



## Line Change Sheet

One of the most difficult jobs a coach has is managing the bench during a game. Ensuring every player gets an equal opportunity to play is a laudable goal, but it can drive you to distraction. Worst of all, if you fail in achieving equitable playing time, you are most likely going to find out about it the hard way. In the excitement of the game, it is easy to forget who's been on the whole game, who just came off, and who really needs to go on. Especially early in the season when your team is a jumble of names, numbers and faces, mistakes happen.

However, using a line change form like the one illustrated below is a good way to track your substitute rotations during a particular game and, if kept on file, over a season.

This form is just one idea, a full-size versions for Youth (11 v 11) is included here for you to print if you wish. It can be adapted for your needs or used as a model to create something more appropriate to your personal style. In summary, this tool allows you to list your whole roster on one side, set your starting line up, track your substitutes and determine who's due to come off.

Using arrows, you can determine at a glance if one player has been on too long, or is playing their proper position on the field. This reduces the chance that one player will see action for the entire game, while another will rot on the bench because they are too timid to speak up.

It will also give you a quick reference to see who started the game before and who came off the bench. This way you can ensure every player gets the experience of starting a game and of joining the play mid-way through the half.

Using a system will cut down on accidental inequities, and give you a reference point should a parent complain. What it will not do, however, is protect you from intentional benching. Those will become glaringly obvious and will be up to you to explain.

*List your available players in this section.*

*Plan your starting lineup here.*

*Names of players who will start the game*

*Name of the substitute*

*Shift number.*

**1st Half**

*On-field positions in short form*

*Arrow indicates a player replacement*

*List of available substitutes*

Roster	Starters	1st Sub	2nd Sub	3rd Sub
1 Kendal	G Kendal			
2 Becky	LD Emma S.	Alannah		
3 Emma R.	RD Emma R.		Olivia	
4	SW Tiffany			
5 Kathryn	ST Becky	Jillian		
6 Vanessa	LM Brianne			Becky
7 Courtney	CLM Amanda			
8 Rachelle	CRM Vanessa			
9 Tiffany	RM Taylor	Charlotte		
10 Emma S.	RF Jessica			Taylor
11 Jill	LF Courtney			Bryn
12 Charlotte				
13 Brianne				
14 Amanda				
15 Jessica				
16 Taylor	Charlotte	Taylor	Taylor	Brianne
17 Bryn	Jillian	Becky	Becky	Jessica
18 Olivia	Alannah	Emma S.	Emma S.	Emma S.
19 Alannah	Olivia	Olivia	Emma R.	Emma R.
	Bryn	Bryn	Courtney	Courtney

Game vs. \_\_\_\_\_

\_\_\_\_\_ Half

Date: \_\_\_\_\_

**Roster**

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
13	_____
14	_____
15	_____
16	_____
17	_____
18	_____

**Starters**

**1<sup>st</sup> Sub**

**2<sup>nd</sup> Sub**

**3<sup>rd</sup> Sub**

**4<sup>th</sup> Sub**

<b>G</b>				
<b>RD</b>				
<b>SW</b>				
<b>LD</b>				
<b>RM</b>				
<b>RCM</b>				
<b>LCM</b>				
<b>LM</b>				
<b>RF</b>				
<b>CF</b>				
<b>LF</b>				

<b>G</b> – Goalie	<b>RD</b> - Right Defence	<b>SW</b> – Sweeper	<b>LD</b> – Left Defence
<b>RM</b> – Right Midfield	<b>RCM</b> – Right Centre Midfield	<b>LCM</b> – Left Centre Midfield	<b>LM</b> - Left Midfield
<b>RF</b> – Right Forward	<b>CF</b> - Centre Forward	<b>LF</b> – Left Forward	