



Cub Scout Badminton

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: March 2008.

Scout's Name: _____

Pack: _____

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

Complete these three requirements:

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

2. Spend at least 30 minutes practicing badminton skills. _____
3. Participate in a badminton game. _____

Cub Scout Badminton Pin

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

- 1. Compete in a pack or community badminton tournament. _____

- 2. Demonstrate your knowledge of the use and care of the equipment needed to play badminton: shuttlecock (shuttle or bird), racket, court, net, and comfortable clothes and shoes. _____
- 3. Demonstrate skill in the following grip techniques: forehand and backhand. _____
- 4. Spend at least 60 minutes practicing to develop skills for shots and strokes (clear, drive, drop, and smash). Keep track of your time on a chart. _____

Date	Time Spent	Skills Practiced
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

- 5. Demonstrate skill in the following: hit the shuttle using forehand or backhand; _____
hit the shuttle, alternating forehand and backhand; _____
hit the shuttle against the wall with a forehand or backhand; _____

hit the shuttle against the wall, alternating forehand and backhand. _____

6. Accurately lay out a badminton court, including net and lines. _____

7. Play five games of badminton. _____

8. Participate in a badminton skills development clinic. _____

9. Play at least three games during which you make your own foul calls effectively to your leader's satisfaction. _____

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 Sports 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

[ExpertVillage.com Lesson Videos:](#)  [Warm Up](#)  [Stretching](#)  [Running](#)

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

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

Amateur-Sports.com: <http://www.amateur-sports.com>

American Dietetic Association: <http://www.eatright.org>

American Heart Association: <http://www.americanheart.org/>

Centers for Disease Control: <http://www.fitfamilyfitkids.com>

Fitness for Kids: <http://www.fitnessforkids.org>

Intr. Food Information Council Foundation: <http://ific.org>

KidsHealth: <http://www.kidshealth.org>

National Athletic Trainer's Association: <http://www.nata.org>

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