

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.



DIAGRAM:

