

Youth Soccer Substitution Template

Youth Sports Academy

- Game can be played 4 on 4 (4 red players and 4 blue players). No specific defense player.
 - Game can be played 5 on 5 (5 red players and 5 blue players). One defense player is assigned.
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- Timekeeper: Follow coach's recommendation on game rotation time (could be 3, 4, or 5 minutes). Give coach attention 30 seconds before the rotation.
 - Substitution Monitor: Use rotation template and call out players' name loudly and fast after coach says "rotate".
 - Team managers and coaches find timekeeper and substitution monitor before game starts. Parents are encouraged to do these volunteer works.
 - It would be good to have two substitution monitors for red team and blue team. Each will be responsible for one team.
 - Before game starts (during soccer practice), substitution monitors need to fill out the substitution forms.

Game 4 on 4

G: Goalie F: Forward *: Sidelined player

Game 5 on 5

G: Goalie F: Forward D: Defense *: Sidelined player
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Game 4 on 4

G: Goalie
 F: Forward
 *: Sidelined player

6 players (Team A)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	*	F	F	*	F	G	*	F
2	F	F	*	G	F	*	F	F	*	G
3	F	*	F	F	*	G	F	*	F	*
4	F	*	G	F	*	F	G	*	F	F
5	*	G	F	*	F	F	*	F	G	F
6	*	F	F	*	G	F	*	F	F	*

6 players (Team B)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	*	F	F	*	F	G	*	F
2	F	F	*	G	F	*	F	F	*	G
3	F	*	F	F	*	G	F	*	F	*
4	F	*	G	F	*	F	G	*	F	F
5	*	G	F	*	F	F	*	F	G	F
6	*	F	F	*	G	F	*	F	F	*

5 players (Team A)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	*	F	F	G	F	*	F	F
2	F	G	F	*	F	F	G	F	*	F
3	F	F	G	F	*	F	F	G	F	*
4	F	*	F	F	G	F	*	F	F	G
5	*	F	F	G	F	*	F	F	G	F

5 players (Team B)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	*	F	F	G	F	*	F	F
2	F	G	F	*	F	F	G	F	*	F
3	F	F	G	F	*	F	F	G	F	*
4	F	*	F	F	G	F	*	F	F	G
5	*	F	F	G	F	*	F	F	G	F

4 players (Team A)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	F	F	G	F	F	F	G	F
2	F	G	F	F	F	G	F	F	F	G
3	F	F	G	F	F	F	G	F	F	F
4	F	F	F	G	F	F	F	G	F	F

4 players (Team B)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	F	F	G	F	F	F	G	F
2	F	G	F	F	F	G	F	F	F	G
3	F	F	G	F	F	F	G	F	F	F
4	F	F	F	G	F	F	F	G	F	F

Game 4 on 4

G: Goalie
 F: Forward
 *: Sidelined player

7 players (Team A)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	*	F	*	F	*	G	F	*
2	F	*	G	F	*	F	*	F	*	G
3	F	*	F	*	G	F	*	F	*	F
4	F	*	F	*	F	*	G	F	*	F
5	*	G	F	*	F	*	F	*	G	F
6	*	F	*	G	F	*	F	*	F	*
7	*	F	*	F	*	G	F	*	F	*

7 players (Team B)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	*	F	*	F	*	G	F	*
2	F	*	G	F	*	F	*	F	*	G
3	F	*	F	*	G	F	*	F	*	F
4	F	*	F	*	F	*	G	F	*	F
5	*	G	F	*	F	*	F	*	G	F
6	*	F	*	G	F	*	F	*	F	*
7	*	F	*	F	*	G	F	*	F	*

8 players (Team A)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	*	F	*	F	*	F	*	G	*
2	F	*	G	*	F	*	F	*	F	*
3	F	*	F	*	G	*	F	*	F	*
4	F	*	F	*	F	*	G	*	F	*
5	*	G	*	F	*	F	*	F	*	G
6	*	F	*	G	*	F	*	F	*	F
7	*	F	*	F	*	G	*	F	*	F
8	*	F	*	F	*	F	*	G	*	F

8 players (Team B)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	*	F	*	F	*	F	*	G	*
2	F	*	G	*	F	*	F	*	F	*
3	F	*	F	*	G	*	F	*	F	*
4	F	*	F	*	F	*	G	*	F	*
5	*	G	*	F	*	F	*	F	*	G
6	*	F	*	G	*	F	*	F	*	F
7	*	F	*	F	*	G	*	F	*	F
8	*	F	*	F	*	F	*	G	*	F

Game 5 on 5

G: Goalie
 F: Forward
 D: Defense
 *: Sidelined player

5 players (Team A)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	D	F	F	G	F	D	F	F
2	D	F	F	G	F	D	F	F	G	F
3	F	G	F	D	F	F	G	F	D	F
4	F	D	F	F	G	F	D	F	F	G
5	F	F	G	F	D	F	F	G	F	D

5 players (Team B)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	D	F	F	G	F	D	F	F
2	D	F	F	G	F	D	F	F	G	F
3	F	G	F	D	F	F	G	F	D	F
4	F	D	F	F	G	F	D	F	F	G
5	F	F	G	F	D	F	F	G	F	D

6 players (Team A)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	F	*	F	D	F	G	F	*
2	D	F	*	F	G	F	D	F	G	F
3	F	G	F	D	*	F	G	F	D	F
4	F	D	F	G	F	*	F	*	F	D
5	F	*	D	F	F	G	F	D	*	F
6	*	F	G	F	D	F	*	F	F	G

6 players (Team B)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	F	*	F	D	F	G	F	*
2	D	F	*	F	G	F	D	F	G	F
3	F	G	F	D	*	F	G	F	D	F
4	F	D	F	G	F	*	F	*	F	D
5	F	*	D	F	F	G	F	D	*	F
6	*	F	G	F	D	F	*	F	F	G

Game 5 on 5

G: Goalie
 F: Forward
 D: Defense
 *: Sidelined player

7 players (Team A)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	*	D	F	*	F	G	F	*
2	D	F	*	F	G	F	*	F	D	*
3	F	G	F	*	D	F	*	F	G	F
4	F	*	D	F	*	F	G	D	*	F
5	F	*	F	G	F	*	D	F	*	F
6	*	D	F	*	F	G	F	*	F	D
7	*	F	G	F	*	D	F	*	F	G

7 players (Team B)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	*	D	F	*	F	G	F	*
2	D	F	*	F	G	F	*	F	D	*
3	F	G	F	*	D	F	*	F	G	F
4	F	*	D	F	*	F	G	D	*	F
5	F	*	F	G	F	*	D	F	*	F
6	*	D	F	*	F	G	F	*	F	D
7	*	F	G	F	*	D	F	*	F	G

8 players (Team A)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	*	D	F	*	F	*	G	F
2	D	F	*	F	*	G	F	*	D	F
3	F	*	F	*	G	F	*	D	F	*
4	F	*	G	F	*	D	F	*	F	*
5	F	*	D	F	*	F	*	G	F	*
6	*	G	F	*	D	F	*	F	*	G
7	*	D	F	*	F	*	G	F	*	D
8	*	F	*	G	F	*	D	F	*	F

8 players (Team B)

Player's name	1	2	3	4	5	6	7	8	9	10
1	G	F	*	D	F	*	F	*	G	F
2	D	F	*	F	*	G	F	*	D	F
3	F	*	F	*	G	F	*	D	F	*
4	F	*	G	F	*	D	F	*	F	*
5	F	*	D	F	*	F	*	G	F	*
6	*	G	F	*	D	F	*	F	*	G
7	*	D	F	*	F	*	G	F	*	D
8	*	F	*	G	F	*	D	F	*	F

Game 5 on 5

9 players (Team A)	1	2	3	4	5	6	7	8	9	10
1	G	F	*	D	*	F	*	F	*	G
2	D	*	F	*	F	*	G	F	*	D
3	F	*	F	*	G	F	*	D	*	F
4	F	*	D	*	F	*	F	*	G	F
5	F	*	G	F	*	D	*	F	*	F
6	*	G	F	*	D	*	F	*	F	*
7	*	F	*	G	F	*	D	*	F	*
8	*	D	*	F	*	F	*	G	F	*
9	*	F	*	F	*	G	F	*	D	*

9 players (Team B)	1	2	3	4	5	6	7	8	9	10
1	G	F	*	D	*	F	*	F	*	G
2	D	*	F	*	F	*	G	F	*	D
3	F	*	F	*	G	F	*	D	*	F
4	F	*	D	*	F	*	F	*	G	F
5	F	*	G	F	*	D	*	F	*	F
6	*	G	F	*	D	*	F	*	F	*
7	*	F	*	G	F	*	D	*	F	*
8	*	D	*	F	*	F	*	G	F	*
9	*	F	*	F	*	G	F	*	D	*

10 players (Team A)	1	2	3	4	5	6	7	8	9	10
1	G	*	F	*	D	*	F	*	F	*
2	D	*	F	*	F	*	G	*	F	*
3	F	*	G	*	F	*	D	*	F	*
4	F	*	D	*	F	*	F	*	G	*
5	F	*	F	*	G	*	F	*	D	*
6	*	G	*	F	*	D	*	F	*	F
7	*	D	*	F	*	F	*	G	*	F
8	*	F	*	G	*	F	*	D	*	F
9	*	F	*	D	*	F	*	F	*	G
10	*	F	*	F	*	G	*	F	*	D

10 players (Team B)	1	2	3	4	5	6	7	8	9	10
1	G	*	F	*	D	*	F	*	F	*
2	D	*	F	*	F	*	G	*	F	*
3	F	*	G	*	F	*	D	*	F	*
4	F	*	D	*	F	*	F	*	G	*
5	F	*	F	*	G	*	F	*	D	*
6	*	G	*	F	*	D	*	F	*	F
7	*	D	*	F	*	F	*	G	*	F
8	*	F	*	G	*	F	*	D	*	F
9	*	F	*	D	*	F	*	F	*	G
10	*	F	*	F	*	G	*	F	*	D