

Subbing Systems

8th grade 5v5

Option 1 6 players in team -
 40min game
 sub 1x player every 8 mintues -
 each player gets 32min of football

| | 0m-8m | 8m-16m | 16m to 24 or 4m after half time | 24m -32m | 32-40m |
|--------|-------|--------|---------------------------------------|----------|--------|
| Player | 1 | 6 | 6 | 6 | 6 |
| Player | 2 | 2 | 5 | 5 | 5 |
| Player | 3 | 3 | 3 | 4 | 1 |
| Player | 4 | 4 | 4 | 2 | 2 |
| Player | 5 | 5 | 1 | 1 | 3 |
| Sub | 6 | 1 | 2 | 3 | 4 |

9th Grade 7v7

Option 1 9 players in team -
 40min game
 sub 2x players every 10 mintues -
 each player gets 30min of football

| | 0-10 | 10m-20m | Half to 30 | 30m to 40m |
|--------|------|---------|------------|------------|
| Goalie | G | G | G | G |
| Player | 1 | 7 | 7 | 7 |
| Player | 2 | 8 | 8 | 8 |
| Player | 3 | 3 | 5 | 1 |
| Player | 4 | 4 | 6 | 2 |
| Player | 5 | 5 | 1 | 3 |
| Player | 6 | 6 | 2 | 4 |
| Sub | 7 | 1 | 3 | 5 |
| Sub | 8 | 2 | 4 | 6 |

Or if two goalies, ie play a half each.

The goalies should be rewarded by playing a full game, half on field, half in goal. If this is 1 other player will play the whole game as well 6 players subbing. Simply rotate this play goalies each week. So everyone get a whole game now a then

9th Grade

Option 1 9 players in team -

40min game
 2x goalies - Switch goalie at halftime
 each player gets 30min of football

| | 0-13m | 13m-26m | 26m - 40m |
|---------|-------|--------------------------|-----------|
| In Goal | G1 | G1 then G2 at haltime | G2 |
| Goalie | G2 | G1 | G1 |
| Player | 3 | 3 | 3 |
| Player | 4 | 8 | 8 |
| Player | 5 | 9 | 9 |
| Player | 6 | 6 | 3 |
| Player | 7 | 7 | 5 |
| sub | 8 | 4 | 6 |
| Sub | 9 | 5 | 7 |

10th Grade 7v7

Same as 9th Grade, but as the game is 50m the time intervals change to.
 If into 1/4s then sub at 12m, then half then 37m (2subs, 1 goalie)
 If into 1/3s then sub on the 16 min then 32min (3x subs or 2 subs but 2x goalies)

11th + 12th/13th + IG 9v9

Hopefully at this age you will have a full time goalie.

Option 1 11 players in team
 11th grade - 60min game, so sub every 12 min
 12/13 grade - 70min game so sub every 14 min

| | | | | | | |
|--------|----|----|----|----|----|----|
| Goalie | G | G | G | G | | |
| Player | 1 | 9 | 9 | 9 | 9 | 9 |
| Player | 2 | 10 | 10 | 10 | 10 | 10 |
| Player | 3 | 3 | 1 | 1 | 1 | 1 |
| Player | 4 | 4 | 2 | 2 | 2 | 2 |
| Player | 5 | 5 | 5 | 3 | 3 | 3 |
| Player | 6 | 6 | 6 | 4 | 4 | 4 |
| Player | 7 | 7 | 7 | 7 | 5 | 5 |
| Player | 8 | 8 | 8 | 8 | 6 | 6 |
| Sub | 9 | 1 | 3 | 5 | 7 | 7 |
| Sub | 10 | 2 | 4 | 6 | 8 | 8 |

Option 2 7 players
 40 min game
 sub 3 x players every 13 min
 1 player gets full game each week (rotate this)

| | 0-13m | 13 m-26m | 26m-40m |
|--------|-------|----------|---------|
| Player | 1 | 6 | 6 |
| Player | 2 | 7 | 7 |
| Player | 3 | 3 | 1 |
| Player | 4 | 4 | 2 |
| Player | 5 | 5 | 5 |
| Sub | 6 | 1 | 3 |
| Sub | 7 | 2 | 4 |

Option 2 10 players
 40 min game
 sub 3 x players every 13 min
 each player gets 26min of football

| | 0-13m | 13 m-26m | 26m-40m |
|--------|-------|----------|---------|
| Goalie | G | G | G |
| Player | 1 | 7 | 7 |
| Player | 2 | 8 | 8 |
| Player | 3 | 9 | 9 |
| Player | 4 | 4 | 1 |
| Player | 5 | 5 | 2 |
| Player | 6 | 6 | 3 |
| Sub | 7 | 1 | 4 |
| Sub | 8 | 2 | 5 |
| Sub | 9 | 3 | 6 |

the case then
 per or perhaps

Option 2 12 players

11th grade - 60min game, so sub every 20 min

12/13 grade - 70min game so sub every 23 min

2 player gets full game each week (rotate this)

| | G | G | G |
|--------|----|----|----|
| Goalie | | | |
| Player | 1 | 9 | 9 |
| Player | 2 | 10 | 10 |
| Player | 3 | 11 | 11 |
| Player | 4 | 4 | 1 |
| Player | 5 | 5 | 2 |
| Player | 6 | 6 | 3 |
| Player | 7 | 7 | 7 |
| Player | 8 | 8 | 8 |
| Sub | 9 | 1 | 4 |
| Sub | 10 | 2 | 5 |
| Sub | 11 | 3 | 6 |