



## Fair and Equal Playing Time

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If you are coaching a team, any team, the natural inclination is to allow the strongest players to take up the bulk of your team's presence in any game or match. It also tends to be one of the cardinal rules that many newer coaches make. It can be difficult to balance the desire to win with the desire to help your players develop their skills and their love of the game. However that, as a coach, is exactly what you need to do

Methods to give equal playing time depend mainly on the level of team you are coaching. If you are coaching very young players it can actually be much easier to give equal playing time to all of your players since they will probably more or less be on an even level of skill or expertise. With very young players, you may find that the level of discrepancy between the weakest and strongest players is not that extreme. Then, it is simply a matter of logistics and recording the amount of time each player has had on the court or the field.

Once you get into dealing with older players, this goal becomes somewhat more difficult. You may find that exceptional players begin to resent being left on the sidelines in order to allow weaker team members to have equal playing time. It becomes less a matter of simple logistics and more about dealing with attitudes.

You may find that not only are you dealing with attitude from stronger players who are being sidelined but you may find that the weaker players are also expressing negative emotions. These, however, may be directed at themselves rather than at their fellow team members. They may be hesitant to play because they are worried about costing the team the victory or they may be worried that if they make a mistake they will be treated poorly by the other team members. This is where it is critical to balance fostering their love of the game with getting equal playing time.

Effective coaching is about more than victory. The trust and respect of your team is what it's really all about so all players, regardless of their ability, have an opportunity to learn and improve

Now a days, most junior sports mandate that all primary aged children play at least 50% of each game. But how much time is that? And how often should a coach substitute? Use the link below and let the 'Playing Time Calculator' do all the work

<http://www.playingtimecalculator.com/>

Below are substitution tables that are a handy resource for coaches with more than 6 players in their team. By following these tables as a guideline it can simplify and take the stress out of substitutions. It can also give coaches more time to focus on the game.



### How to use the Substitution Tables

To maximise the use of the following rotation tables it is recommended that the coach write down the numbers 1-6, 7, 8 or 9 and then write down the players in your team next to each number (see below). Then all you have to do is look at the table and you will see who needs to be subbed on and off.

Example 1:                    1. Mollie            2. Kate            3. Jasmine    4. Angie  
   5. Ella            6. Kristie        7. Lauren      8. Heidi

If you refer to the table of 'Team of 8 Players' below, then Kristie, Lauren and Heidi will start on the bench for the beginning of the match.

Coaches are encouraged to rotate the player's numbers from week to week to stop the same players being off together throughout the season.

Example 2:                    1. Lauren            2. Kristie            3. Heidi            4. Ella  
   5. Angie            6. Jasmine        7. Mollie            8. Kate

If you change the numbers of players each week, you will see that Jasmine, Mollie and Kate start this week on the bench for the beginning of the match.

<b>Team of 9 Players</b>	
<b>Time on Clock</b>	<b>Players on Bench</b>
18:00	6, 7, 8, 9
14:00	1, 2, 3, 4
10:00	5, 6, 7, 8
6:00	9, 1, 2, 3
2:00	4, 5, 6, 7
<b>Half Time</b>	
18:00	4, 5, 6, 7
16:00	8, 9, 1, 2
12:00	3, 4, 5, 6
8:00	7, 8, 9, 1
4:00	2, 3, 4, 5
All players will get equal court time following the above rotations.	

<b>Team of 8 Players</b>	
<b>Time on Clock</b>	<b>Players on Bench</b>
18:00	6, 7, 8
13:30	1, 2, 3
9:00	4, 5, 6
4:30	7, 8, 1
<b>Half Time</b>	
18:00	2, 3, 4
13:30	5, 6, 7
9:00	8, 1, 2
4:30	3, 4, 5
All players will be subbed off three times and receive equal playing time by following the above rotations	



<b>Team of 7 Players</b>	
<b>Time on Clock</b>	<b>Players on Bench</b>
18:00	6, 7
12:30	1, 2,
7:30	3, 4
2.30	5, 6
<b>Half Time</b>	
18:00	5, 6
15:30	7, 1
11:00	2, 3
6:30	4, 5
2:00	6, 7
<p>All players will be subbed off twice except for player 6 &amp; 7 who will be subbed off 3 times. Coaches are encouraged to change the order of players every week to stop the same players having less court time</p>	

<b>Team of 6 Players</b>	
<b>Time on Clock</b>	<b>Players on Bench</b>
18:00	6
15:00	1
12:00	2
9:00	3
6:00	4
3:00	5
<b>Half Time</b>	
18:00	6
15:00	1
12:00	2
9:00	3
6:00	4
3:00	5
<p>All players will be subbed off once each half and receive equal amount of playing time if following the above rotations.</p>	