



# Basketball

## 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