

## Volleyball

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### **Belt Loop**

#### **Complete these three requirements:**

1. Explain the rules of volleyball to your leader or adult partner.
2. Spend at least 30 minutes practicing skills to play the sport of volleyball.
3. Participate in a volleyball game.

### **Sports Pin**

#### **Earn the Volleyball belt loop, and complete five of the following requirements:**

1. Compete in a pack, school, or community volleyball tournament.
2. Demonstrate skill in two volleyball passing techniques: forearm pass and overhead pass (setting).
3. Demonstrate skill in two volleyball serving techniques: underhand and overhand.
4. Spend at least 90 minutes in practice to develop individual skills for volleyball. Make a chart to record your practice efforts.
5. Explain how volleyball matches are scored, including the terms side-out and rally scoring.
6. Accurately lay out a volleyball court.
7. Play five games of volleyball.
8. Officiate at least three games of volleyball.
9. Explain the importance of good sportsmanship.
10. Attend a high school, college, or professional volleyball game.