

# 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.

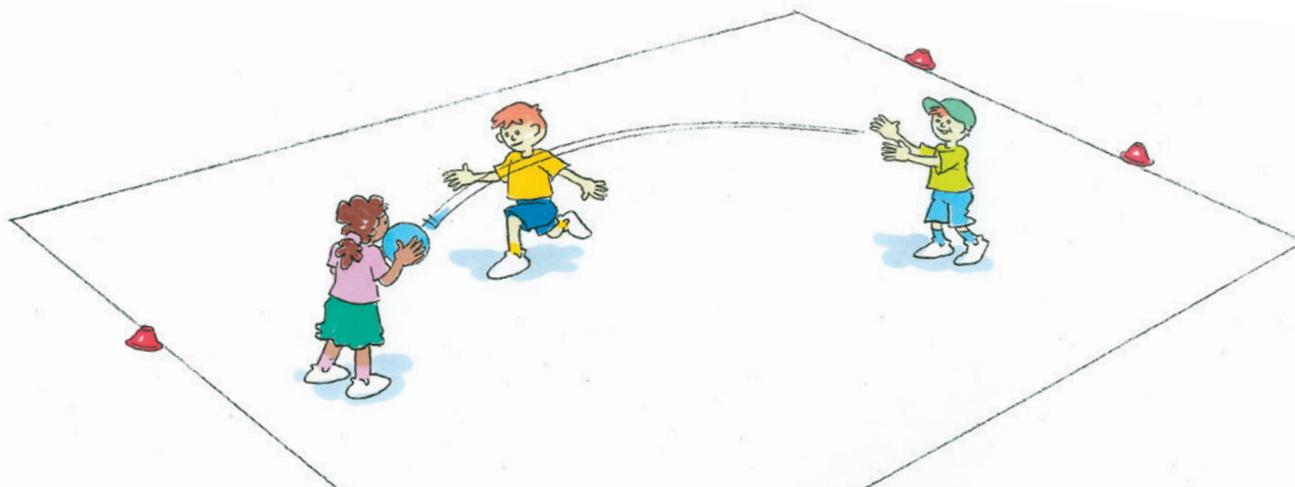
### PLAYING

- > Start – one ball between the two defenders who start at opposite ends, the attacker (without ball) in the middle.
- > Defenders can change position but cannot run with the ball.
- > Defenders pass the ball to one another aiming to tag the attacker – defenders are not allowed to throw the ball at the attacker.

- > The attacker (base runner) tries to reach either base.
- > If the base runner reaches one of the two bases without getting tagged, one of the defenders becomes the new base runner.
- > Rotate so each player has a chance to be a base runner.

### Scoring

- > One option is not to score, another is for the attacker to score a point by successfully reaching either base.



## 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.

### 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).

SKILL FOCUS

CATCHING  
AWARENESS  
SPATIAL  
THROWING

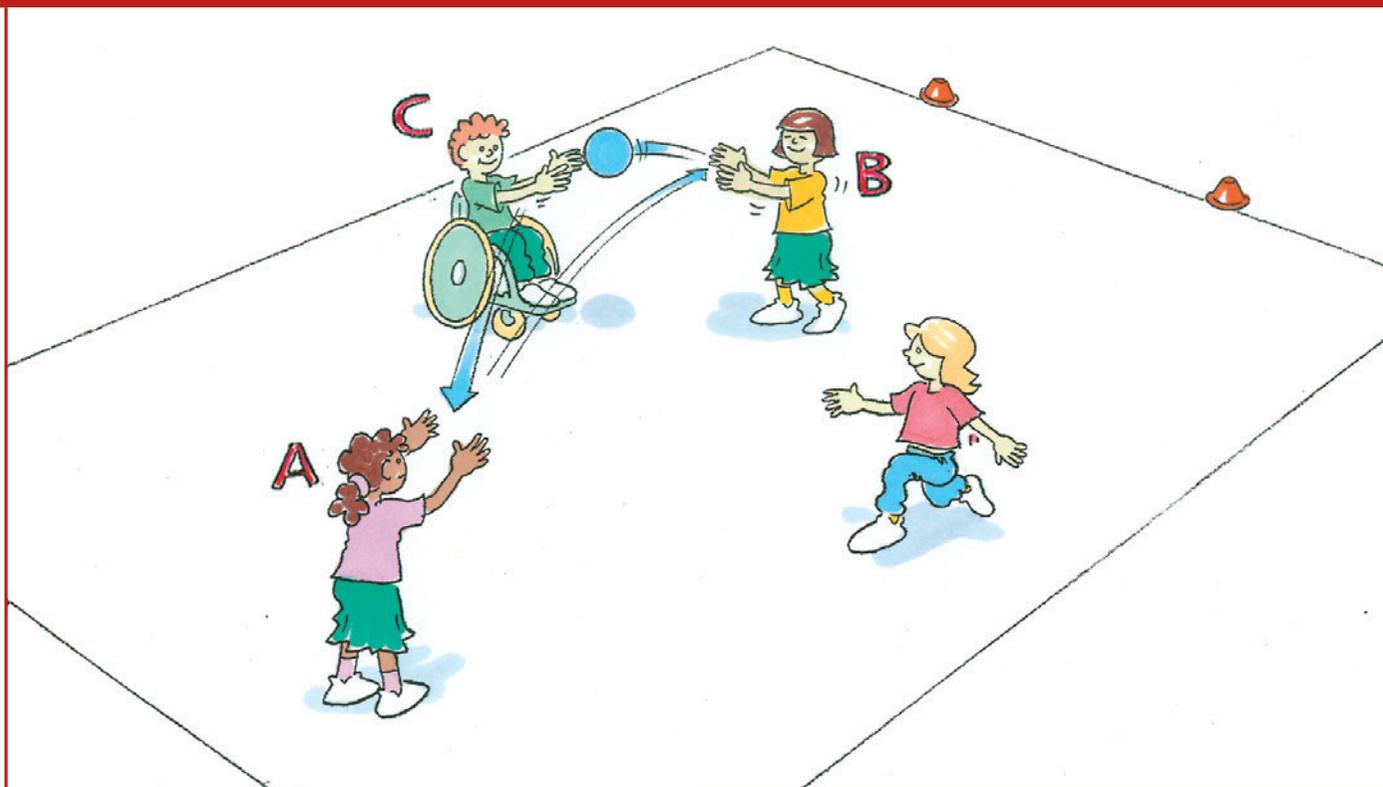
CONTENT DESCRIPTIONS

ACPMPO43  
ACPMPO61

## change it...

### Change it

- > **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?