



Australian Government
Australian Sports Commission

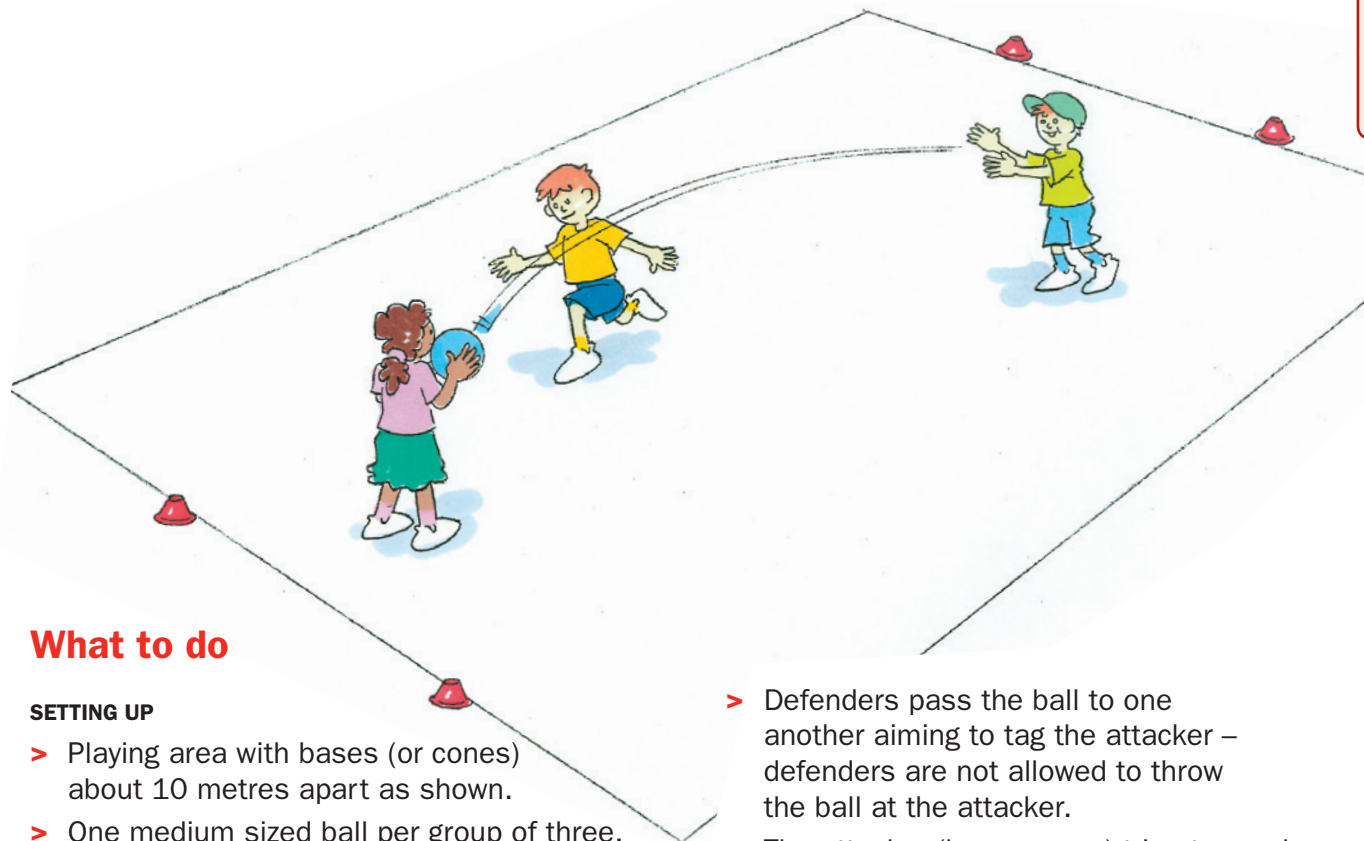
EASY MED HARD



Base run

A

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 bases (or cones) about 10 metres apart as shown.
- > 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.



LESSON LINK *Base run* develops base running skills and relies on passing skills. Defenders have to 'close down' space and attackers have to find space and choose between options (bases).

SESSION PLANS

Mixed combo > Start out INV 01 + Get into it TG 12 + Get into it INV 07b

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.

- > Specify a number of passes before tagging when playing with a player with limited mobility.

- > Ask the group to set rules for this play. Does player C have to be involved in every play?
- > Allow use of a helper where appropriate.

