

**Recommended Substitutions
7 Players with 40 Minute Games**



Insert player name

Player 1: _____

Player 2: _____

Player 3: _____

Player 4: _____

Player 5: _____

Player 6: _____

Player 7: _____

Please note : It is important to rotate and mix up players 1-7 each week so the same players are not starting or finishing every week on the bench.

*** players 1-5 start on court, players 6-7 on bench. At 17:10 minute mark (or when subs can be called) players 1-2 go to bench and players 6-7 take court and so on.*

<u>Time Remaining</u>	<u>7 Players</u>					<u>On Bench</u>	
20:00	1	2	3	4	5	6	7
17:10	3	4	5	6	7	1	2
14:20	5	6	7	1	2	3	4
11:30	7	1	2	3	4	5	6
8:40	2	3	4	5	6	7	1
5:50	4	5	6	7	1	2	3
3:00	6	7	1	2	3	4	5
20:00	1	2	3	4	5	6	7
17:10	3	4	5	6	7	1	2
14:20	5	6	7	1	2	3	4
11:30	7	1	2	3	4	5	6
8:40	2	3	4	5	6	7	1
5:50	4	5	6	7	1	2	3
3:00	6	7	1	2	3	4	5