

**Basketball Junior Badge**  
Created by Maggie Mullen, Senior troop 273  
Complete six parts including the two starred



1. Participate in a basketball league or basketball team for a season.
  
2. Practice these fundamental skills and show someone that you can do them correctly:  
dribble- with your right and left hands. Remember to keep your head up!  
shoot a lay up- from the right and left sides of the basket  
shoot a jump shot  
shoot a set shot  
chest pass  
bounce pass  
rebound
  
- \*3. Learn about the following common injuries, how to prevent them and how to care for them. (using the RICE method):  
sprains, jammed fingers, twisted ankles, muscle cramps, scraped knees and elbows
  
- \*4. Preparing for a game takes physical preparation and mental preparation. For one day try to be totally and 100% optimistic. Try eliminating phrases from your daily vocabulary such as "I can't... ". Instead try to train yourself to say "I can do that!" or "I'll try that!" Ask the people around you including your leaders or coaches to help you with this task.
  
5. Learn about the 5 different positions on the team, what they're called and how they are different from each other.
  
6. Learn about the following lines and areas on the court, make a poster to teach others: sideline, baseline, backboard, low post, high post, scorer's table, 3 point line, rim, lane or key or paint, half court
  
7. Learn two of the most basic plays in basketball, the "pick and roll" and the "give and go."
  
8. Investigate different leagues and teams in your area that you and/or others can join.
  
9. Learn some of the following calls that officials make and understand what happens when these calls are made:  
travel, double dribble, personal foul, technical foul, jump ball, out-of-bounds
  
10. Watch a game on TV or in person. Watch for the skills you have learned. If you don't understand something in the game be sure to ask!