



2020 Cub Scout Backyard Challenge



Sports Skills

Category: Health & Fitness

Difficulty: Intermediate

Description:

Let's have some fun with sports! Maybe your team hasn't practiced together in a while, but here are some drills you can do to improve your skills!

Use chalk on a sidewalk or driveway to mark cones or lines on a field.

Send us a video!

Basketball <https://www.youtube.com/watch?v=cDPeFsZkR9w>

Baseball <https://www.youtube.com/watch?v=ozDUXaVGF3c>

Soccer https://www.youtube.com/watch?v=QGhTpL_R1Lo

Tennis <https://www.youtube.com/watch?v=CZ3N27dGKvk>

Running https://www.youtube.com/watch?v=M9LCgq_4VOE

Football <https://www.youtube.com/watch?v=czNw9iels94>

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