HAVE ONE – NEED ONE

GAME DETAILS:
Theme: Passing, Catching, Movement
Field Location: Anywhere
Field Position: All
Time Needed: 5-10 minutes
Athlete Development Stage: Foundations, Emerging Competition, Competitive, High Performance

OBJECTIVE:
This game is played in groups, providing a high number of repetitions, and reinforces passing, catching, communication and movement with multiple teammates.

DESCRIPTION:
• Start with slightly fewer balls than players
• Players with a ball must call, “Have 1”, while players without a ball must call, “Have 1”.
• When a player hears “Have 1”, they must locate the player and pass the ball.

EXECUTION:
• Coaches should stress constant movement.
• Game can be used to focus on options such as moving to the ball or moving away and working on over the shoulder passing/catching.
• Work on focusing on team communication and awareness in traffic.

SKILLS PRACTICED:
• Passing/Catching
• Vision
• Communication
• Stick Protection

VARIATIONS:
• Have players make creative passes to focus on catching (potentially) bad passes. Also helps promote creativity.
• Use for ground balls and passing.
• Use constraints to increase intensity such as smaller spaces for more intensity, or larger spaces to incorporate more conditioning.
• Turn into a competition and see who can catch the most passes.
"Need 1"

Pass

"Have 1"