7v7 Interchange Plan (8 players)

# Starting Line-Up

1. A

2. B4. C5. D

7. E 9. F11. G

Interchange: H

# Interchange Plan

|  |  |  |  |
| --- | --- | --- | --- |
| Time | On | Position | Off |
| 7 minutes | H | 2 | B |
| 14 minutes | B | 7 | E |
|  |  |  |  |
| ½ time | A | 11 | G |
| ½ time | G | 1 | A |
| ½ time | E | 4 | C |
| 7 minutes | C | 9 | F |
| 14 minutes | F | 5 | D |
|  |  |  |  |

# Second Half Line-Up

1. G

2. H4. E5. D

7. B 9. F11. A

Interchange: C

Positions #1 and #11 will both play a full game, with one half in goals, and the other half as a forward.

To use this template, simply replace all of each of the letters with a player’s name. (e.g. ‘A’ becomes ‘Amelia’ in all three sections – starting line-up, interchange plan, and second-half line-up; ‘B’ becomes ‘Maria’ etc.)