7v7 Interchange Plan (10 players)

# Starting Line-Up

1. A

2. B4. C5. D`

7. E 9. F11. G

Interchange: H`, I, J

# Interchange Plan

|  |  |  |  |
| --- | --- | --- | --- |
| Time | On | Position | Off |
| 10 minutes | H` | 4 | C |
| 15 minutes | I | 5 | D` |
| 15 minutes | J | 7 | E |
| ½ time | A | 11 | G |
| ½ time | G | 1 | A |
| 5 minutes | C | 9 | F |
| 5 minutes | D` | 2 | B |
| 10 minutes | E | 4 | H` |
| 15 minutes | H` | 2 | D` |

# Second Half Line-Up

1. G

2. B4. H`5. I

7. J 9. F11. A

Interchange: C, D`, E

The players with a ` will come off twice, but will spend the same amount of time off the field (15 mins) as every other player (except the two goalkeepers).

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.)