

Preparation for:
Athletics Merit Badge
Personal Fitness Merit Badge



Sportsman

Takeaways

- Experiencing new sports individually and in teams
- Practicing good sportsmanship and learning its importance
- A Scout is Clean

Complete the following requirements:

1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.
2. Participate in two sports, either as an individual or as part of a team.
3. Complete the following requirements:
 - a. Explain what good sportsmanship means.
 - b. Role-play a situation that demonstrates good sportsmanship.
 - c. Give an example of a time when you experienced or saw someone showing good sportsmanship.

Sports are high on the list of favorite things to do for the Webelos Scout-age boys. You can be certain of instant interest by most members of your den. Chances are that they spend much of their leisure time in organized sports and loosely organized neighborhood games. Some of them probably know enough already about rules, scoring, and techniques for several sports, so that they could pass those requirements immediately.

But that is not really enough! One of the prime purposes of Cub Scouting is encouraging good sportsmanship and pride in growing strong in mind and body. If your Cubs learn all the skills and rules involved in every sport this month, but do not get an inkling of what good sportsmanship means, then the den, and you, have wasted your time.

Agree on the importance of learning sportsmanship. What does it mean in practice? It means that the least skilled gets just as much instruction and encouragement as the best athlete. It means that the better athletes learn not just to tolerate the awkward boy, but to help him. It means that all boys can win and lose with grace and good sportsmanship.

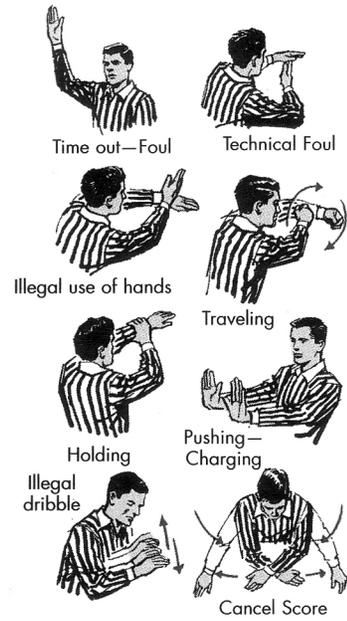
Your own example will help to achieve these goals. Stress the fun of the game, not the winning. When you have intra-den competition, compose the teams so that the strength is about even. If you let Cubs choose teammates, there is a good chance that most of the good players will wind up on one team. Encourage the less skillful players. Discourage others from belittling them. Sports in a Webelos den should be fun for all.

If you don't know anything about sports, that's OK! Talk to your parents, you likely find a few dads and moms who would be more than happy to help you teach a particular sport.

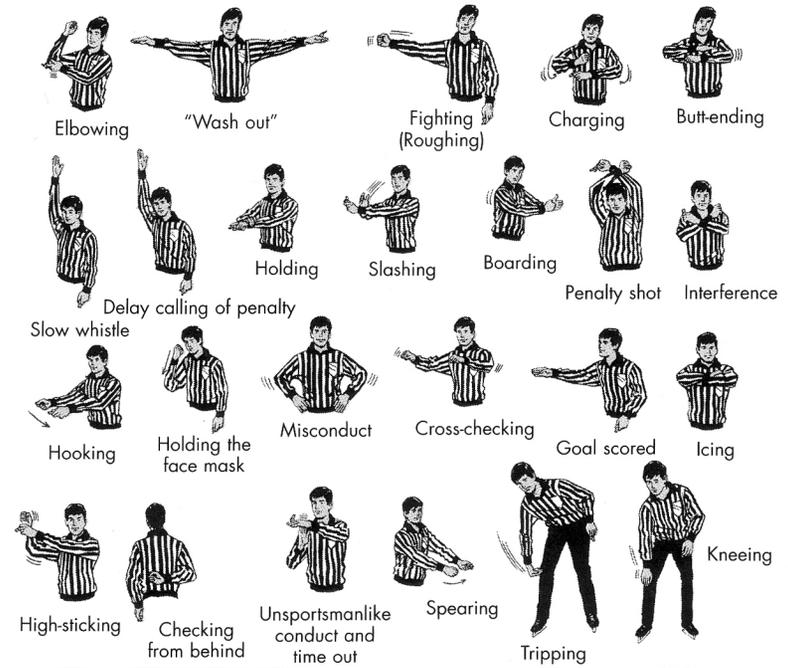
FOOTBALL



BASKETBALL



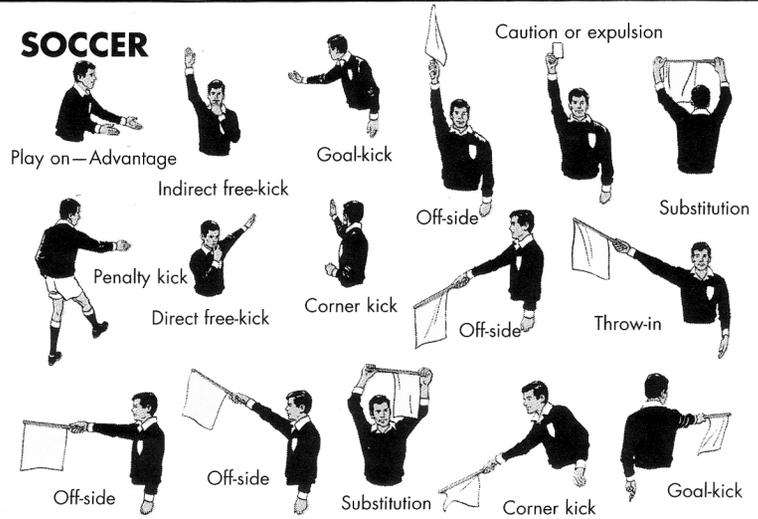
HOCKEY



BASEBALL



SOCCER



Signals Games

Signal Charades

After going over the Official's Signals in the handbook for football, basketball and baseball, divide the den into two teams to practice the signals for a few minutes. To start the game, have the two teams face each other and toss a coin to see who starts. The winners can elect to receive or send the first signal. The first player to send then states the name of the sport and gives the signal. The first player on the other team must state what the signal is without aid from his teammates. If he gets the signal correct, his team scores one point. If the receiver misses or has help from his teammates, the sending team gets a point. The first boy to be receiver is now the sender and the other boy is the receiver. Continue down the line, tallying points for correct answers.

Sports Cards

Make a set of 10 x 10 inch cards. On one side put a copy of the official signals for the game (football, basketball, hockey, baseball, soccer, etc.) of your choice. On the other side put an explanation of what the call means. The game can be played several ways.

1. Hold up the picture and ask for the proper call.
2. Read the explanation of the call and ask for its name.
3. Execute the call and ask for its name.
4. The game can be played as a competition:
5. Divide den(s) into two teams and give one point to the first person to guess the answer.
6. Divide den(s) into two teams and assign each team a sport and show each team a card for its sport. Each team will have a different sport. The first team to get the answer gets a point.

You Make the Call

Place the correct abbreviation in the space by each "call" made in the following sports:

FOOTBALL=F BASKETBALL=BK BASEBALL=B SOCCER=S HOCKEY =H

_____ Pass Interference	_____ Illegal Dribble	_____ Technical Foul
_____ Holding the Face Mask	_____ Kneeing	_____ Time-in
_____ Slashing	_____ Time-out	_____ Charging
_____ Fair Ball	_____ Offside	_____ Substitution
_____ Ball	_____ Hooking	_____ Corner Kick
_____ Incomplete Pass	_____ Strike	_____ Touchdown
_____ Penalty Kick	_____ Out	_____ Delay of Game
_____ Holding	_____ Clipping	_____ Foul Ball
_____ Unsportsmanlike Conduct	_____ Safe	_____ Traveling
_____ Illegal Motion	_____ Tripping	_____ Foul

Individual Sports

While you are a Webelos Scout, participate in two individual sports.

Former Individual Sports Belt loops

- Archery*
- Badminton (singles)
- BB-Gun Shooting*
- Bicycling
- Bowling
- Fishing
- Frisbee Golf
- Golf
- Gymnastics
- Hiking
- Horseback Riding
- Ice Skating
- Marbles
- Physical Fitness
- Roller Skating
- Skateboarding
- Snow Ski and Board Sports
- Swimming
- Table Tennis
- Tennis (singles)

* For safety reasons, the boys should learn these sports from either a qualified course or a BSA sponsored Camp (Webelos Wilderness Camp or Winter Camp)

Team Sports

Former Team Sports Belt Loops

- Badminton (doubles)
- Baseball
- Basketball
- Flag Football
- Golf (Team)
- Gymnastics (Team)
- Hockey
- Kickball
- Soccer
- Softball
- Tennis (doubles)
- Ultimate Frisbee
- Volleyball

Team Sports Ideas for Small Dens

Soccer

Ultimate Soccer

The game is played like Ultimate Frisbee. Divide the players into 2 equal teams and have them set up on either end of the field. Establish an end zone at each end with cones. The “kick off” team will kick the ball long to the other team. The receiving team traps the ball and the player that does so can make a few dribble moves but then must pass to a teammate to move the ball up the field. The goal is to move the ball up the field to a player in the end zone area who “scores” by trapping the ball in the end zone. The team without control of the ball should try to steal passes and mark open players, but the defensive players cannot steal the ball directly from a player with control.

Zone Wars

The half-field is marked with three different zones: the defensive, mid-field and offensive zones. The game is played with two teams (each with one goalie), two players in the defensive zone, three in the mid-field, and two in the offensive zone. Kids may not dribble out of their zone (they may only pass the ball).

Basketball

Half Court

Players play on a half-court. When a team takes possession of a ball, they MUST dribble out to the half court BEFORE they can make an attempt at the basket.

War

Divide your team into 2 groups. Use only one end of the court and have the two teams line up on opposing side lines. Spread them out evenly to start. Have the players number off so each side has a player 1, a player 2, etc. Place the ball at half court. The coach calls out a number “3!” and player 3 from each side sprints out to get the ball. The player that picks it up first is the offensive player and the other player assumes the defensive role. The offensive player then tries to score and can use his teammates on the sidelines for passing only. The sideline teammates cannot move once they have received the ball but can move up and down the sideline without the ball to help with receiving a pass. If the defensive player steals the ball or gets a rebound, he must ‘check’ the ball by passing it out to one of his teammates before he can attempt to score. Game is over after a score or each player has had an offensive attempt.

Tip: Mix this game up by calling out multiple numbers so players play 2-on-2 or 3-on-3 etc.

Good Sportsmanship



"MY GRAMPA SAYS IF YOU DO YOUR BEST, JOEY,
NO MATTER WHAT THE SCORE... YOU WIN!"

You hear a lot about being a good sport, but just what does it mean? Good sportsmanship is part of good citizenship. For example, to lose a class election gracefully is good sportsmanship. The following is the Sportsmanship Brotherhood's code of sportsmanship. The "spirit of good sportsmanship" means being modest in victory as well as accepting defeat gracefully after you try your best.

A good sport learns the rules so he will not break them. He competes with all his heart, striving to outclass his competitor. If he wins, he doesn't act smug, but instead compliments the loser for the fine job they did. If he loses, he accepts it and tries to figure out why. He doesn't blame it on other players; maybe he can win next time.

A good sport accepts defeat, congratulates the winners, learns how he can improve his game, and determines to do better the next time.

10 Ways to Be a Good Sport

Here are some ways that you can show others what good sportsmanship is all about:

1. Be polite to everyone you're playing with and against. No trash talk.
2. Don't show off. Just play your best. If you're good, people will notice.
3. Tell your opponents "good game!" whether you've won or you've lost.
4. Learn the rules of the game. Show up for practices and games on time.
5. Listen to your coaches and follow their directions about playing.
6. Don't argue with an official if you don't agree with his or her call. If you don't understand a certain call, wait until after the game to ask your coach or the official to explain it to you.
7. Don't make up excuses or blame a teammate when you lose. Try to learn from what happened.
8. Be willing to sit out so other team members can get in the game, even if you think you're a better player.
9. Play fair and don't cheat.
10. Cheer for your teammates even if the score is 1,000 to 1! You could inspire a big comeback!