



## **SOCCER SUBSTITUTION PATTERNS**

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This substitution pattern booklet has been created to assist our coaches in providing equal, *or as close to equal to*, playing time for every participant. We have provided several substitution patterns for each age division so that our coaches can follow a specific pattern corresponding to the number of players that attend a game.

The following substitution pattern's are to be used for each game throughout the season. The letters listed below each period represent a place holder for a particular player. It is the responsibility of the coaches to ensure that they follow the substitution patterns as closely as possible. These substitution patterns have been created to assist our coaches in providing equal, *or as close to equal*, playing time for all of the players on a team.

In the event that an issue arises with a team and their players playing time, the Site Supervisor in charge of the facility will step in to resolve the issue if necessary. Teams and coaches that violate or attempt to violate this substitution pattern procedure will be informed and asked to make any necessary corrections to the substitution pattern. Coaches should ensure that their line-ups promote equal playing time throughout the season.

### THE FOLLOWING IS AN EXAMPLE OF HOW TO COMPLETE THE SUB PATTERN

**JOHN DOE** occupies the **P 1** position, therefore his name should be placed next to the **P 1** position everywhere in the worksheet.  
**JILL SMITH** occupies the **P 4** position, therefore his name should be placed next to the **P 4** position everywhere in the worksheet.  
**BEN JOHNSON** occupies the **P 6** position, therefore his name should be placed next to the **P 6** position everywhere in the worksheet.

*Continue to complete the substitution pattern for the remaining players on the team.  
 Be sure to use the correct sub pattern for the number of players that are in attendance of your game.*

### FIRST HALF

		1st QUARTER		2nd QUARTER	
		1st PERIOD <i>(1st Six Minutes)</i>	2nd PERIOD <i>(2nd Six Minutes)</i>	3rd PERIOD <i>(3rd Six Minutes)</i>	4th PERIOD <i>(4th Six Minutes)</i>
		PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
<b>ON FIELD</b>	<b>P 1</b>	JOHN DOE	<b>P 5</b>	<b>P 2</b>	<b>P 6</b> BEN JOHNSON
	<b>P 2</b>		<b>P 6</b> BEN JOHNSON	<b>P 3</b>	<b>P 7</b>
	<b>P 3</b>		<b>P 7</b>	<b>P 4</b> JILL SMITH	<b>P 1</b> JOHN DOE
	<b>P 4</b>	JILL SMITH	<b>P 1</b> JOHN DOE	<b>P 5</b>	<b>P 2</b>
<b>SUBS</b>	<b>P 5</b>		<b>P 2</b>	<b>P 6</b> BEN JOHNSON	<b>P 3</b>
	<b>P 6</b> BEN JOHNSON		<b>P 3</b>	<b>P 7</b>	<b>P 4</b> JILL SMITH
	<b>P 7</b>		<b>P 4</b> JILL SMITH	<b>P 1</b> JOHN DOE	<b>P 5</b>

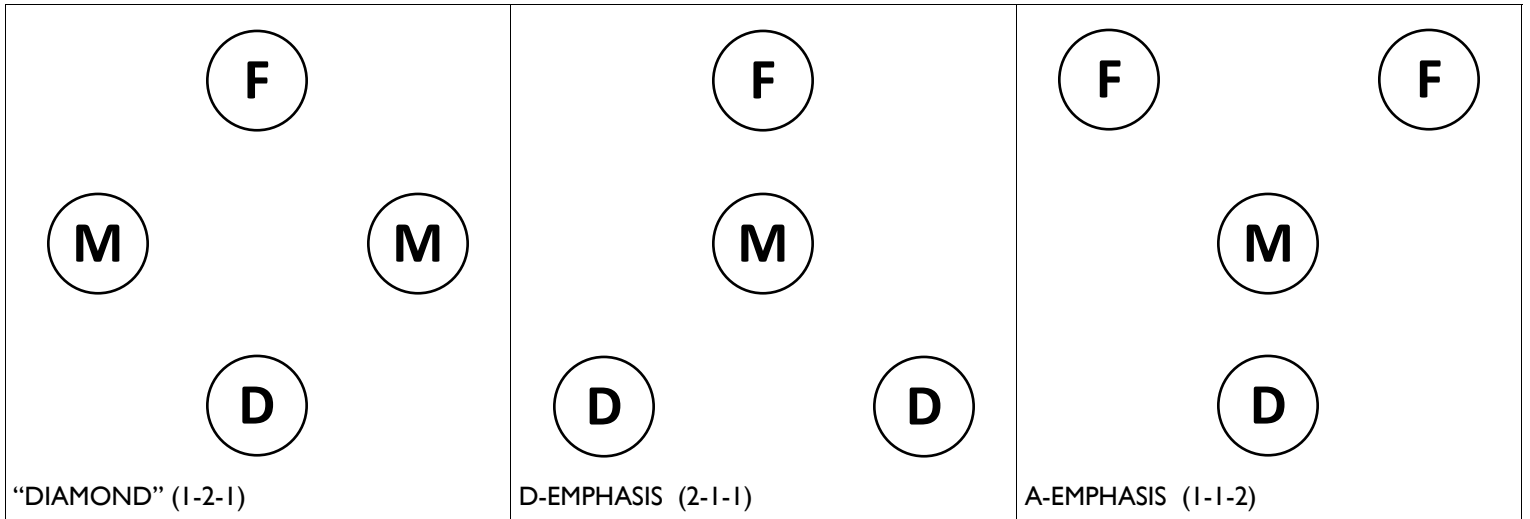
# FORMATIONS by AGE DIVISION

**F** = FORWARD or STRIKER

**M** = MIDFIELDER

**D** = DEFENDER

## POSSIBLE FORMATIONS FOR AGES 4 & 5 (4v4 - NO GK)



# SUB PATTERN FOR 4 & 5 YEAR OLD DIVISION (4 v 4 NO GK)

## 7 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team only has seven players attending a game.
- Four players will play a total of five periods and sit on the bench for three periods.
- Three players will play a total of four periods and sit on the bench for four periods.
- No player should play more than two periods in a row.

## FIRST HALF

1st QUARTER		2nd QUARTER	
1st PERIOD (1st Six Minutes) PLAYER NAME		2nd PERIOD (2nd Six Minutes) PLAYER NAME	
ON FIELD	P 1	P 5	P 2
	P 2	P 6	P 3
	P 3	P 7	P 4
	P 4	P 1	P 5
SUBS	P 5	P 2	P 6
	P 6	P 3	P 7
	P 7	P 4	P 1
		3rd PERIOD (3rd Six Minutes) PLAYER NAME	
		4th PERIOD (4th Six Minutes) PLAYER NAME	
		P 2	P 6
		P 3	P 7
		P 4	P 1
		P 5	P 2

## SECOND HALF

3rd QUARTER		4th QUARTER	
5th PERIOD (1st Six Minutes) PLAYER NAME		6th PERIOD (2nd Six Minutes) PLAYER NAME	
ON FIELD	P 3	P 7	P 4
	P 4	P 1	P 5
	P 5	P 2	P 6
	P 6	P 3	P 7
SUBS	P 7	P 4	P 1
	P 1	P 5	P 2
	P 2	P 6	P 3
		7th PERIOD (3rd Six Minutes) PLAYER NAME	
		8th PERIOD (4th Six Minutes) PLAYER NAME	
		P 4	P 1
		P 5	P 2
		P 6	P 3
		P 7	P 4

# SUB PATTERN FOR 4 & 5 YEAR OLD DIVISION (4 v 4 NO GK)

## 6 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team only has six players attending a game.
- Two players will play a total of six periods and sit on the bench for two periods.
- Four players will play a total of five periods and sit on the bench for three periods.
- No player should play more than two periods in a row.

## FIRST HALF

1st QUARTER		2nd QUARTER	
1st PERIOD (1st Six Minutes)	2nd PERIOD (2nd Six Minutes)	3rd PERIOD (3rd Six Minutes)	4th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
<b>P 1</b>	<b>P 5</b>	<b>P 3</b>	<b>P 1</b>
<b>P 2</b>	<b>P 6</b>	<b>P 4</b>	<b>P 2</b>
<b>P 3</b>	<b>P 1</b>	<b>P 5</b>	<b>P 3</b>
<b>P 4</b>	<b>P 2</b>	<b>P 6</b>	<b>P 4</b>
<b>P 5</b>	<b>P 3</b>	<b>P 1</b>	<b>P 5</b>
<b>P 6</b>	<b>P 4</b>	<b>P 2</b>	<b>P 6</b>

## SECOND HALF

3rd QUARTER		4th QUARTER	
5th PERIOD (1st Six Minutes)	6th PERIOD (2nd Six Minutes)	7th PERIOD (3rd Six Minutes)	8th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
<b>P 5</b>	<b>P 3</b>	<b>P 1</b>	<b>P 5</b>
<b>P 6</b>	<b>P 4</b>	<b>P 2</b>	<b>P 6</b>
<b>P 1</b>	<b>P 5</b>	<b>P 3</b>	<b>P 1</b>
<b>P 2</b>	<b>P 6</b>	<b>P 4</b>	<b>P 2</b>
<b>P 3</b>	<b>P 1</b>	<b>P 5</b>	<b>P 3</b>
<b>P 4</b>	<b>P 2</b>	<b>P 6</b>	<b>P 4</b>

# SUB PATTERN FOR 4 & 5 YEAR OLD DIVISION (4 v 4 NO GK)

## 5 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team only has five players attending a game.
- Two players will play a total of seven periods and sit on the bench for one periods.
- Three players will play a total of six periods and sit on the bench for two periods.
- No player should play more than four periods in a row.

## FIRST HALF

1st QUARTER		2nd QUARTER	
1st PERIOD (1st Six Minutes)		2nd PERIOD (2nd Six Minutes)	
PLAYER NAME		PLAYER NAME	
ON FIELD	P 1	P 5	P 4
	P 2	P 1	P 5
	P 3	P 2	P 1
	P 4	P 3	P 2
SUBS	P 5	P 4	P 3
		3rd PERIOD (3rd Six Minutes)	
		4th PERIOD (4th Six Minutes)	
		PLAYER NAME	
		P 3	P 3
		P 4	P 4
		P 5	P 5
		P 1	P 1

## SECOND HALF

3rd QUARTER		4th QUARTER	
5th PERIOD (1st Six Minutes)		6th PERIOD (2nd Six Minutes)	
PLAYER NAME		PLAYER NAME	
ON FIELD	P 2	P 1	P 5
	P 3	P 2	P 1
	P 4	P 3	P 2
	P 5	P 4	P 3
SUBS	P 1	P 5	P 4
		7th PERIOD (3rd Six Minutes)	
		8th PERIOD (4th Six Minutes)	
		PLAYER NAME	
		P 4	P 3
		P 5	P 4
		P 1	P 5
		P 2	P 1

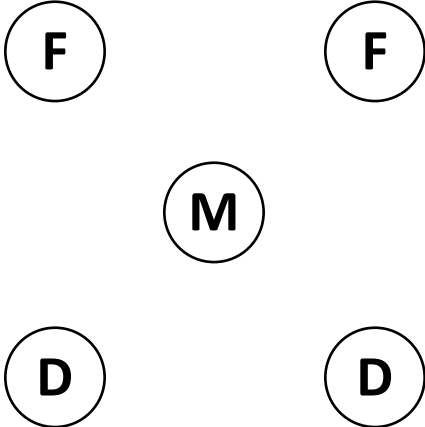
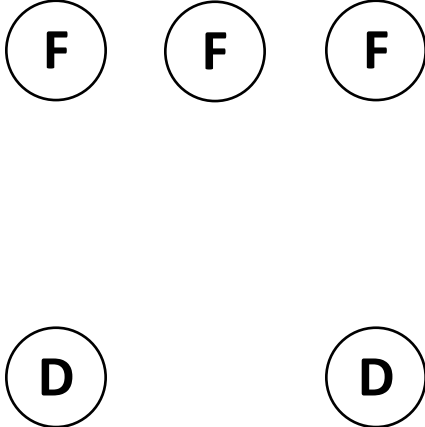
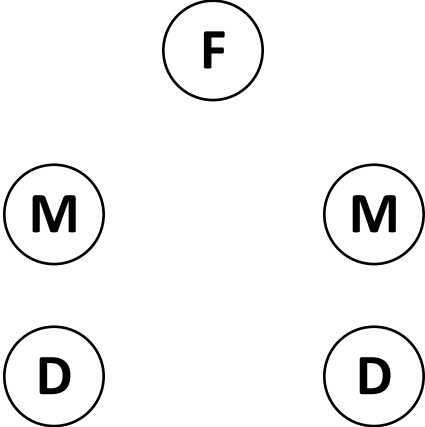
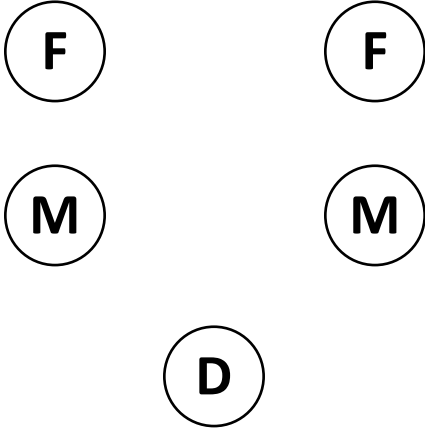
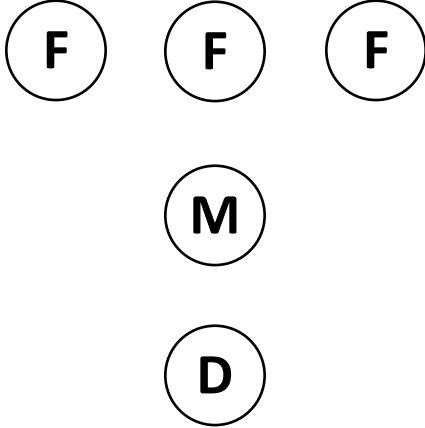
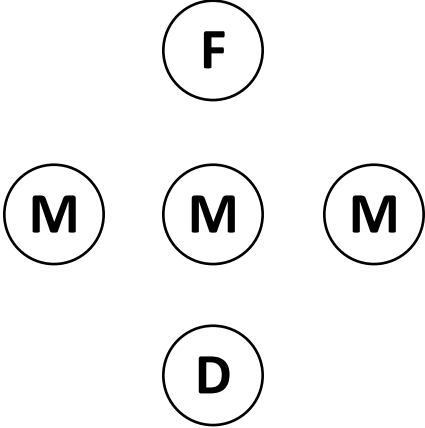
# FORMATIONS by AGE DIVISION

**F** = FORWARD or STRIKER

**M** = MIDFIELDER

**D** = DEFENDER

## POSSIBLE FORMATIONS FOR AGES 5 to 8 (5v5 + GK)

 <p>BOX +1 (2-1-2)</p>	 <p>NO MID (2-0-3)</p>	 <p>STRONG DEFENSE (2-2-1)</p>
 <p>STRONG ATTACK (1-2-2)</p>	 <p>ATTACK (1-1-3)</p>	 <p>MID (1-3-1)</p>

# SUB PATTERN FOR 5 to 8 YEAR OLD DIVISIONS (5 v 5 + GK)

## II PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team only has seven players attending a game.
- Four players will play a total of five periods and sit on the bench for three periods.
- Three players will play a total of four periods and sit on the bench for four periods.
- No player should play more than two periods in a row.

### FIRST HALF

1st QUARTER		2nd QUARTER	
1st PERIOD (1st Six Minutes) PLAYER NAME		2nd PERIOD (2nd Six Minutes) PLAYER NAME	
ON FIELD	P 1	P 7	P 2
	P 2	P 8	P 3
	P 3	P 9	P 4
	P 4	P 10	P 5
	P 5	P 11	P 6
	P 6	P 1	P 7
SUBS	P 7	P 2	P 8
	P 8	P 3	P 9
	P 9	P 4	P 10
	P 10	P 5	P 11
	P 11	P 6	P 1
		3rd PERIOD (3rd Six Minutes) PLAYER NAME	
		4th PERIOD (4th Six Minutes) PLAYER NAME	
		P 8	P 3
		P 9	P 4
		P 10	P 5
		P 11	P 6
		P 1	P 7

### SECOND HALF

3rd QUARTER		4th QUARTER	
5th PERIOD (1st Six Minutes) PLAYER NAME		6th PERIOD (2nd Six Minutes) PLAYER NAME	
ON FIELD	P 3	P 9	P 4
	P 4	P 10	P 5
	P 5	P 11	P 6
	P 6	P 1	P 7
	P 7	P 2	P 8
	P 8	P 3	P 9
SUBS	P 9	P 4	P 10
	P 10	P 5	P 11
	P 11	P 6	P 1
	P 1	P 7	P 2
	P 2	P 8	P 3
		7th PERIOD (3rd Six Minutes) PLAYER NAME	
		8th PERIOD (4th Six Minutes) PLAYER NAME	
		P 4	P 10
		P 5	P 11
		P 6	P 1
		P 7	P 2
		P 8	P 3
		P 9	P 4
		P 10	P 5
		P 11	P 6
		P 1	P 7
		P 2	P 8
		P 3	P 9



# SUB PATTERN FOR 5 to 8 YEAR OLD DIVISIONS (5 v 5 + GK)

## 10 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team only has seven players attending a game.
- Eight players will play a total of five periods and sit on the bench for three periods.
- Four players will play a total of four periods and sit on the bench for four periods.
- No player will play three periods consecutively.

## FIRST HALF

1st QUARTER		2nd QUARTER	
1st PERIOD (1st Six Minutes) PLAYER NAME		2nd PERIOD (2nd Six Minutes) PLAYER NAME	
ON FIELD	P 1	P 7	P 3
	P 2	P 8	P 4
	P 3	P 9	P 5
	P 4	P 10	P 6
	P 5	P 1	P 7
	P 6	P 2	P 8
SUBS	P 7	P 3	P 9
	P 8	P 4	P 10
	P 9	P 5	P 1
	P 10	P 6	P 2
		3rd PERIOD (3rd Six Minutes) PLAYER NAME	
		4th PERIOD (4th Six Minutes) PLAYER NAME	
		P 9	P 5
		P 10	P 6
		P 1	P 7
		P 2	P 8

## SECOND HALF

3rd QUARTER		4th QUARTER	
5th PERIOD (1st Six Minutes) PLAYER NAME		6th PERIOD (2nd Six Minutes) PLAYER NAME	
ON FIELD	P 5	P 1	P 7
	P 6	P 2	P 8
	P 7	P 3	P 9
	P 8	P 4	P 10
	P 9	P 5	P 1
	P 10	P 6	P 2
SUBS	P 1	P 7	P 3
	P 2	P 8	P 4
	P 3	P 9	P 5
	P 4	P 10	P 6
		7th PERIOD (3rd Six Minutes) PLAYER NAME	
		8th PERIOD (4th Six Minutes) PLAYER NAME	
		P 7	P 3
		P 8	P 4
		P 9	P 5
		P 10	P 6

# SUB PATTERN FOR 5 to 8 YEAR OLD DIVISIONS (5 v 5 + GK)

## 9 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team only has nine players attending a game.
- Three players will play a total of six periods and sit on the bench for two periods.
- Six players will play a total of five periods and sit on the bench for three periods.
- No player will play seven periods consecutively.

## FIRST HALF

1st QUARTER		2nd QUARTER	
1st PERIOD (1st Six Minutes) PLAYER NAME		2nd PERIOD (2nd Six Minutes) PLAYER NAME	
ON FIELD	P 1	P 7	P 4
	P 2	P 8	P 5
	P 3	P 9	P 6
	P 4	P 1	P 7
	P 5	P 2	P 8
	P 6	P 3	P 9
SUBS	P 7	P 4	P 1
	P 8	P 5	P 2
	P 9	P 6	P 3

## SECOND HALF

3rd QUARTER		4th QUARTER	
5th PERIOD (1st Six Minutes) PLAYER NAME		6th PERIOD (2nd Six Minutes) PLAYER NAME	
ON FIELD	P 7	P 4	P 1
	P 8	P 5	P 2
	P 9	P 6	P 3
	P 1	P 7	P 4
	P 2	P 8	P 5
	P 3	P 9	P 6
SUBS	P 4	P 1	P 7
	P 5	P 2	P 8
	P 6	P 3	P 9

# SUB PATTERN FOR 5 to 8 YEAR OLD DIVISIONS (5 v 5 + GK)

## 8 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team has eight players attending a game.
- Six players will play a total of six periods and sit on the bench for two periods.
- No player should play an entire half of the game without sitting on the bench.

### FIRST HALF

		1st QUARTER		2nd QUARTER	
		1st PERIOD (1st Six Minutes)	2nd PERIOD (2nd Six Minutes)	3rd PERIOD (3rd Six Minutes)	4th PERIOD (4th Six Minutes)
		PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
ON FIELD		P 1	P 7	P 5	P 3
		P 2	P 8	P 6	P 4
		P 3	P 1	P 7	P 5
		P 4	P 2	P 8	P 6
		P 5	P 3	P 1	P 7
		P 6	P 4	P 2	P 8
SUBS		P 7	P 5	P 3	P 1
		P 8	P 6	P 4	P 2

### SECOND HALF

		3rd QUARTER		4th QUARTER	
		5th PERIOD (1st Six Minutes)	6th PERIOD (2nd Six Minutes)	7th PERIOD (3rd Six Minutes)	8th PERIOD (4th Six Minutes)
		PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
ON FIELD		P 1	P 7	P 5	P 3
		P 2	P 8	P 6	P 4
		P 3	P 1	P 7	P 5
		P 4	P 2	P 8	P 6
		P 5	P 3	P 1	P 7
		P 6	P 4	P 2	P 8
SUBS		P 7	P 5	P 3	P 1
		P 8	P 6	P 4	P 2

# SUB PATTERN FOR 5 to 8 YEAR OLD DIVISIONS (5 v 5 + GK)

## 7 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team has seven players attending a game.
- Six players will play a total of seven periods and sit on the bench for one period.
- One player will play a total of six periods and sit on the bench for two periods.

### FIRST HALF

1st QUARTER		2nd QUARTER	
1st PERIOD (1st Six Minutes)	2nd PERIOD (2nd Six Minutes)	3rd PERIOD (3rd Six Minutes)	4th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
<b>P 1</b>	<b>P 7</b>	<b>P 6</b>	<b>P 5</b>
<b>P 2</b>	<b>P 1</b>	<b>P 7</b>	<b>P 6</b>
<b>P 3</b>	<b>P 2</b>	<b>P 1</b>	<b>P 7</b>
<b>P 4</b>	<b>P 3</b>	<b>P 2</b>	<b>P 1</b>
<b>P 5</b>	<b>P 4</b>	<b>P 3</b>	<b>P 2</b>
<b>P 6</b>	<b>P 5</b>	<b>P 4</b>	<b>P 3</b>
<b>SUBS</b>	<b>P 7</b>	<b>P 6</b>	<b>P 5</b>

### SECOND HALF

3rd QUARTER		4th QUARTER	
5th PERIOD (1st Six Minutes)	6th PERIOD (2nd Six Minutes)	7th PERIOD (3rd Six Minutes)	8th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
<b>P 4</b>	<b>P 3</b>	<b>P 2</b>	<b>P 1</b>
<b>P 5</b>	<b>P 4</b>	<b>P 3</b>	<b>P 2</b>
<b>P 6</b>	<b>P 5</b>	<b>P 4</b>	<b>P 3</b>
<b>P 7</b>	<b>P 6</b>	<b>P 5</b>	<b>P 4</b>
<b>P 1</b>	<b>P 7</b>	<b>P 6</b>	<b>P 5</b>
<b>P 2</b>	<b>P 1</b>	<b>P 7</b>	<b>P 6</b>
<b>SUBS</b>	<b>P 3</b>	<b>P 2</b>	<b>P 1</b>

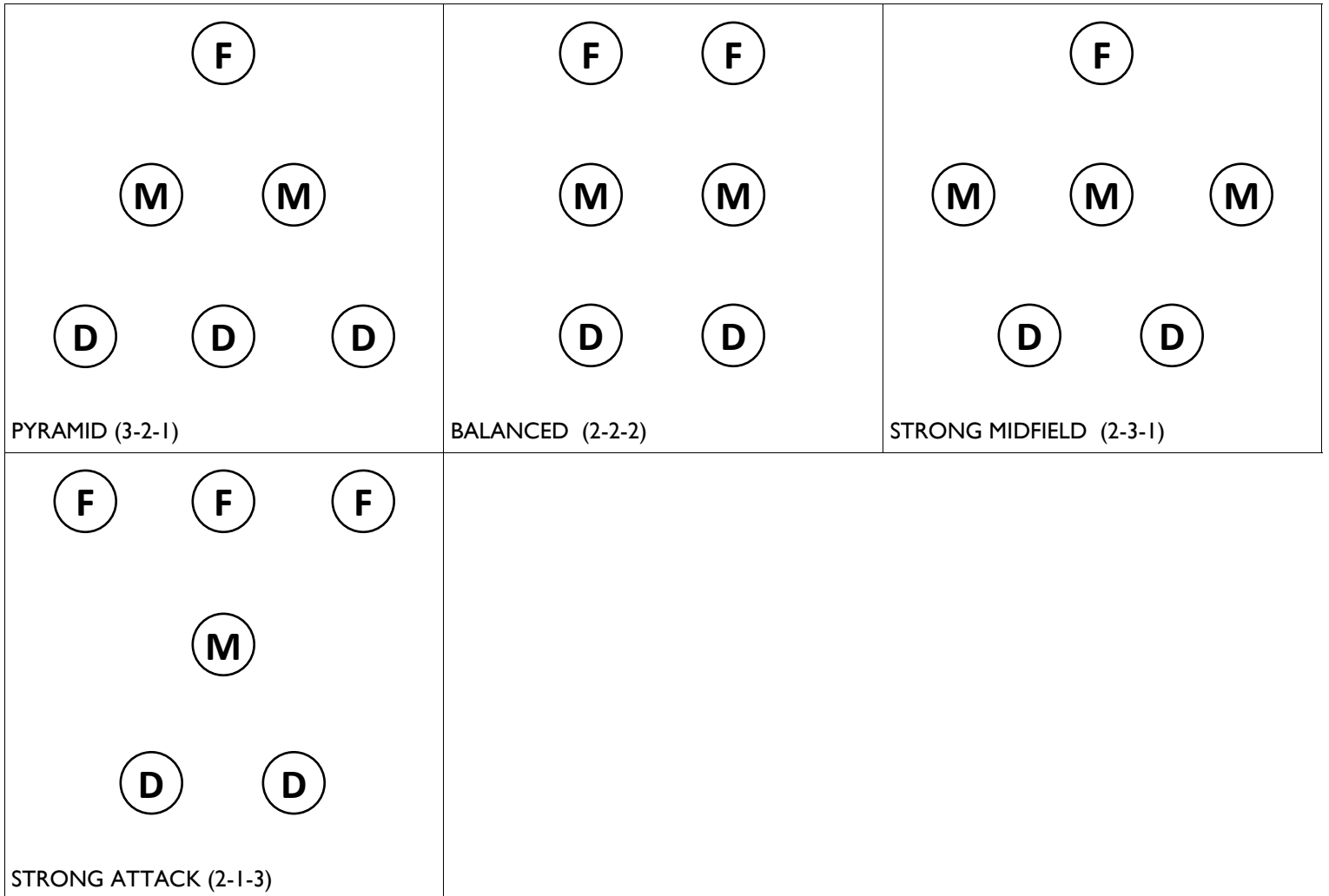
# FORMATIONS by AGE DIVISION

**F** = FORWARD or STRIKER

**M** = MIDFIELDER

**D** = DEFENDER

## POSSIBLE FORMATIONS FOR AGES 9 & 10 (7v7 + GK)



# SUB PATTERN FOR 9 & 10 YEAR OLD DIVISIONS (7 v 7 + GK)

## 13 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team only has thirteen players attending a game.
- Four players will play a total of five periods and sit on the bench for three periods.
- Nine player will play a total of four periods and sit on the bench for four periods.
- No player should play more than two periods in a row.

## FIRST HALF

1st QUARTER		2nd QUARTER	
1st PERIOD (1st Six Minutes)	2nd PERIOD (2nd Six Minutes)	3rd PERIOD (3rd Six Minutes)	4th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
P 1	P 8	P 2	P 9
P 2	P 9	P 3	P 10
P 3	P 10	P 4	P 11
P 4	P 11	P 5	P 12
P 5	P 12	P 6	P 13
P 6	P 13	P 7	P 1
P 7	P 1	P 8	P 2
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P 8	P 2	P 9	P 3
P 9	P 3	P 10	P 4
P 10	P 4	P 11	P 5
P 11	P 5	P 12	P 6
P 12	P 6	P 13	P 7
P 13	P 7	P 1	P 8

## SECOND HALF

3rd QUARTER		4th QUARTER	
5th PERIOD (1st Six Minutes)	6th PERIOD (2nd Six Minutes)	7th PERIOD (3rd Six Minutes)	8th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
P 3	P 10	P 4	P 11
P 4	P 11	P 5	P 12
P 5	P 12	P 6	P 13
P 6	P 13	P 7	P 1
P 7	P 1	P 8	P 2
P 8	P 2	P 9	P 3
P 9	P 3	P 10	P 4
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P 10	P 4	P 11	P 5
P 11	P 5	P 12	P 6
P 12	P 6	P 13	P 7
P 13	P 7	P 1	P 8
P 1	P 8	P 2	P 9
P 2	P 9	P 3	P 10

# SUB PATTERN FOR 9 & 10 YEAR OLD DIVISIONS (7 v 7 + GK)

## 12 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team only has twelve players attending a game.
- Eight players will play a total of five periods and sit on the bench for three periods.
- Four players will play a total of four periods and sit on the bench for four periods.
- No player should play more than two periods in a row.

## FIRST HALF

1st QUARTER		2nd QUARTER	
1st PERIOD (1st Six Minutes)	2nd PERIOD (2nd Six Minutes)	3rd PERIOD (3rd Six Minutes)	4th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
P 1	P 8	P 3	P 10
P 2	P 9	P 4	P 11
P 3	P 10	P 5	P 12
P 4	P 11	P 6	P 1
P 5	P 12	P 7	P 2
P 6	P 1	P 8	P 3
P 7	P 2	P 9	P 4
<hr/>			
P 8	P 3	P 10	P 5
P 9	P 4	P 11	P 6
P 10	P 5	P 12	P 7
P 11	P 6	P 1	P 8
P 12	P 7	P 2	P 9

## SECOND HALF

3rd QUARTER		4th QUARTER	
5th PERIOD (1st Six Minutes)	6th PERIOD (2nd Six Minutes)	7th PERIOD (3rd Six Minutes)	8th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
P 5	P 12	P 7	P 2
P 6	P 1	P 8	P 3
P 7	P 2	P 9	P 4
P 8	P 3	P 10	P 5
P 9	P 4	P 11	P 6
P 10	P 5	P 12	P 7
P 11	P 6	P 1	P 8
<hr/>			
P 12	P 7	P 2	P 9
P 1	P 8	P 3	P 10
P 2	P 9	P 4	P 11
P 3	P 10	P 5	P 12
P 4	P 11	P 6	P 1

# SUB PATTERN FOR 9 & 10 YEAR OLD DIVISIONS (7 v 7 + GK)

## 11 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team only has eleven players attending a game.
- One player will play a total of six periods and sit on the bench for two periods.
- Ten players will play a total of five periods and sit on the bench for three periods.
- No player should play more than two periods in a row.

### FIRST HALF

1st QUARTER		2nd QUARTER	
1st PERIOD (1st Six Minutes)	2nd PERIOD (2nd Six Minutes)	3rd PERIOD (3rd Six Minutes)	4th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
P 1	P 8	P 4	P 11
P 2	P 9	P 5	P 1
P 3	P 10	P 6	P 2
P 4	P 11	P 7	P 3
P 5	P 1	P 8	P 4
P 6	P 2	P 9	P 5
P 7	P 3	P 10	P 6
<hr/>			
P 8	P 4	P 11	P 7
P 9	P 5	P 1	P 8
P 10	P 6	P 2	P 9
P 11	P 7	P 3	P 10

### SECOND HALF

3rd QUARTER		4th QUARTER	
5th PERIOD (1st Six Minutes)	6th PERIOD (2nd Six Minutes)	7th PERIOD (3rd Six Minutes)	8th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
P 7	P 3	P 10	P 6
P 8	P 4	P 11	P 7
P 9	P 5	P 1	P 8
P 10	P 6	P 2	P 9
P 11	P 7	P 3	P 10
P 1	P 8	P 4	P 11
P 2	P 9	P 5	P 1
<hr/>			
P 3	P 10	P 6	P 2
P 4	P 11	P 7	P 3
P 5	P 1	P 8	P 4
P 6	P 2	P 9	P 5



# SUB PATTERN FOR 9 & 10 YEAR OLD DIVISIONS (7 v 7 + GK)

## 10 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team only has ten players attending a game.
- Six players will play a total of six periods and sit on the bench for two periods.
- Four players will play a total of five periods and sit on the bench for three periods.
- No player should play more than three periods in a row.

## FIRST HALF

1st QUARTER		2nd QUARTER	
1st PERIOD (1st Six Minutes)	2nd PERIOD (2nd Six Minutes)	3rd PERIOD (3rd Six Minutes)	4th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
<b>P 1</b>	<b>P 8</b>	<b>P 5</b>	<b>P 2</b>
<b>P 2</b>	<b>P 9</b>	<b>P 6</b>	<b>P 3</b>
<b>P 3</b>	<b>P 10</b>	<b>P 7</b>	<b>P 4</b>
<b>P 4</b>	<b>P 1</b>	<b>P 8</b>	<b>P 5</b>
<b>P 5</b>	<b>P 2</b>	<b>P 9</b>	<b>P 6</b>
<b>P 6</b>	<b>P 3</b>	<b>P 10</b>	<b>P 7</b>
<b>P 7</b>	<b>P 4</b>	<b>P 1</b>	<b>P 8</b>
<hr/>			
<b>P 8</b>	<b>P 5</b>	<b>P 2</b>	<b>P 9</b>
<b>P 9</b>	<b>P 6</b>	<b>P 3</b>	<b>P 10</b>
<b>P 10</b>	<b>P 7</b>	<b>P 4</b>	<b>P 1</b>

## SECOND HALF

3rd QUARTER		4th QUARTER	
5th PERIOD (1st Six Minutes)	6th PERIOD (2nd Six Minutes)	7th PERIOD (3rd Six Minutes)	8th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
<b>P 9</b>	<b>P 6</b>	<b>P 3</b>	<b>P 10</b>
<b>P 10</b>	<b>P 7</b>	<b>P 4</b>	<b>P 1</b>
<b>P 1</b>	<b>P 8</b>	<b>P 5</b>	<b>P 2</b>
<b>P 2</b>	<b>P 9</b>	<b>P 6</b>	<b>P 3</b>
<b>P 3</b>	<b>P 10</b>	<b>P 7</b>	<b>P 4</b>
<b>P 4</b>	<b>P 1</b>	<b>P 8</b>	<b>P 5</b>
<b>P 5</b>	<b>P 2</b>	<b>P 9</b>	<b>P 6</b>
<hr/>			
<b>P 6</b>	<b>P 3</b>	<b>P 10</b>	<b>P 7</b>
<b>P 7</b>	<b>P 4</b>	<b>P 1</b>	<b>P 8</b>
<b>P 8</b>	<b>P 5</b>	<b>P 2</b>	<b>P 9</b>

# SUB PATTERN FOR 9 & 10 YEAR OLD DIVISIONS (7 v 7 + GK)

## 9 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team only has nine players attending a game.
- Two players will play a total of seven periods and sit on the bench for one periods.
- Seven player will play a total of six periods and sit on the bench for two periods.
- No player should play more than four periods in a row.

## FIRST HALF

1st QUARTER		2nd QUARTER	
1st PERIOD (1st Six Minutes)	2nd PERIOD (2nd Six Minutes)	3rd PERIOD (3rd Six Minutes)	4th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
P 1	P 8	P 6	P 4
P 2	P 9	P 7	P 5
P 3	P 1	P 8	P 6
P 4	P 2	P 9	P 7
P 5	P 3	P 1	P 8
P 6	P 4	P 2	P 9
P 7	P 5	P 3	P 1
<hr/>			
SUBS	P 8	P 6	P 4
	P 9	P 7	P 5

## SECOND HALF

3rd QUARTER		4th QUARTER	
5th PERIOD (1st Six Minutes)	6th PERIOD (2nd Six Minutes)	7th PERIOD (3rd Six Minutes)	8th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
P 2	P 9	P 7	P 5
P 3	P 1	P 8	P 6
P 4	P 2	P 9	P 7
P 5	P 3	P 1	P 8
P 6	P 4	P 2	P 9
P 7	P 5	P 3	P 1
P 8	P 6	P 4	P 2
<hr/>			
SUBS	P 9	P 7	P 5
	P 1	P 8	P 6

# SUB PATTERN FOR 9 & 10 YEAR OLD DIVISIONS (7 v 7 + GK)

## 8 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team only has eight players attending a game.
- All Eight players will play a total of seven periods and sit on the bench for one period.
- No player should play the entire game.

### FIRST HALF

1st QUARTER		2nd QUARTER	
1st PERIOD (1st Six Minutes)	2nd PERIOD (2nd Six Minutes)	3rd PERIOD (3rd Six Minutes)	4th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
P 1	P 8	P 7	P 6
P 2	P 1	P 8	P 7
P 3	P 2	P 1	P 8
P 4	P 3	P 2	P 1
P 5	P 4	P 3	P 2
P 6	P 5	P 4	P 3
P 7	P 6	P 5	P 4
<b>SUBS</b>	P 8	P 7	P 6

### SECOND HALF

3rd QUARTER		4th QUARTER	
5th PERIOD (1st Six Minutes)	6th PERIOD (2nd Six Minutes)	7th PERIOD (3rd Six Minutes)	8th PERIOD (4th Six Minutes)
PLAYER NAME	PLAYER NAME	PLAYER NAME	PLAYER NAME
P 5	P 4	P 3	P 2
P 6	P 5	P 4	P 3
P 7	P 6	P 5	P 4
P 8	P 7	P 6	P 5
P 1	P 8	P 7	P 6
P 2	P 1	P 8	P 7
P 3	P 2	P 1	P 8
<b>SUBS</b>	P 4	P 3	P 2

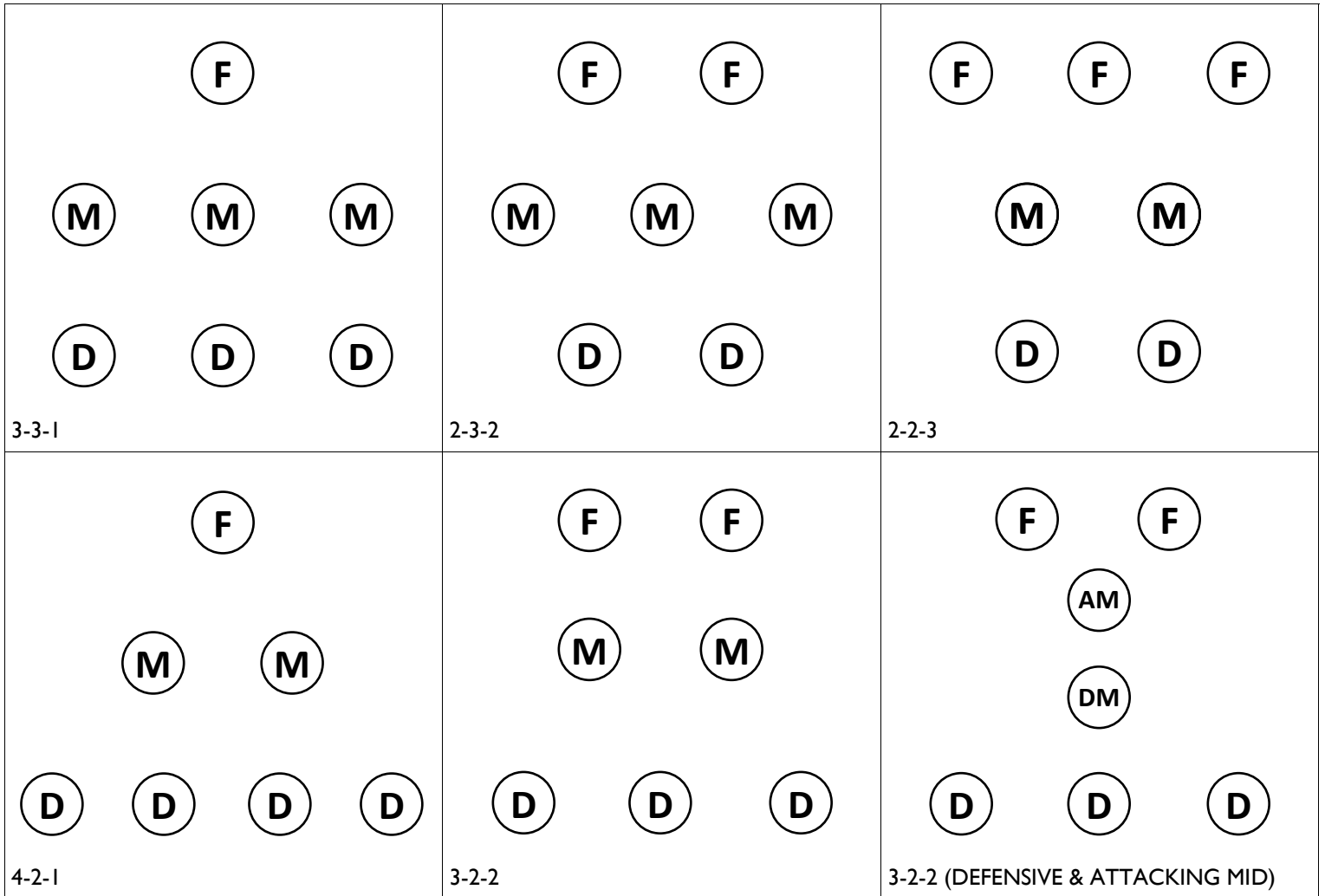
# FORMATIONS by AGE DIVISION

**F** = FORWARD or STRIKER

**M** = MIDFIELDER

**D** = DEFENDER

## POSSIBLE FORMATIONS FOR AGES 11 to 15 (8v8 + GK)



# SUB PATTERN FOR 11 to 15 YEAR OLD DIVISIONS (8 v 8 + GK)

## 15 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team has fifteen players attending a game.
- Three players will play a total of four periods and sit on the bench for two periods.
- Twelve players will play a total of three periods and sit on the bench for three periods.
- No player will play more than two periods consecutively.

### FIRST HALF

	<b>1st PERIOD</b> (1st Eight Minutes) <b>PLAYER NAME</b>	<b>2nd PERIOD</b> (2nd Eight Minutes) <b>PLAYER NAME</b>	<b>3rd PERIOD</b> (3rd Eight Minutes) <b>PLAYER NAME</b>
<b>ON FIELD</b>	P 1	P 9	P 2
	P 2	P 10	P 3
	P 3	P 11	P 4
	P 4	P 12	P 5
	P 5	P 13	P 6
	P 6	P 14	P 7
	P 7	P 15	P 8
	P 8	P 1	P 9
<b>SUBS</b>	P 9	P 2	P 10
	P 10	P 3	P 11
	P 11	P 4	P 12
	P 12	P 5	P 13
	P 13	P 6	P 14
	P 14	P 7	P 15
	P 15	P 8	P 1

### SECOND HALF

	<b>4th PERIOD</b> (1st Eight Minutes) <b>PLAYER NAME</b>	<b>5th PERIOD</b> (2nd Eight Minutes) <b>PLAYER NAME</b>	<b>6th PERIOD</b> (3rd Eight Minutes) <b>PLAYER NAME</b>
<b>ON FIELD</b>	P 10	P 3	P 11
	P 11	P 4	P 12
	P 12	P 5	P 13
	P 13	P 6	P 14
	P 14	P 7	P 15
	P 15	P 8	P 1
	P 1	P 9	P 2
	P 2	P 10	P 3
<b>SUBS</b>	P 3	P 11	P 4
	P 4	P 12	P 5
	P 5	P 13	P 6
	P 6	P 14	P 7
	P 7	P 15	P 8
	P 8	P 1	P 9
	P 9	P 2	P 10

# SUB PATTERN FOR 11 to 15 YEAR OLD DIVISIONS (8 v 8 + GK)

## 14 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team has fourteen players attending a game.
- Six players will play a total of four periods and sit on the bench for two periods.
- Eight players will play a total of three periods and sit on the bench for three periods.
- No player will play more than two periods consecutively.

### FIRST HALF

	<b>1st PERIOD</b> (1st Eight Minutes)	<b>2nd PERIOD</b> (2nd Eight Minutes)	<b>3rd PERIOD</b> (3rd Eight Minutes)
	<b>PLAYER NAME</b>	<b>PLAYER NAME</b>	<b>PLAYER NAME</b>
<b>ON FIELD</b>	P 1	P 9	P 3
	P 2	P 10	P 4
	P 3	P 11	P 5
	P 4	P 12	P 6
	P 5	P 13	P 7
	P 6	P 14	P 8
	P 7	P 1	P 9
	P 8	P 2	P 10
<b>SUBS</b>	P 9	P 3	P 11
	P 10	P 4	P 12
	P 11	P 5	P 13
	P 12	P 6	P 14
	P 13	P 7	P 1
	P 14	P 8	P 2

### SECOND HALF

	<b>4th PERIOD</b> (1st Eight Minutes)	<b>5th PERIOD</b> (2nd Eight Minutes)	<b>6th PERIOD</b> (3rd Eight Minutes)
	<b>PLAYER NAME</b>	<b>PLAYER NAME</b>	<b>PLAYER NAME</b>
<b>ON FIELD</b>	P 11	P 5	P 13
	P 12	P 6	P 14
	P 13	P 7	P 1
	P 14	P 8	P 2
	P 1	P 9	P 3
	P 2	P 10	P 4
	P 3	P 11	P 5
	P 4	P 12	P 6
<b>SUBS</b>	P 5	P 13	P 7
	P 6	P 14	P 8
	P 7	P 1	P 9
	P 8	P 2	P 10
	P 9	P 3	P 11
	P 10	P 4	P 12

# SUB PATTERN FOR 11 to 15 YEAR OLD DIVISIONS (8 v 8 + GK)

## 13 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team has thirteen players attending a game.
- Nine players will play a total of four periods and sit on the bench for two periods.
- Four players will play a total of three periods and sit on the bench for three periods.
- No player will play more than two periods consecutively.

### FIRST HALF

	<b>1st PERIOD</b> (1st Eight Minutes) <b>PLAYER NAME</b>	<b>2nd PERIOD</b> (2nd Eight Minutes) <b>PLAYER NAME</b>	<b>3rd PERIOD</b> (3rd Eight Minutes) <b>PLAYER NAME</b>
<b>ON FIELD</b>	P 1	P 9	P 4
	P 2	P 10	P 5
	P 3	P 11	P 6
	P 4	P 12	P 7
	P 5	P 13	P 8
	P 6	P 1	P 9
	P 7	P 2	P 10
	P 8	P 3	P 11
<b>SUBS</b>	P 9	P 4	P 12
	P 10	P 5	P 13
	P 11	P 6	P 1
	P 12	P 7	P 2
	P 13	P 8	P 3

### SECOND HALF

	<b>4th PERIOD</b> (1st Eight Minutes) <b>PLAYER NAME</b>	<b>5th PERIOD</b> (2nd Eight Minutes) <b>PLAYER NAME</b>	<b>6th PERIOD</b> (3rd Eight Minutes) <b>PLAYER NAME</b>
<b>ON FIELD</b>	P 12	P 7	P 2
	P 13	P 8	P 3
	P 1	P 9	P 4
	P 2	P 10	P 5
	P 3	P 11	P 6
	P 4	P 12	P 7
	P 5	P 13	P 8
	P 6	P 1	P 9
<b>SUBS</b>	P 7	P 2	P 10
	P 8	P 3	P 11
	P 9	P 4	P 12
	P 10	P 5	P 13
	P 11	P 6	P 1

# SUB PATTERN FOR 11 to 15 YEAR OLD DIVISIONS (8 v 8 + GK)

## 12 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team has twelve players attending a game.
- All Twelve players will play a total of four periods and sit on the bench for two periods.
- No player will play more than two periods consecutively.

### FIRST HALF

	<b>1st PERIOD</b> (1st Eight Minutes) <b>PLAYER NAME</b>	<b>2nd PERIOD</b> (2nd Eight Minutes) <b>PLAYER NAME</b>	<b>3rd PERIOD</b> (3rd Eight Minutes) <b>PLAYER NAME</b>
<b>ON FIELD</b>	P 1	P 9	P 5
	P 2	P 10	P 6
	P 3	P 11	P 7
	P 4	P 12	P 8
	P 5	P 1	P 9
	P 6	P 2	P 10
	P 7	P 3	P 11
	P 8	P 4	P 12
<b>SUBS</b>	P 9	P 5	P 1
	P 10	P 6	P 2
	P 11	P 7	P 3
	P 12	P 8	P 4

### SECOND HALF

	<b>4th PERIOD</b> (1st Eight Minutes) <b>PLAYER NAME</b>	<b>5th PERIOD</b> (2nd Eight Minutes) <b>PLAYER NAME</b>	<b>6th PERIOD</b> (3rd Eight Minutes) <b>PLAYER NAME</b>
<b>ON FIELD</b>	P 1	P 9	P 5
	P 2	P 10	P 6
	P 3	P 11	P 7
	P 4	P 12	P 8
	P 5	P 1	P 9
	P 6	P 2	P 10
	P 7	P 3	P 11
	P 8	P 4	P 12
<b>SUBS</b>	P 9	P 5	P 1
	P 10	P 6	P 2
	P 11	P 7	P 3
	P 12	P 8	P 4



# SUB PATTERN FOR 11 to 15 YEAR OLD DIVISIONS (8 v 8 + GK)

## 11 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team has eleven players attending a game.
- Four players will play a total of five periods and sit on the bench for one period.
- Seven players will play a total of four periods and sit on the bench for two periods.
- No player will play more than three periods consecutively.

### FIRST HALF

	1st PERIOD (1st Eight Minutes)	2nd PERIOD (2nd Eight Minutes)	3rd PERIOD (3rd Eight Minutes)
	PLAYER NAME	PLAYER NAME	PLAYER NAME
<b>ON FIELD</b>	P 1	P 9	P 6
	P 2	P 10	P 7
	P 3	P 11	P 8
	P 4	P 1	P 9
	P 5	P 2	P 10
	P 6	P 3	P 11
	P 7	P 4	P 1
	P 8	P 5	P 2
<b>SUBS</b>	P 9	P 6	P 3
	P 10	P 7	P 4
	P 11	P 8	P 5

### SECOND HALF

	4th PERIOD (1st Eight Minutes)	5th PERIOD (2nd Eight Minutes)	6th PERIOD (3rd Eight Minutes)
	PLAYER NAME	PLAYER NAME	PLAYER NAME
<b>ON FIELD</b>	P 3	P 11	P 8
	P 4	P 1	P 9
	P 5	P 2	P 10
	P 6	P 3	P 11
	P 7	P 4	P 1
	P 8	P 5	P 2
	P 9	P 6	P 3
	P 10	P 7	P 4
<b>SUBS</b>	P 11	P 8	P 5
	P 1	P 9	P 6
	P 2	P 10	P 7

# SUB PATTERN FOR 11 to 15 YEAR OLD DIVISIONS (8 v 8 + GK)

## 10 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team has ten players attending a game.
- Eight players will play a total of five periods and sit on the bench for one period.
- Two players will play a total of four periods and sit on the bench for two periods.
- No player will play more than four periods consecutively.

### FIRST HALF

	1st PERIOD (1st Eight Minutes) PLAYER NAME	2nd PERIOD (2nd Eight Minutes) PLAYER NAME	3rd PERIOD (3rd Eight Minutes) PLAYER NAME
ON FIELD	P 1	P 9	P 7
	P 2	P 10	P 8
	P 3	P 1	P 9
	P 4	P 2	P 10
	P 5	P 3	P 1
	P 6	P 4	P 2
	P 7	P 5	P 3
	P 8	P 6	P 4
SUBS	P 9	P 7	P 5
	P 10	P 8	P 6

### SECOND HALF

	4th PERIOD (1st Eight Minutes) PLAYER NAME	5th PERIOD (2nd Eight Minutes) PLAYER NAME	6th PERIOD (3rd Eight Minutes) PLAYER NAME
ON FIELD	P 5	P 3	P 1
	P 6	P 4	P 2
	P 7	P 5	P 3
	P 8	P 6	P 4
	P 9	P 7	P 5
	P 10	P 8	P 6
	P 1	P 9	P 7
	P 2	P 10	P 8
SUBS	P 3	P 1	P 9
	P 4	P 2	P 10

# SUB PATTERN FOR 11 to 15 YEAR OLD DIVISIONS (8 v 8 + GK)

## 9 PLAYER SUBSTITUTION PATTERN

- Use this pattern when your team has nine players attending a game.
- Three players will play the entire game
- Sixe players will play a total of five periods and sit on the bench for one period.

### FIRST HALF

	<b>1st PERIOD</b> (1st Eight Minutes) <b>PLAYER NAME</b>	<b>2nd PERIOD</b> (2nd Eight Minutes) <b>PLAYER NAME</b>	<b>3rd PERIOD</b> (3rd Eight Minutes) <b>PLAYER NAME</b>
<b>ON FIELD</b>	P 1	P 9	P 8
	P 2	P 1	P 9
	P 3	P 2	P 1
	P 4	P 3	P 2
	P 5	P 4	P 3
	P 6	P 5	P 4
	P 7	P 6	P 5
	P 8	P 7	P 6
<b>SUBS</b>	P 9	P 8	P 7

### SECOND HALF

	<b>4th PERIOD</b> (1st Eight Minutes) <b>PLAYER NAME</b>	<b>5th PERIOD</b> (2nd Eight Minutes) <b>PLAYER NAME</b>	<b>6th PERIOD</b> (3rd Eight Minutes) <b>PLAYER NAME</b>
<b>ON FIELD</b>	P 7	P 6	P 5
	P 8	P 7	P 6
	P 9	P 8	P 7
	P 1	P 9	P 8
	P 2	P 1	P 9
	P 3	P 2	P 1
	P 4	P 3	P 2
	P 5	P 4	P 3
<b>SUBS</b>	P 6	P 5	P 4