

Be Healthy
Be Fit



Field Sports

Get out on the field and play! Soccer, softball, field hockey, track and field events, and lacrosse are all popular field sports. Get ready to get in the game with this badge. *Complete six of the following requirements.*

1. **Warm Up**

Warm-ups prevent injuries and help you play better. Start with a two-minute walk, then pick up speed for three more minutes. Slow down gradually. Take two minutes to do some slow stretches. Show your walk and stretch routine to someone else.

2. **Play Ball!**

Play a field sport at least six different times. What do you like about playing the sport? What do you dislike? How have you improved? What is your goal for getting better?

3. **Pump It Up!**

Music can make you feel pumped up and psyched for the game. Plan and make a tape with at least four songs that you think would prepare a team for a big game. Play it for your Girl Scout team, family or friends.

4. **Scores and Stats**

Choose a field sport that interests you. Learn how to keep score. What other statistics are important in the game? Attend a local match or game and watch the scorekeeper at work. Keep your own score for the game. Did you and the scorekeeper agree? No one playing this sport where you live? Watch a match on TV.

5. **Feet and Cleats**

Why do certain field sports require special shoes? Look at the footwear for three different field sports. What is the special feature of each? How do shoes for one game differ from shoes for the other two games? Not sure where to start? Visit a sporting goods store, look through catalogs, or go online to sites that sell shoes.

6. **The Right Stuff**

Choose a field sport and learn about the equipment needed to play. With a friend, list all the equipment that's needed. Then pick three of the pieces and find out: Why are they made the way they are? How do they work? How do you maintain them?

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7. **Drink Plenty of Liquids**

The recommended daily amount of water a person should drink is six to eight cups. While there are many liquids, water is the best for you and usually, the least expensive (especially if you get it from the tap). Try to drink six to eight cups of water a day, every day for three days. Did you do it? What helped/got in the way of reaching your goal?

8. **Work It, Girl!**

Find one woman with a sports career and interview her about her work. What does she like about her job? What training did she have to get? What advice does she have for young girls interested in that career? Don't have anyone local? Watch interviews of women in that field on TV, read about them in magazines, or go online.

9. **Team Up to Win!**

There are many different types of people and personalities on a team. Think about your favorite team or a team you play on. What are three things that help make that team a success? For one week, work on one quality that will make you a better team player.

10. **Be a Fan**

Choose a female athlete in a field sport you admire. Why do you admire her? Is she a good role model for girls? Design a sports trading card for your athlete.

This badge can be found in the *Junior Girl Scout Badgebook*, page 74. This text has been reproduced with permission from Girl Scouts of the USA—this document may not be copied or reproduced in any way.