free throw line should be reduced to 12 feet.
- **Three-second lane violation.** This is not enforced at all.
- **Playing time.** Every player gets to play at least half the game—a cornerstone of the program. All players should have a chance to learn and have fun, regardless of experience or ability. No player plays the entire game. Even highly skilled players need rest during the game—to analyze the other team, to think about how to play better, and to consider how to help the team. Even the best pros sit on the bench for part of the game.