

RUNNING BASES



INSTRUCTIONS:

Number of Participants:

4-12 people

Materials:

Bases, ball, baseball gloves (optional)

Steps:

Set up two bases about 30 feet apart. Depending on the number of players you could use cones, small sections of carpet, shirts, or real bases.

Select two players to serve as the throwers. They will guard the bases. The other participants can divide themselves between the two bases.

The throwers toss the ball back and forth while the other kids run from one base to the other. Each runner gets three "outs" and the last one standing wins. If a player is tagged with the ball they get an "out." The last two runners can be throwers for the next game!

Variation: To increase the difficulty for the runners, require the kids to run at least once every throw, or use a tennis ball instead of a baseball and allow throwers to get an "out" by hitting a runner with the ball below the shoulders.



Play matters

80% of parents say it is important that outdoor public play spaces and facilities are within walking distance for their children.

Take action

Take videos and pictures of kids playing fun games and share them on your Play Day page!