

Tips and Tricks for rotations/subs (Ages 6+)

Set a **5 minute timer** on the phone or timing device for subs.

Before each game, **determine a goalie schedule**. The Expectation is to have one player play a half at goal each game Hopefully by the end of the season – everyone has played at least one half in goal!

Explain to kids the different positions And their role (stay back, attack, etc.)



Adjust Each Week According to # of Players On Field and # of Subs

Put 2-3 at defenders, 2-3 at mid field and 2 at forward.

Rotations: Put sub(s) in at defense, kids(s) at defense move to mid field, kid(s) at midfield move to forwards, kid(s) at forward rotate out.

If you do this every game, everyone knows where to go and each player gets to play every position.

Every sub rotation follows the same pattern so that everyone plays all positions equally. This also helps the kids learn positions and what they are responsible for.

Set a timer for 5 minutes and rotate every 5. We play two 25 min halves each game, so this helps make it fair.

If Coaching Helpers can learn this system, then that will allow Coach to focus on coaching the team.

We do ask that coaches help to even things out (if they see their team is clearly dominating) by switching up positions, instituting a 4 pass rule, ease up on the pressure in the opponents goal box, etc.

THANK YOU, COACHES AND HELPERS!! YOUR ENCOURAGEMENT, EFFORTS, AND ENTHUSIASM REALLY MAKE A DIFFERENCE ON AND OFF THE FIELD!! YOU ARE GREATLY APPRECIATED!!