

Substitution Rotation Planner

Youth soccer · plan subs in waves before kickoff · every kid fair minutes

My-Team Sports
my-teamsports.com

Team: _____ **Date:** _____

Format (7v7 / 9v9 / 11v11): _____ **Game length:** _____ **Sub every:** _____

[illegible]

How to use: one column per sub wave (write the clock mark above each B). Shade the blocks each player is ON the field. Write G in a block for goalkeeper time. Total shaded blocks per row should match — that's your equal-minutes check.

Equal-Time Plans, Pre-Worked

The math done once — steal the plan that matches your roster

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Format	Game	Roster	Fair share	Wave plan
7v7 (U9-U10)	50 min	10 players	35 min each	Sub 3 at a time at 8-9 min marks (6 waves)
7v7	50 min	12 players	~29 min each	Sub 3-4 at a time at 7 min marks (7 waves)
9v9 (U11-U12)	60 min	12 players	45 min each	Sub 3 at a time at 10 min marks (5 waves)
9v9	60 min	14 players	~39 min each	Sub 4 at a time at 8-9 min marks (6 waves)
11v11 (U13+)	70 min	15 players	~51 min each	Sub 4 at a time at 12 min marks (5 waves)
11v11	70 min	16 players	~48 min each	Sub 5 at a time at 10 min marks (6 waves)

The formula

Fair minutes = game length x players on the field / roster size. Decide the waves before kickoff, then each stoppage is one glance at the sheet — no sideline math, no stranded kids, no surprises for parents.

Goalkeeper rule of thumb

Younger ages: rotate keeper by half so more kids learn it, and track field minutes separately so your keeper still gets touches. Post the plan on your team site and playing-time questions answer themselves.