

Game Management

Efficient and Effective Substitution

Efficient and Effective Ways to Manage Substitution

Limit the number of players substituted at one time. No more than one third of the players on the field should be substituted on any given substitution. This will help to maintain some dynamic between the players on the pitch.

When you assign positions for your starting line-up, assign the players on the bench their substitute position. This helps with organization for the coach and encourages players to focus on their position in the game.

In the same fashion, players coming off the pitch can be given their next position as they come off the field; e.g., “Player 1 you will be going in for Player 3 at left back. Get some water and I will call for you when it is time.” If you wish to send them back in sooner, players can be instructed to return to the touch line as soon as they are ready.

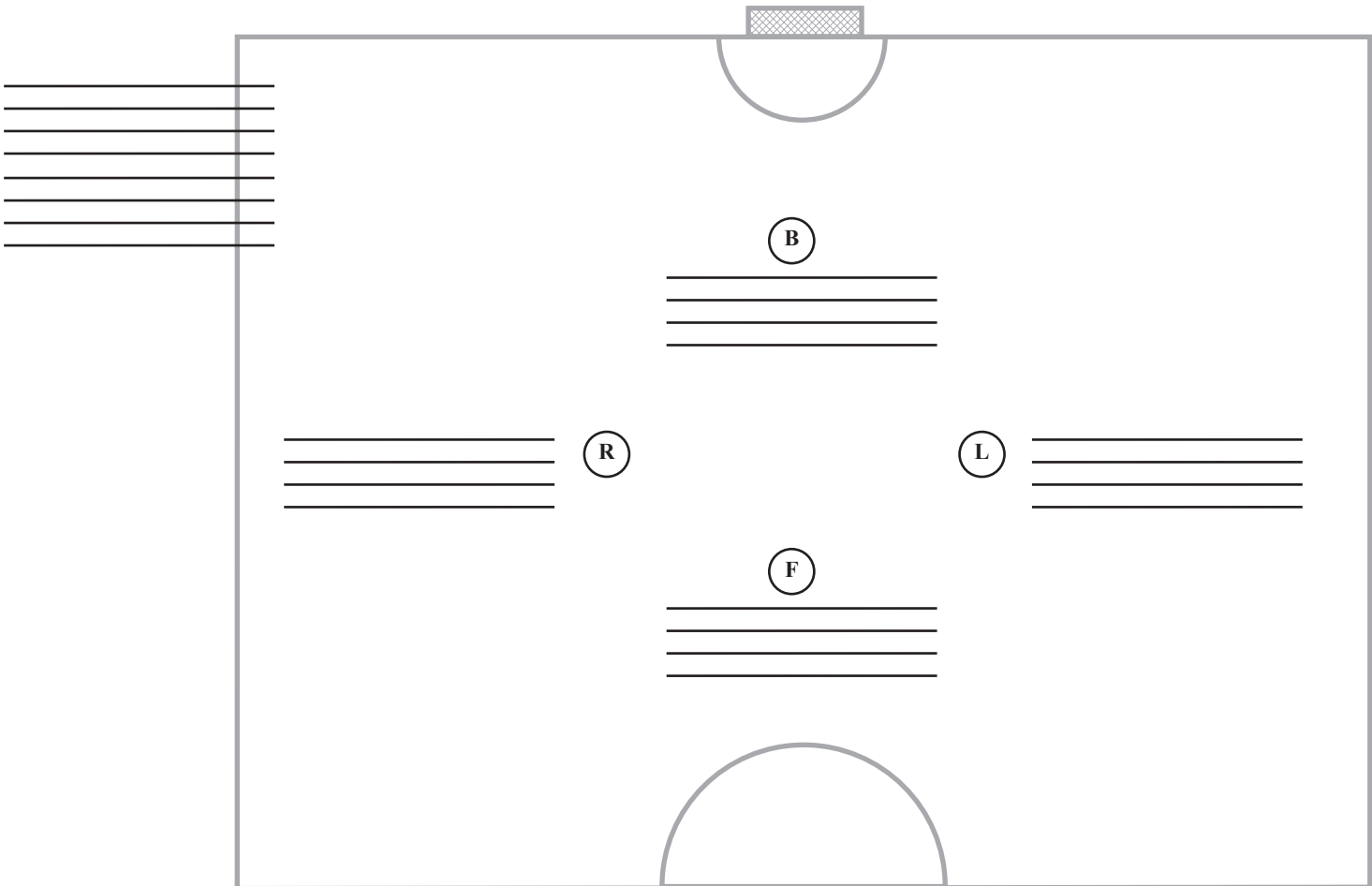
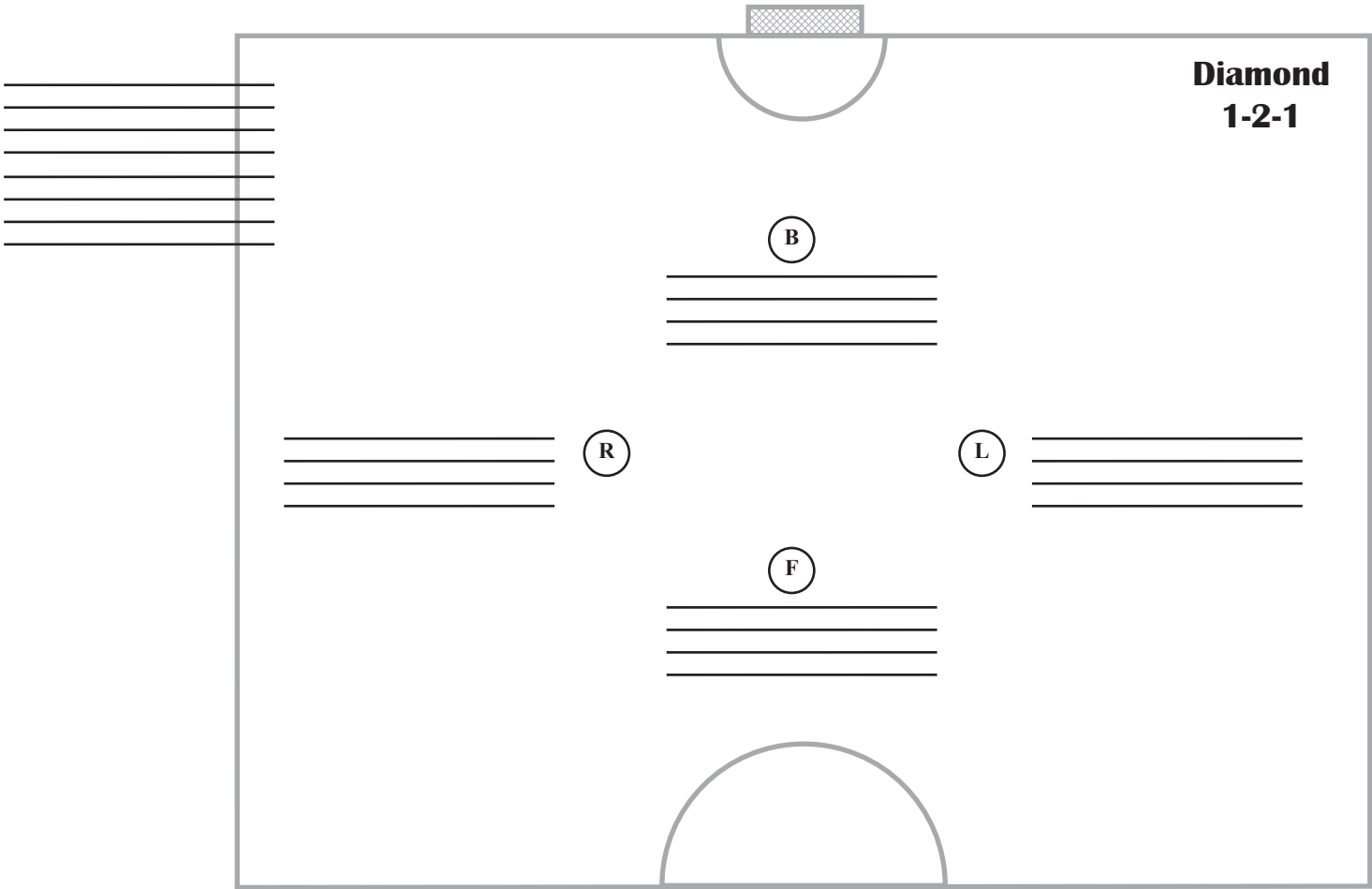
The System Roster sheets can help you stay organized and facilitate equal playing time for all of your players.

**To use the roster sheets, just print out the sheet with the system you use. Each sheet has two pitches one for each half (U6 and U8 you may want to use two sheets one pitch for each quarter). Fill in the players names as you assign them on the line under the position. You can fill in as many substitutes as needed at each position.*

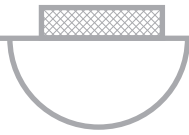
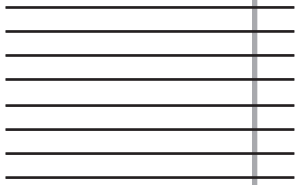
U - 6 & U - 8

4 v 4 / 5 v 5

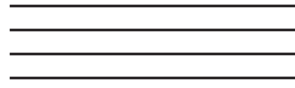
**Diamond
1-2-1**



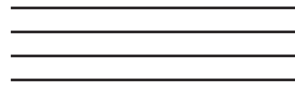
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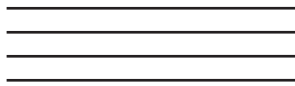
B



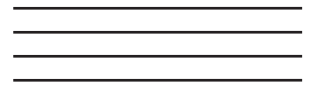
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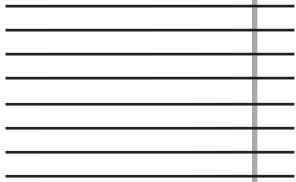
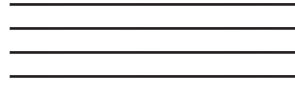
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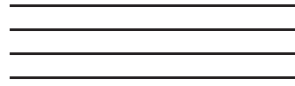
L



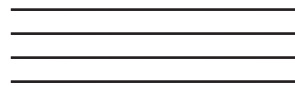
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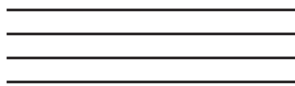
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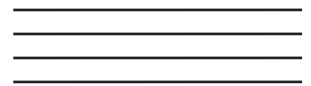
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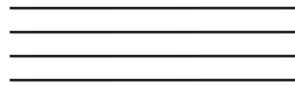
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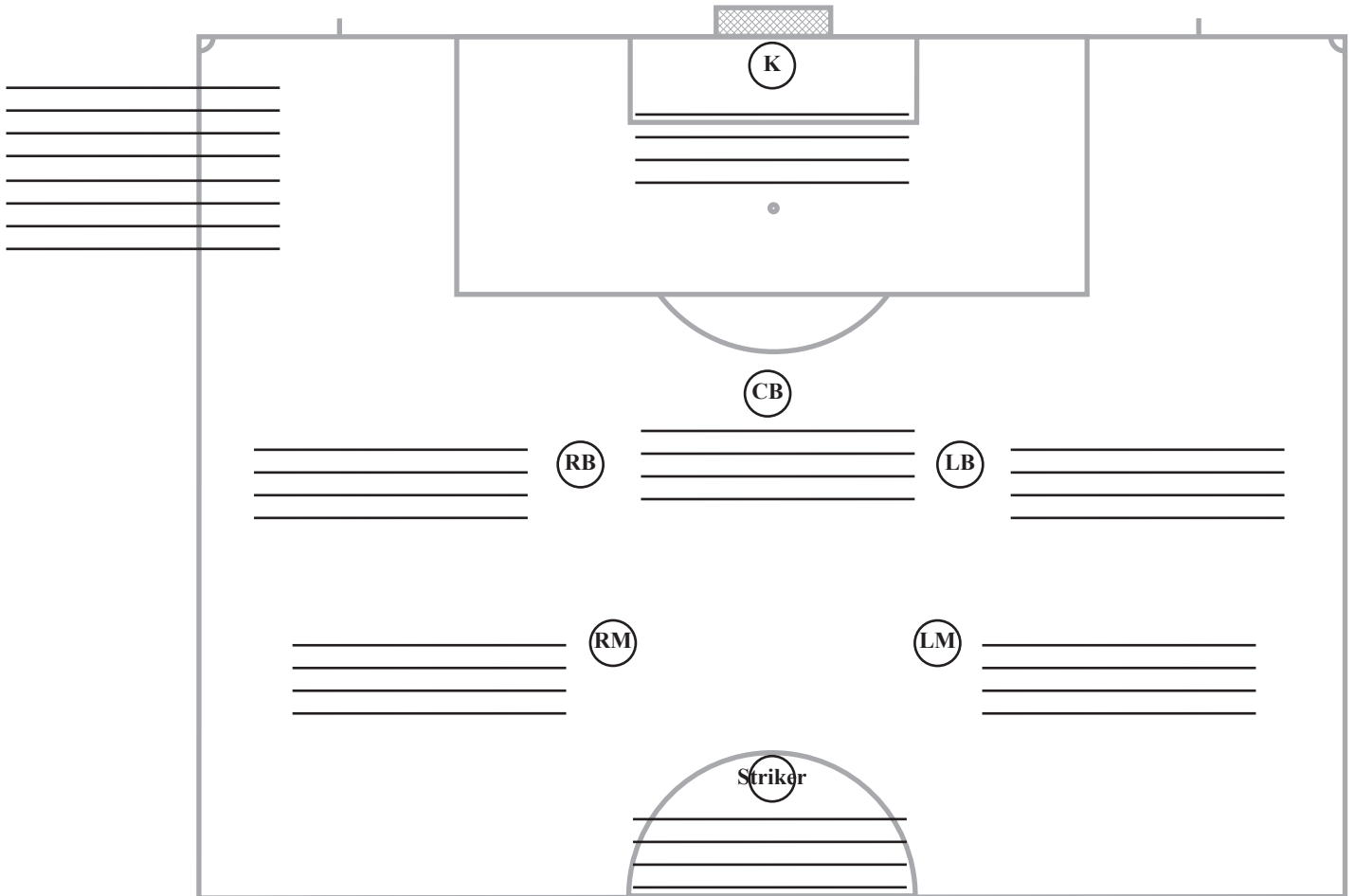
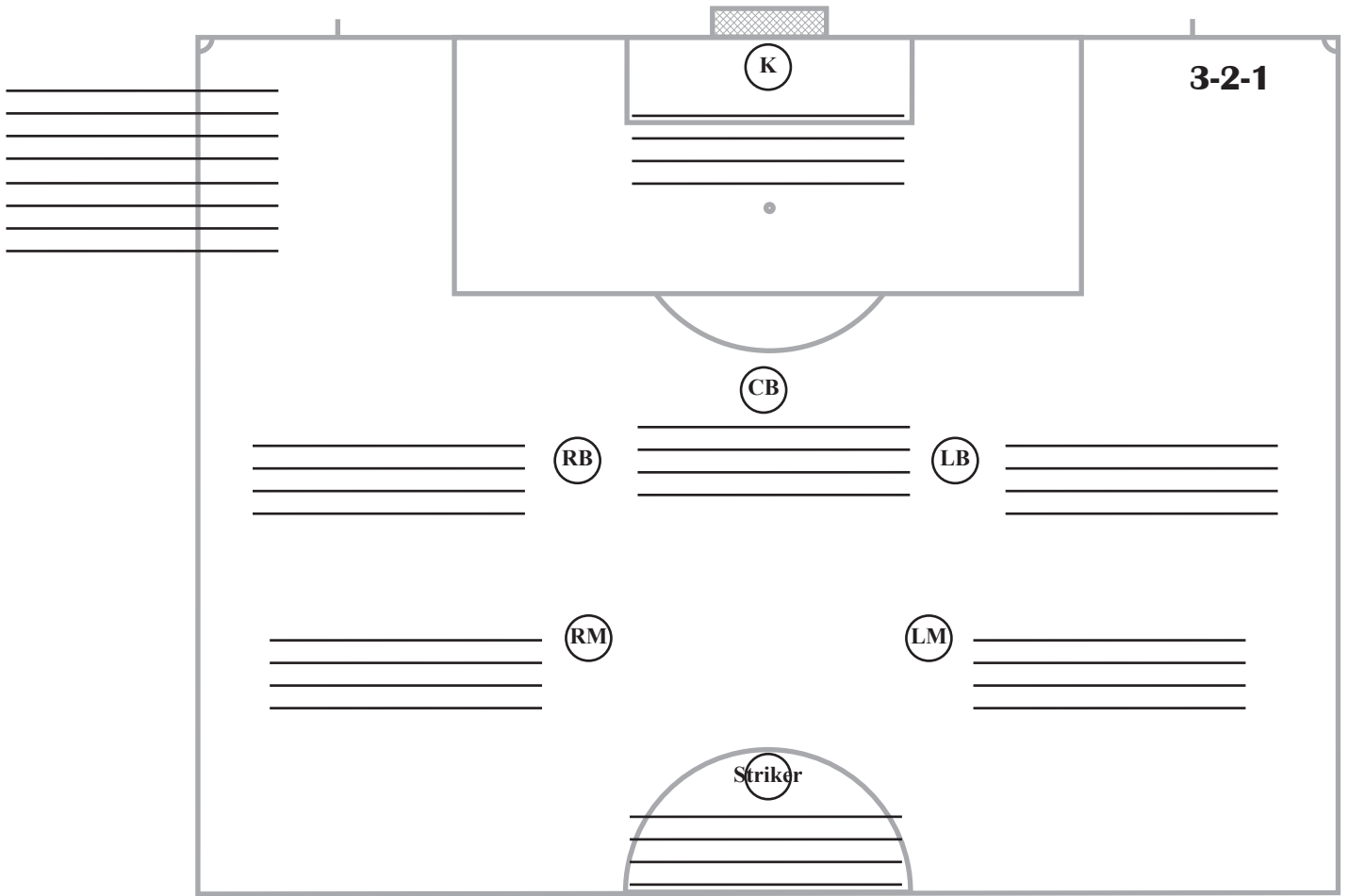


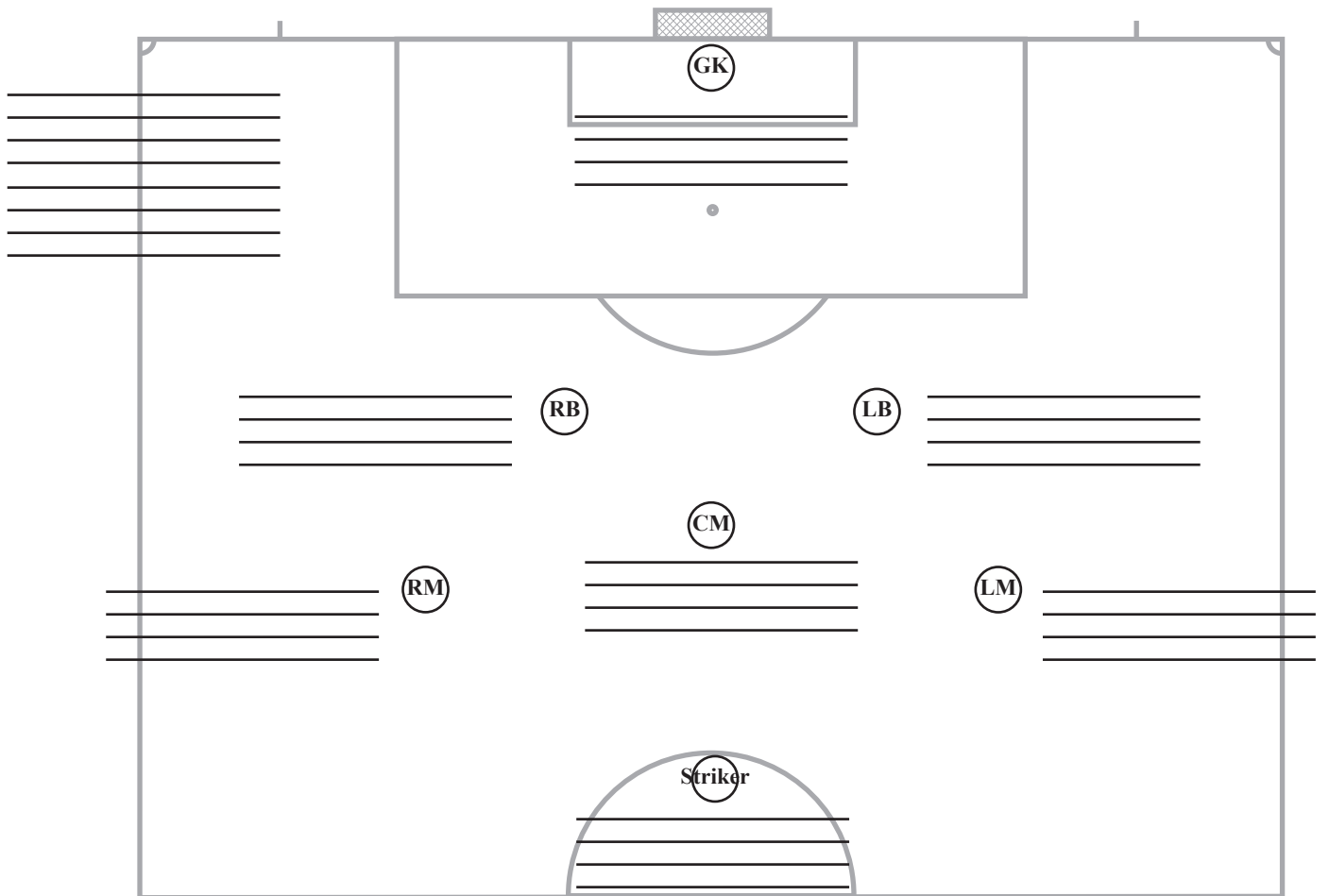
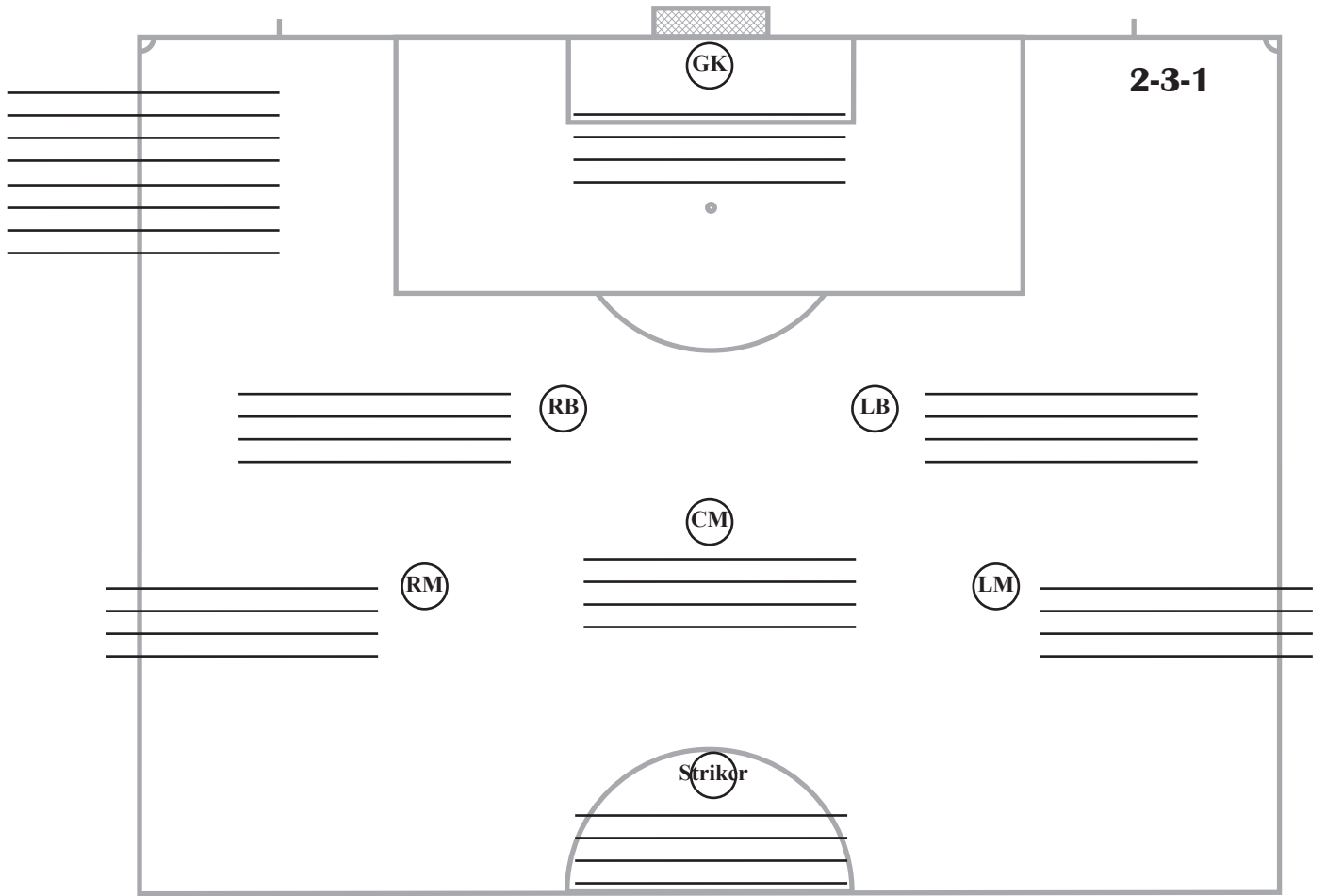
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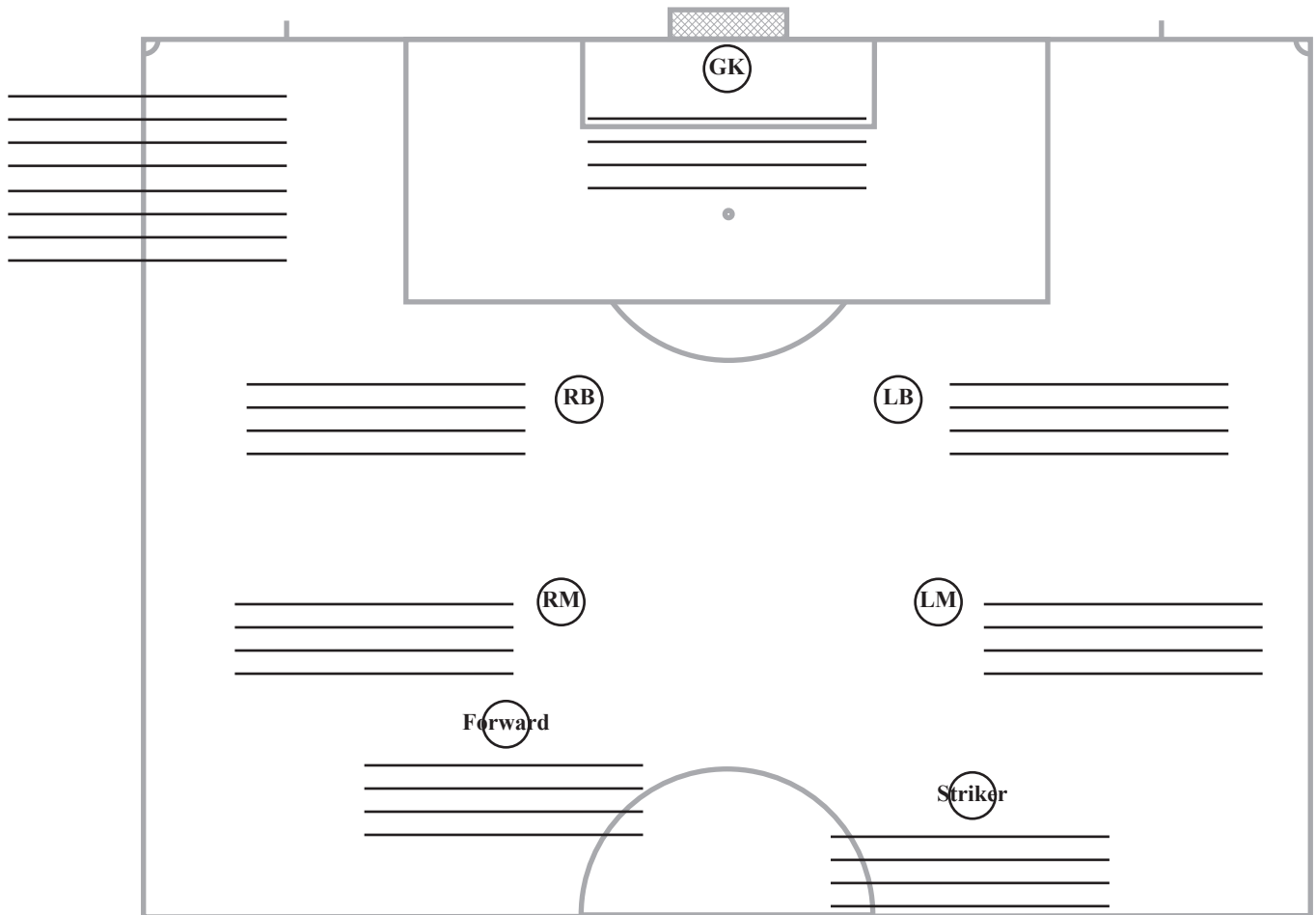
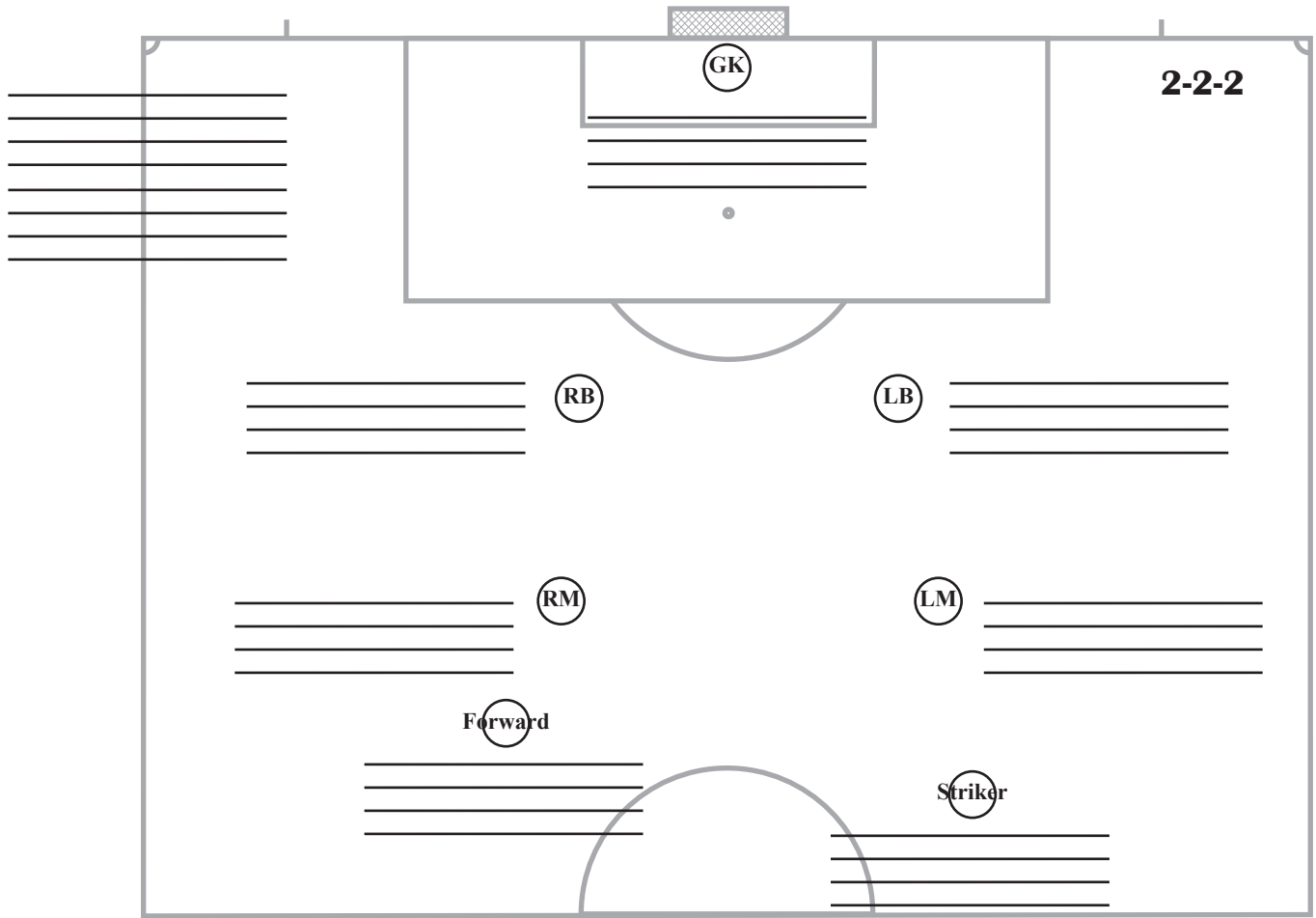


U - 10

7 v 7







U - 12

9 v 9

