



Cub Scout Softball

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: April 2008.

Scout's Name: _____

Pack: _____

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

Complete these three requirements:

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

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

Cub Scout Softball Pin

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

1. Compete in a pack or community softball tournament. _____
2. Demonstrate skill in the following throwing techniques: overhand, _____
 sidearm, _____
 underhand, _____
 softball game. _____
 and the relay throw. _____
3. Demonstrate skill in the following catching techniques: fielding a ground ball, _____
 fielding a pop-up, _____
 catching a line drive. _____
4. Demonstrate correct pitching techniques and practice for three half-hour sessions. _____

5. Demonstrate correct hitting techniques, including bunting. Practice for three half-hour sessions. _____

6. Explain the rules of base running and demonstrate skill in the following sliding techniques:
the straight-in slide, _____
the hook slide, _____
and the headfirst slide. _____

7. Learn and demonstrate base coaching signals. _____

8. Learn about one defensive position (shortstop, catcher, etc.) and practice at that position for three half-hour sessions.

9. Attend a high school, college, or community softball game. _____

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

Cub Scout Advancement: <http://usscouts.org/advance/cubscout/ranks.asp>

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

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

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

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

Cub Scout Academics and Sports Workbooks: ► meritbadge.org -or- ► [Academics](#) / [Sports](#)

Webelos Activity Badge Workbooks: ► usscouts.org -or- ► meritbadge.org

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

[ExpertVillage.com Lesson Videos:](#)

 [Warm Up](#)

 [Stretching](#)

 [Running](#)

 [Baseball](#)

Softball History, Equipment, Rules, etc.: <http://en.wikipedia.org/wiki/Softball>

International Softball Federation: http://en.wikipedia.org/wiki/International_Softball_Federation