



Cub Scout Table Tennis

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: March, 2011.

Scout's Name: _____

Pack: _____

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

Complete these three requirements:

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

2. Spend at least 30 minutes practicing table tennis skills. _____

3. Participate in a table tennis game. _____

Cub Scout Table Tennis Pin

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

1. Compete in a pack or community table tennis tournament. _____

2. Demonstrate your knowledge, use, and care of the equipment needed to play table tennis

(racket or paddle, _____

table and net, _____

ball, _____

tennis or basketball shoes, _____

and comfortable clothing). _____

3. Practice 30 minutes in up to two practice sessions developing serving skills. _____

4. Practice 30 minutes in up to two practice sessions developing your forehand and backhand strokes. _____

5. Explain to your leader or adult partner how spin affects the bounce of the ball. _____

6. Accurately set up a table tennis table and net according to USA Table Tennis rules. _____
7. Play five games of table tennis. _____

8. Participate in a table tennis skills development clinic. _____
9. Explain to your leader or adult partner how to score a table tennis game. _____

10. Participate in a game of doubles table tennis (four people playing in one game, two people per side). _____

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:  [How to Play Table Tennis](#)  [Intermediate Lessons](#)

Table Tennis History, Equipment, Rules: http://en.wikipedia.org/wiki/Table_tennis

United States Table Tennis Association: <http://www.usatt.org/>