



# Base run

Two players with one ball try to stop a third player from reaching a base at either end of a playing area. Warm-up by playing without the bases.

## What to do

### Setting up

- > Playing area with cones at either end (about 10m apart) to indicate the base for attackers.
- > One medium sized ball per group of three.

### Playing

- > Start with one ball between the two defenders on opposite bases. The base runner (without the ball), starts on the base next to the defender without the ball.
- > Defenders can change position but cannot run without the ball. Defenders pass the ball to one another, aiming to tag the attacker with the ball (they cannot throw the ball at the attacker).
- > The base runner attempts to run between the bases without being tagged.

- > If the base runner reaches one of the bases without getting tagged, one of the defenders becomes the new base runner.
- > Rotate so each player has a chance to be the base runner.

### Scoring

- > One point for each time a base runner reaches the base without being tagged.
- > Give base runner a time frame (e.g. 1 minute). The base runner gets one point for each time they reach the base without being tagged and defenders get one point for each time they tag the base runner.
- > Another option is not to score, and just rotate when tag/base run is made.



## Safety

- > Choose an area away from wall and other obstructions.
- > Don't throw the ball at the attacker.
- > Tagging must be confined to the area between the opponents shoulders and knees.

### Teaching tips

- > Encourage defenders to pass the ball and quickly move to a new position ready to receive next pass.
- > Encourage attackers to move into space away from the defender receiving the pass.
- > Encourage defender without the ball to move towards the base runner to receive the ball.

### LEARNING INTENTION

*Base run* develops skills of moving into space and relies on passing and catching skills. Defenders have to 'close down' space and attackers have to find space and choose between options (bases).

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION  
SPEED

MOTIVATION  
COLLABORATION

STRATEGY AND PLANNING

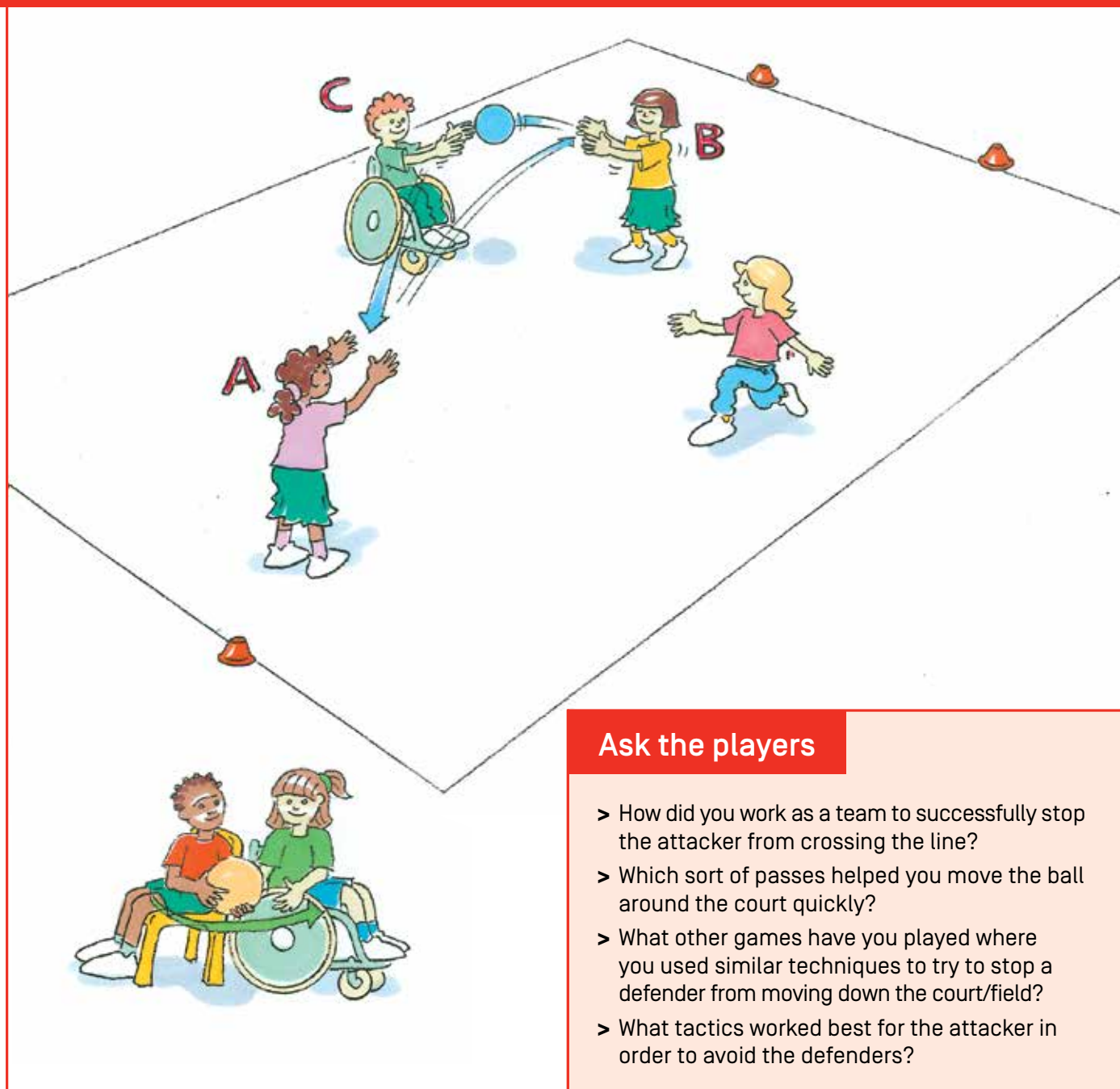
AC:HPE CONTENT DESCRIPTIONS

ACPMPO43  
ACPMPO61

# change it...

# Base run

- > **Vary the** – type of ball, size of playing area, type of pass, size and shape of base, time ball is held (e.g. 3 seconds maximum) **other combinations** – 3 v 1; 2 v 2; 4 v 1, 4 v 2 or 3
- > For players with limited mobility or throwing ability use a 3 v 1 game (e.g. Player A passes to Player B who moves in close to Player C. Player B passes the ball to Player C who in turn returns it to Player A who has moved into the path of the base runner and will now be able to attempt to make a tag).
- > Specify a number of passes before tagging when playing with a player with limited mobility.
- > Ask the group to set rules for this play and to explain why they have changed the rules and what outcome they expect the new rules will achieve. Does player C have to be involved in every play?
- > Allow use of a helper to assist the player with low mobility to catch the ball or move around the playing area where appropriate.



## Ask the players

- > How did you work as a team to successfully stop the attacker from crossing the line?
- > Which sort of passes helped you move the ball around the court quickly?
- > What other games have you played where you used similar techniques to try to stop a defender from moving down the court/field?
- > What tactics worked best for the attacker in order to avoid the defenders?