

SUBSTITUTION ALTERNATIVES

7 players at 6 min per sub (2 subs at one time)

		20 min	14	8	2	0	20 min	15	10	4	0	Time (min)
Players	1		Subbed off					Subbed off				28
	2		Subbed off						Subbed off			28
	3			Subbed off					Subbed off			28
	4			Subbed off						Subbed off		30
	5					Subbed off					Subbed off	30
	6	Subbed off				Subbed off						28
	7	Subbed off						Subbed off				28
												200

7 players at 5 min per sub (2 subs at one time)

		20 min	15	10	5	0	20 min	15	10	5	0	Time (min)
Players	1		Subbed off				Subbed off					30
	2		Subbed off					Subbed off				30
	3			Subbed off					Subbed off			30
	4			Subbed off						Subbed off		30
	5					Subbed off				Subbed off		30
	6	Subbed off				Subbed off					Subbed off	25
	7	Subbed off						Subbed off			Subbed off	25
												200

8 players at 5 min per sub (3 subs at one time)

		20 min	15	10	5	0	20 min	15	10	5	0	Time (min)
Players	1		Subbed off			Subbed off			Subbed off			25
	2		Subbed off				Subbed off		Subbed off			25
	3		Subbed off							Subbed off		25
	4			Subbed off			Subbed off			Subbed off		25
	5			Subbed off				Subbed off		Subbed off		25
	6	Subbed off			Subbed off				Subbed off		Subbed off	25
	7	Subbed off				Subbed off				Subbed off		25
	8	Subbed off				Subbed off				Subbed off		25
												200

8 players at 5 min per sub (2 subs at one time)

		20 min	15	10	5	0	20 min	15	10	5	0	Time (min)
Players	1		Subbed off					Subbed off				25
	2		Subbed off					Subbed off				25
	3			Subbed off					Subbed off			25
	4			Subbed off					Subbed off			25
	5					Subbed off				Subbed off		25
	6	Subbed off				Subbed off				Subbed off		25
	7	Subbed off						Subbed off			Subbed off	25
	8	Subbed off						Subbed off			Subbed off	25
												200

9 players at 5 min per sub (4 subs at one time)

		20 min	15	10	5	0	20 min	15	10	5	0	Time (min)
Players	1		Subbed off			Subbed off			Subbed off			20
	2		Subbed off			Subbed off			Subbed off			20
	3		Subbed off			Subbed off			Subbed off			25
	4		Subbed off			Subbed off			Subbed off			25
	5			Subbed off			Subbed off		Subbed off			25
	6			Subbed off				Subbed off	Subbed off			20
	7			Subbed off				Subbed off	Subbed off			20
	8			Subbed off				Subbed off		Subbed off		20
	9					Subbed off			Subbed off		Subbed off	25
												200

9 players at 5 min per sub (2 subs at one time)

		20 min	15	10	5	0	20	15	10	5	0	Time (min)
Players	1		Subbed off					Subbed off				20
	2		Subbed off					Subbed off	Subbed off			20
	3			Subbed off					Subbed off			20
	4			Subbed off						Subbed off		25
	5					Subbed off				Subbed off		25
	6					Subbed off					Subbed off	25
	7							Subbed off				25
	8							Subbed off				20
	9							Subbed off				20
												200