

Base run

Time: 15 minutes

Activity

Group

- Two players try to stop a third player from reaching a base at either end of a playing area.
- 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 being 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 the base runner a time frame (e.g. 60 seconds).
- Defenders get one point for each time they tag the base runner.



Equipment

- Playing area with cones at either end (about 10 metres apart) to indicate the base for attackers.
- Ball / object for passing such as a basketball, soccer ball, netball, cushion, teddy bear, soft toy.
- Marking cones (could use shoes, cushions, cups, or tea towels).

Activity variations

- Play without bases using a set area. The runner moves around the square and defenders must pass the ball until the tag is made.
- Make the area smaller/bigger.
- Rotate so each player has a chance to be the base runner – swap after a set time or a set score.
- The base runner has to hop on one leg or kangaroo hop instead of run between bases.

