9v9 Interchange Plan (10 players)

# Starting Line-Up

1. A

2. B4. C5. D

6. E8. F

7. G 9. H11. I

Interchange: J

# Interchange Plan

|  |  |  |  |
| --- | --- | --- | --- |
| Time | On | Position | Off |
| 6 minutes | J | 9 | H |
| 12 minutes | H | 8 | F |
| 18 minutes | F | 5 | D |
| ½ time | A | 11 | I |
| ½ time | I | 1 | A |
| ½ time | D | 7 | G |
| 6 minutes | G | 2 | B |
| 12 minutes | B | 6 | E |
| 18 minutes | E | 4 | C |

# Second Half Line-Up

1. I

2. B4. C5. F

6. E8. H

7. D 9. J11. A

Interchange: G

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.)