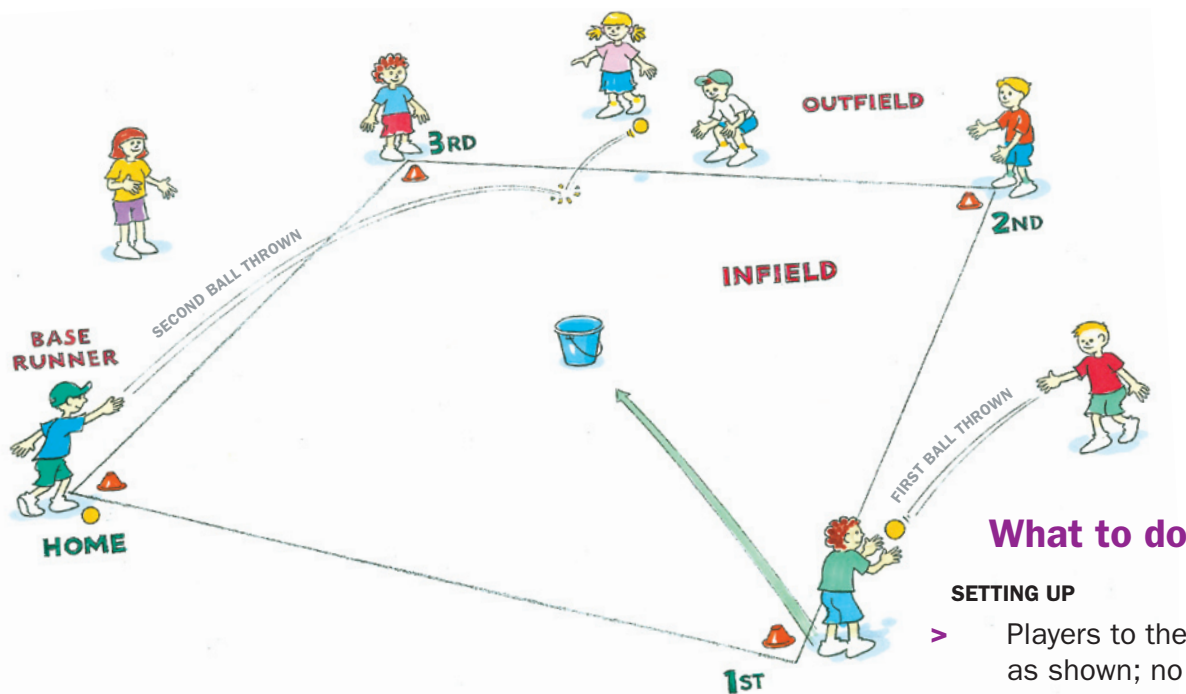




Australian Government
Australian Sports Commission



A base runner and up to 6 fielders. A base runner throws 3 balls into the field and then attempts to run around 4 markers before fielders place all 3 balls in a bucket and call **'STOP!'** (6–10 per group).



What to do

SETTING UP

- > Players to their positions as shown; no fielders in the in-field

BASE RUNNER

- > Throws 3 balls to either the out-field or in-field.
- > Runs to first base as soon as the third ball is thrown and continues to the next base until a fielder calls **'STOP!'**
- > Changes places with someone in the field when **'STOP!'** is called. The new runner starts at home base.

What you need

- > Indoor or outdoor playing area
- > 3 small to medium-sized balls depending on the skills of the group
- > 4 markers to define a playing diamond
- > A plastic bucket in the middle of the diamond (or use a hoop)
- > Harder variation: use a bat to hit the ball off a tee

Beat the bucket

FIELDERS

- > Gather balls and throw them to one of the fielders on the bases.
- > Base-fielders run the ball to bucket in the centre of the diamond.
- > When all 3 balls have been returned to the bucket, a fielder calls **'STOP!'**

Scoring

- > Each base = 1 point before a fielder calls **'STOP!'**
- > Runners keep track of their own score.
- > Player who finishes with the most points wins.

Change it

- > Place 2 fielders near the bucket and the other fielders in any suitable fielding position.

LESSON LINK

Beat the bucket is a fielding game that develops teamwork. Runners are challenged to place balls tactically and fielders to position themselves effectively and to return the balls in the shortest possible time. The game links to softball and baseball.

SESSION PLANS

Combo > Start out CP 07b + Get into it SF 07 + Get into it SF 06
Mixed combo > Start out CP 07b + Get into it NC 03 + Get into it SF 06

Beat the bucket

Skills > Throwing/catching/teamwork · Finding 'space' · Best fielding positions · Running

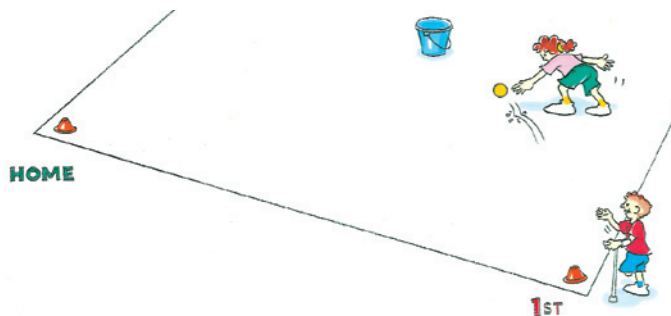
change it...

Coaching

- > Players with less developed throwing/catching/fielding skills can be coached on the side.
- > Ask the players how they can ensure everyone is included.

Game rules

- > **Fielders** – allow a player to be positioned in the in-field and require at least one ball to be thrown to the in-field area; require at least one ball to be touched by a player with restricted coordination or mobility, or require all fielders to touch at least one ball.
- > 2 players work in tandem, e.g. the ball must be relayed to the bucket using at least 2 players.



- > **Scoring** – provide bonus points for 2nd, 3rd and home base. e.g. 2nd base = 2 points, 3rd base = 3 points, home base = 4 points.
- > **Field anywhere** – allow fielders to choose their own positions.
- > **Roll return** – return the ball by rolling it.
- > **False calls** – provide bonus points to a runner if '**STOP!**' is called too soon.

Equipment

Use different balls:

- > **Harder for runner** – use a bat to hit the ball off a tee.
- > **Easier for runner** – increase the number of balls thrown into the field.

Playing area

- > **Harder for runner** – increase the distance between bases.
- > **Harder for fielders** – decrease the distance between bases.

Safety

- > All fielders should keep an eye out for the balls as well as other running fielders.
- > Players should communicate when retrieving a ball or throwing a ball.
- > If only one fielder is located at the bucket, consider the alternative of fielders rolling the ball or using an agreed signalling procedure.
- > Players should have done space/player awareness activities before playing (see e.g. Start out WC 3a,b).
- > Ensure sufficient space between different games.



ASK THE PLAYERS

Runner

- > 'Where is the best place to throw?'

Fielders

- > 'Where will you position yourself?'
- > 'How can you work as a team to return the ball to the base-fielders who will run the balls to the bucket?'