

# Team Sports Merit Badge Worksheet



## Requirement 1

Explain Sportsmanship

Tell why it is important.

Give several good examples of good sportsmanship in sports.

1.
2.
3.
4.
5.

Relate one of these to everyday citizenship of the sports field.

Re

Scout Name \_\_\_\_\_ Unit # \_\_\_\_\_ Date \_\_\_\_\_

## Requirement 2

Take part for one full season as a member of an organized team in one of the following sports: baseball, basketball, bowling, soccer, softball, swimming, tennis, track and field, volleyball, or any other recognized team sport approved in advance by your Counselor, except boxing and karate.

Name the sport you are participating in: \_\_\_\_\_

Counselor's Approval: \_\_\_\_\_ Date: \_\_\_\_\_

Indicate the Inclusive Dates of the Full Season: \_\_\_\_\_ to \_\_\_\_\_

## Requirement 3

Take part in one of the following sports on a competitive basis in two organized meets or tournaments: archery, badminton, bowling, cycling, judo, orienteering, swimming, table tennis, tennis, track and field, or any other recognized sport approved in advance by your Counselor, except boxing and karate.

Name the sport you are participating in: \_\_\_\_\_

Counselor's Approval: \_\_\_\_\_ Date: \_\_\_\_\_

Indicate the Dates of the Two Meets: (1) \_\_\_\_\_ (2) \_\_\_\_\_

## Requirement 4

Make a set of training rules for the sport selected. Tell why these rules are important. Follow these rules.

Sport Selected: \_\_\_\_\_

Set of Training Rules:


Tell why these rules are important. Follow these rules.

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### Requirement 5

Design exercises for these sports. Keep a record of how you do in these sports for one season. Show how you have improved.

Sport Selected: \_\_\_\_\_

Design Exercises for the Sport.


Keep record of how you do in the sport for one season. List down the appropriate stats to keep record of on the first column.

STATS	GAME 1	GAME 2	GAME 3	GAME 4	GAME 5	GAME 6	GAME 7	GAME 8	GAME 9

### Requirement 6

Show proper techniques in two sports selected.

Sport # 1: \_\_\_\_\_ Sport # 2: \_\_\_\_\_

Show proper techniques in these two sports.

### Requirement 7

Explain the attributes of a good team leader; and a good team player.

GOOD TEAM LEADER	GOOD TEAM PLAYER

### Requirement 8

Draw diagrams of the playing areas for the two selected sports. Use the area below to draw your diagram.

SPORT #1	SPORT #2

Scout Name \_\_\_\_\_ Unit # \_\_\_\_\_ Date \_\_\_\_\_

### Requirement 9

Explain the rules and etiquette for two selected sports.

SPORT #1	SPORT #2

List Equipment Needed.

SPORT #1	SPORT #2

Scout Name \_\_\_\_\_ Unit # \_\_\_\_\_ Date \_\_\_\_\_

Describe the protective equipment needed, and tell why it is needed. Tell what it does.

SPORT # 1

PROTECTIVE EQUIPMENT	WHY IT IS NEEDED	WHAT IT DOES

SPORT # 2

PROTECTIVE EQUIPMENT	WHY IT IS NEEDED	WHAT IT DOES