9v9 Interchange Plan (12 players)

# Starting Line-Up

1. A

2. B4. C5. D

6. E8. F

7. G 9. H11. I

Interchange: J\*, K\*, L\*

# Interchange Plan

|  |  |  |  |
| --- | --- | --- | --- |
| Time | On | Position | Off |
| 5 minutes | J\* | 8 | F |
| 10 minutes | K\* | 6 | E |
| 10 minutes | L\* | 7 | G |
| 15 minutes | F | 2 | B |
| 20 minutes | E | 4 | C |
| 20 minutes | G | 5 | D |
| ½ time | I | 1 | A |
| ½ time | A | 11 | I |
| ½ time | B | 9 | H |
| 5 minutes | C | 7 | L\* |
| 5 minutes | D | 6 | K\* |
| 10 minutes | H | 8 | J\* |
| 15 minutes | L\* | 2 | F |
| 15 minutes | K\* | 4 | E |
| 20 minutes | J\* | 5 | G |

# Second Half Line-Up

1. I

2. F4. E5. G

6. K8. J

7. L 9. B11. A

Interchange: C, D, H

The players with a \* will spend more time off the field than the other players. (It is worth noting this, and making sure that in their next game they start on the field and do not come off in the first batch of interchanges)

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.)