



# Cub Scout Baseball

## 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: March 2008.

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

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

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

**Complete these three requirements:**

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

### **Cub Scout Baseball Pin**

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

1. Participate in a pack or community baseball tournament. \_\_\_\_\_
2. Demonstrate skill in two of the following throwing techniques: overhand, \_\_\_\_\_  
sidearm, \_\_\_\_\_  
underhand, \_\_\_\_\_  
and the relay throw. \_\_\_\_\_
3. Demonstrate skill in two of the following catching techniques: fielding a ground ball, \_\_\_\_\_  
fielding a pop-up, \_\_\_\_\_  
catching a line drive. \_\_\_\_\_
4. Demonstrate correct pitching techniques. \_\_\_\_\_
5. Demonstrate correct hitting techniques, \_\_\_\_\_
6. Explain the rules of base running. Explain base coaching signals. \_\_\_\_\_  
\_\_\_\_\_

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7. Demonstrate skill in the following sliding techniques: the straight-in slide, \_\_\_\_\_  
the hook slide, \_\_\_\_\_  
and the headfirst slide. \_\_\_\_\_
8. Play five games of baseball using standard baseball rules. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. Draw a baseball field to scale or set one up for play. \_\_\_\_\_
10. Attend a high school, college, or professional baseball game. \_\_\_\_\_
11. Read a book about a baseball player and give a report about him or her to your den or family. \_\_\_\_\_

**Online Resources** (Use any Internet resource with caution and only with your parent's or guardian's supervision.)

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

**Other Cub Scout Academics and Sport Workbooks:** <http://meritbadge.org/index.php?title=CSW>

The **Cub Scout Academics and Sports Program** expands on the rank and elective requirements for:

**Tiger:** <http://meritbadge.org/index.php?title=Tiger>

**Wolf:** <http://meritbadge.org/index.php?title=Wolf>

**Bear:** <http://meritbadge.org/index.php?title=Bear>

**Webelos:** <http://meritbadge.org/index.php?title=Webelos>

**Webelos Activity Badge Workbooks:** <http://meritbadge.org/index.php?title=WW> -or- [usscouts.org](http://usscouts.org)

[ExpertVillage.com Lesson Videos:](#)

 [Warm Up](#)

 [Stretching](#)

 [Running](#)

 [Pull-Ups](#)

 [Push-Ups](#)

 [Basketball](#)

 [Baseball](#)

 [Football](#)

American Council on Exercise: <http://www.acefitness.org>

American Sport Education Program: <http://www.asep.com>

Institute for International Sports: <http://www.internationalsport.com/nsd/nsd.cfm>

National Youth Sports Safety Foundation: <http://www.nyssf.org>