



# GAME CHANGERS

WOMEN IN SPORTS

*Blue Team*



*Orange Team*

*This book belongs to*

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# Table of Contents

How to Play Basketball .....	4-6
How to Play Volleyball .....	7-9
How to Play Tennis .....	10-11
How to Play Soccer .....	12-13
How to Play Softball.....	14-16
Sports History .....	17-20
Bounce Activity .....	22
Digging Deep Activity .....	23-25
Softball Bracelet Activity .....	26-27
Tennis Ball Towers.....	28
Kick Power Test.....	29
Women in College Sports.....	30-31
NC Game Schedules .....	32-33
Book Club .....	34-35
Photo Challenge.....	36-37



**Basketball**

# Basketball

## Ball Size

Women's basketballs are one inch smaller in circumference than men's basketballs. The WNBA uses a Size 6 ball while the NBA uses a Size 7 ball.



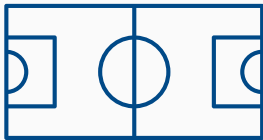
## Game Format

Women's basketball games are often played in four 10-minute quarters while men's basketball games are played in two 20-minute halves.



## Three-Point Line

The three-point line is one foot closer in women's basketball than in men's basketball.



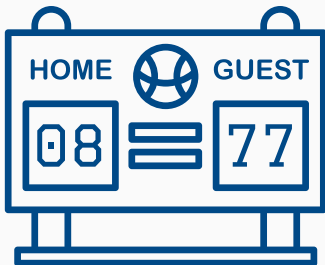
## Fouls

In women's basketball, team fouls are reset after each quarter.



## Game Clock

In the second half of a women's basketball game, the clock runs when the team has a 30-point lead.





**Volleyball**

# Volleyball

## Team Structure

Each team has 6 players on the court:

- 3 front-row players
- 3 back-row players



## Scoring Basics

- Rally-point scoring: A point is awarded on every serve, regardless of which team served.
- Matches are made up of sets (number of sets varies by level of play).

## Player Movement

- After the serve, front-line players may switch positions at the net.
- No player may block or attack a serve from on or inside the 10-foot line.



## Playing the Ball

- Maximum 3 hits per side; no player may hit the ball twice in a row (blocks don't count as hits).
- The ball can be played off the net on a serve or during a rally.
- You may use any part of your body to hit the ball.
- Catching, holding or throwing the ball is not allowed.



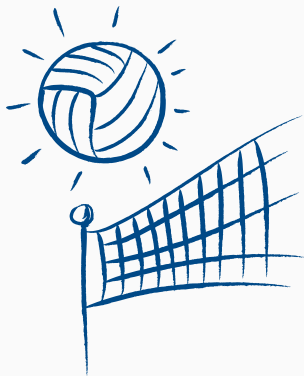
## What's Out, What's In?

The ball is out if it hits:

- An antenna.
- Outside the court boundary.
- Referee stand, poles or ceiling above a non-playable area.

The ball is in if it lands on:

- the boundary line.





**Tennis**

# Tennis

## Equipment and Court Basics

Tennis is played with a racket and a felt-covered rubber ball. Players wear tennis shoes designed for traction and quick movement on the court.

## Objective of the Game

Two players stand on opposite sides of the net and rally the ball back and forth. The main goal is to hit the ball in a way that the opponent cannot return it within the rules of play.



## Scoring Points

- A player wins a point if their shot lands in bounds and the opponent fails to return it before it bounces twice.
- Players can also win points by hitting the ball directly (a volley) before it bounces on their side.
- If the ball bounces twice on a player's side, the opponent who hit the last shot wins the point.

## Serving Rules

The server starts on the right side of the court and must hit the ball over the net into the opponent's diagonal service box.

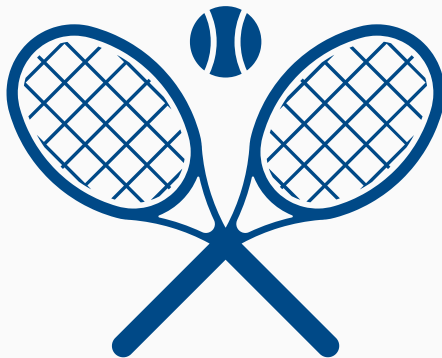
## Game and Match Structure

To win a set, a player must win at least two games. To win a match, a player must win two sets.



## Basic Rules of Play

- Players cannot step over the net or reach across it to hit the ball.
- Players must not drop or throw their racket at the ball.





**Soccer**

# Soccer

## Team Composition

A standard soccer game features two teams, each with 11 players, including a goalkeeper.

## Game Duration

The match is divided into two halves, each lasting 45 minutes, with a 15-minute break at halftime.



## Objective

The main goal is to score by getting the ball into the opponent's net.

## Rules on Using Hands

Only goalkeepers are allowed to use their hands, and they can only do so within the penalty area.

## Resolving Ties

If the score is tied at the end of regulation time, overtime or penalty kicks may be used, depending on the competition rules.



**Softball**

# Softball

## Teams Objective

- Softball is played between two teams of nine players each.
- The objective is to score runs by hitting the ball and rounding the bases to cross home plate.



## Game Structure

### Innings

- A game is divided into innings, each consisting of two halves:
  - Top half: The away team bats while the home team fields.
  - Bottom half: Teams switch roles.

### Number of Innings

- Standard NCAA college softball games consist of seven innings.
- Some leagues may use a different number of innings or implement a time limit.



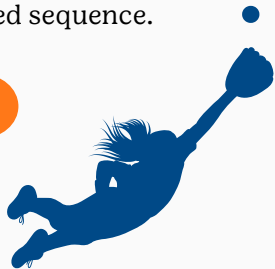
## Batting Rules

### Batting Order

- The batting order is fixed at the start of the game.
- Players must bat in the designated sequence.

## Pitching

The pitcher stands on the pitching rubber and delivers the ball underhand toward home plate.



## Special Rules

### Extra Innings

- If the game is tied after seven innings, extra innings are played until a winner is determined.

### Mercy Rule

- If the home team leads by eight or more runs during their at-bat, the game may end early under the mercy rule.





# History

# History

## Basketball

Senda Berenson, a physical culture director at Smith College, introduced basketball to her students in 1892. Berenson's rules were designed to promote womanliness and ladylike behavior and included nine players per team and a divided court. The first intercollegiate women's basketball game was played in 1896 between Stanford and the University of California, Berkeley.



## Volleyball

In 1895, William G. Morgan, a physical education director at the YMCA in Holyoke, Massachusetts, created volleyball as a low-intensity alternative to basketball for his businessmen clients. Morgan originally called the game "mintonette" and drew inspiration from basketball, baseball, tennis and handball.



# History

## Softball

Softball began as a modified version of baseball using broomsticks and was sanctioned at the collegiate level in 1910. The Amateur Softball Association standardized its rules in 1934. The sport gained popularity during World War II through the All-American Girl's Professional Baseball League. The first Women's College World Series was held in 1969 in Omaha, Nebraska.



## Tennis

In 1892, the first women's intercollegiate tennis invitational took place at Bryn Mawr College, with Radcliffe College's Sarah Whittlesey winning. From 1950 to 1957, intercollegiate competition expanded through grassroots efforts, led by Helen Lewis at Washington University. In 1958, the first national women's intercollegiate tennis championship was held there, with Darlene Hard of Pomona College winning the singles title.

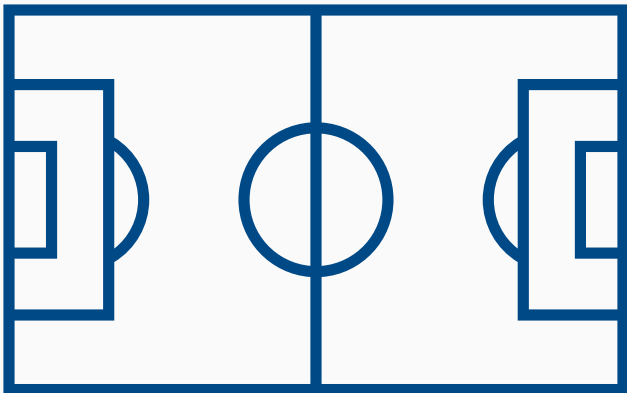


# History

## Soccer

Women's soccer began gaining traction at the collegiate level in the 1970s but really took off after the implementation of Title IX in 1972 which required equal athletic opportunities for women.

The first NCAA Women's Soccer Championship was held in 1982, won by the University of North Carolina. UNC went on to dominate the sport, winning 21 national titles under coach Anson Dorrance.





# STEM Projects

# Bounce

To understand energy transfer, conduct this simple experiment that demonstrates potential energy and kinetic energy. Also, talk about momentum, speed and mass.

## Vocabulary: Find the meaning of each of the words.

1. Energy
2. Kinetic energy
3. Momentum
4. Speed
5. Mass



## Directions

1. Bounce a basketball and observe how high it bounced.
2. Drop a tennis ball, taking note of its bounce.
3. Now, hold the tennis ball on top of the basketball and drop them at the same time. You will notice that the tennis ball bounced much higher than before. The basketball, on the other hand, didn't bounce as high. "Momentum/energy from the basketball transferred to the tennis ball." - [Physics.org](https://www.physics.org). The basketball lost energy. The tennis ball gained energy, causing it to bounce much higher.
4. Try holding the basketball on top of the tennis ball. Does weight make a difference? Record your findings.

# Digging Deep

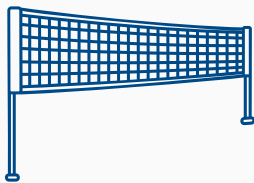
Volleyball is a fun and active sport involving teamwork, strength, agility and communication. Depending on the level of play, it may also require the skills of passing, setting, spiking and serving.

The following five volleyball games and drills are designed to help you gradually build those skills.

## Keep It Up

This is a great activity to introduce volleying and striking to your K-2 students. Scatter students throughout the area (best indoors to avoid wind), each with a balloon, punchball or beachball.

Give them time to explore playing with their balloon and teach them what to do with it on your stop signal. Then introduce Keep It Up, where the object is to keep the balloon in the air as long as possible by volleying it with various body parts. Add partner challenges to introduce volleying with another player.



## **The Shepherd**

Once your K-2 students can volley and strike their balloon with some control, try applying that skill to a little game called The Shepherd. In this game, 3-5 students are designated as “sheepdogs” and stand in the center of the area.

The other players line up on an end line, each with a balloon. They are the shepherds, and their balloons are the sheep. The object is to volley their sheep continuously as they walk through the “pasture” without allowing a sheepdog to tap their sheep away.

## **Passing 21**

For students in grades 3-6, introducing the volleyball forearm pass can be tricky. Allow students to use slower-moving balls, such as volley trainers or even beach balls, to allow them time to get into the correct position under the ball.

After you’ve taught the forearm pass (or bump), allow them to practice in small groups of 4-5 in a circle and play Passing 21. Always begin with an underhanded toss to someone in the group and have them practice keeping it up. The object is to score 21 with 3 points made for every pass made from the air and 1 point if it bounces.

## **Volleyball 4-Square**

When your 3-6 graders have some control with their forearm passes and sets, Volleyball 4-Square is a fun way to practice those skills. Create a 4-square court with 2 students in each square.

The object is to try to move to Square #1 by passing to other pairs in the square. When a pair makes an error (can't pass the ball into another pair's square), they move to Square #4, and all others move up a square. It's played like 4-square, using volleyball passing, setting and serving skills.

## **Volley Tennis**

This is a fun activity for middle schoolers still developing their passing skills and wanting to play a game with their other emerging skills. In Volley Tennis, they play a mini-3-on-3 game using a low net (tennis height) or a line of cones.

The object is for each player on each side to hit the ball (3 hits) before sending it over the net to the other group's court. The ball may bounce between each hit if needed. Use a ball that has a decent bounce for this activity. Players may use passing, setting and serving skills. If they are ready, you can add the spike!

# Softball Bracelet

## Supplies

Essential Items Required:

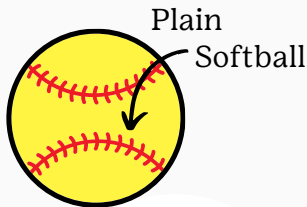
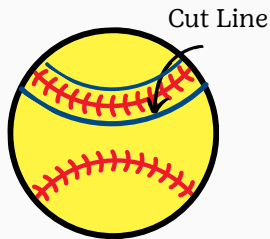
- Softball (note: one softball can yield two bracelets)
- Xacto knife

## Step One

Start by slicing around the softball stitches closely without cutting them. Cut around both the inner and outer parts. Trim uneven edges later.

## Step Two

After you have removed both leather pieces, you should have the red threading piece with some excess space on each side.



### Step Three

Now cut off any excess leather! Be careful not to cut the red thread. Now, measure the length of your wrist and then split it into two equal halves from your measurements.



### Step Four

Start by slicing around the softball stitches closely without cutting them. Cut around both the inner and outer parts. Trim uneven edges later.

#### Stitching Starts



### Step Five

Just tie or braid the ends together and voila! You've got yourself a cool homemade softball bracelet!



# Tennis Ball Towers

How can you use the given supplies to design and build a tower that will support a tennis ball?

Sketch and label a tower made from the supplies you will be using.

## Supplies:

- 1 tennis ball
- 4 coffee stir sticks
- 8 craft sticks
- 3 feet of tape
- 4 straws
- 2 feet of string
- Ruler
- Scissors

## Steps:

- You may only use the given supplies.
- You must use ALL the supplies in some way. They do not have to be functional.
- The tower can be any height.
- The tennis ball must be held on top of the structure and the bottom of the ball must be at least 10cm from the table.
- You may not pierce the tennis ball.
- The tower can be attached to the tabletop.

# Kick Power Test

## Set Up

Mark a start line with cones and measure out distance markers (use cones or tape measure).

## Kick the Ball

Each Girl Scout takes 3 turns kicking the soccer ball — one gentle, one medium, one hard.

## Measure & Record

After each kick, measure how far the ball traveled and write it down on a chart.

## Find the Average

Add the three distances together, then divide by 3 to find the average distance for each kick level.

## Discuss & Share

- Which kicks went the farthest?
- How did angle, force, or the ground (friction) affect the ball?
- Use the words force, trajectory, friction and momentum in your answers.



# Women In Sports

Choose one of the following sports and share three interesting facts about each player.

## Basketball

- Bridgette Gordon - Tennessee
- Sheryl Swoopes - Texas Tech
- Kelsey Plum - Washington
- Lynette Woodard - Kentucky

## Volleyball

- Kerri Walsh Washington - Stanford
- Dana Rettke - University of Wisconsin-Madison
- Gabrielle Reece - Florida State
- Christa Harmotto - Penn State

## Softball

- Kerri Walsh Washington - Stanford
- Dana Rettke - University of Wisconsin-Madison
- Gabrielle Reece - Florida State
- Christa Harmotto - Penn State

# Women In Sports

Choose one of the following sports and share three interesting facts about each player.

## Tennis

- Fiona Crawley – North Carolina
- Dasha Vidmanova – Georgia
- Danielle Collins – Virginia
- Diana Shnaider – NC State

## Soccer

- Mia Hamm – UNC
- Kristine Lilly – UNC
- Abby Wambach – Florida
- Cat Reddick Whitehill – UNC
- Jaelin Howell – Florida State





**Book Club**

# Book Club



## **We Got Game!**

35 Female Athletes Who  
Changed the World



## **Rebel Girls**

25 Tales of  
Unstoppable Athletes



## **Inspirational Female Sports Stories for Kids**

How 12 Remarkable  
Female Athletes Broke  
Down Barriers and Led  
the Way



## **Throw Like a Girl**

How to Dream Big &  
Believe in Yourself

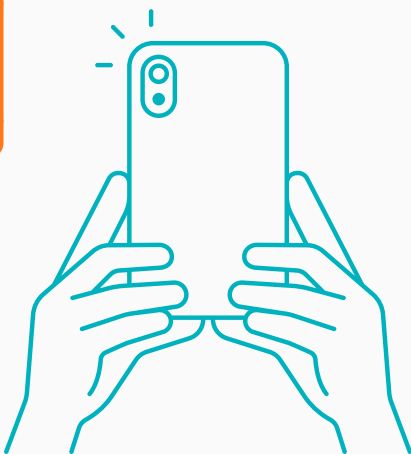
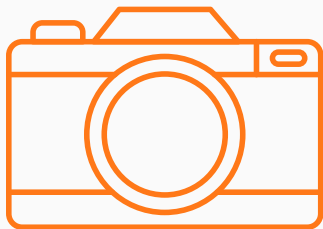


**Photo Challenge**

# Photo Challenge

Join our Sporting Event Photo Challenge! Capture a moment by taking a photo of yourself at each collegiate sporting event you attend. Share your enthusiasm and support for your favorite teams while helping us showcase our community spirit.

After the game, please send your photos to our marketing team at [info@girlscoutsp2p.org](mailto:info@girlscoutsp2p.org). Your images will help showcase our vibrant collegiate sporting community and may be featured in our promotional materials!



# Congratulations

Please go to [bit.ly/4pUU5HZ](https://bit.ly/4pUU5HZ) to request patches and give your feedback on the program.  
*Your opinions will help us plan and enhance future programming.*



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