



Cub Scouts Academic and Sports Program – Quick Reference Checklist

Badminton

Remember the belt loops are for the scout doing their best to learn about the sport or academic activity, and by putting the new techniques to practice with fellow scouts, in their community, or working with an adult.

Belt Loop

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.

Sports Pin

Earn the 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.
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.