



Have 1, Need 1

Appropriate Age Group: 6-9

Skill(s) Practiced: Catching, Throwing, Movement

Drill Duration: 5 minutes

Resources: Less balls than children participating

Description: Scatter balls all over the field. On the coaches whistle, the players will run out and scoop a ball. Those that get a ball will call out "Have one!" those players that do not have a ball will call out "Need 1!" When a "Have one" hears "Need one" they will pass or roll a ball to the need one, then they call out "Need one." This continues for several minutes.

Progression(s): Switch top hand on the stick.

Drill Diagram:

