

DATE: _____ OPPONENT: _____ 1ST HALF

completed subs →

Katy	_____	_____
Gracie	_____	Kelly
_____	_____	Lanie
nancy	_____	Judy

upcoming sub →

_____	Hailey	_____
Suzie	Sally	Megan

Riley

Roster
 Suzie _____
 Sally _____
 Gracie _____
 Katy _____
 nancy _____
 jill _____
 megan _____
 riley _____
 kelly _____
 jackie _____

Missing
 Sally _____
 Jenny _____

Subs
 Katy for Gracie
 Lanie for Judy

Judy for Nancy
 Hailey for Sally

Goalies:
 Riley _____

OPPOSING COACH: _____ SCORE: _____ 2ND HALF

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

NOTES

For subs, I try to keep them positioned as either mids/forward or defenders for the whole game. I'll switch them around at another game, but for an entire game they'll play in either attack mode or defend mode. The two groups of subs are typically around 8 and 16 mins for a 25 min half. I have two lines per position so that once they're subbed, I'll scratch the old name and write in the new player on top, so I know who's in at any given time. Since the goalie is solid for an entire half, I'll give them first choice for opposite half and typically leave them in for that entire half, unless they get too tired. Goalies usually want to go in as mid/forwards, so that basically leaves me 3 defensive positions and three attacking positions to be subbing around for the game.

For U8, playing quarters, I'd suggest scripting out two pages of this, as you won't be subbing during the quarters. Just keep track over the season to make sure each of the players are getting pretty much the same number of quarters of play in the various positions.

Right before calling for a sub, I'll circle the name of the player(s) I'm subbing out and write the replacement player's name just above it. That way, when a referee let's me sub, I have a quick visual of circled names to call off, replacements go on and I will then cross out the names of players coming off the field.

When using this form, delete these notes and then write in your own notes during the game so that at the end of the season, you will have specific memories to refer to during the end-of-season party. Parents will love the personal touch of specific goals, saves, plays from specific games.
