

PLAYER SUBSTITUTION SHEET				7 A SIDE			TEAMS			
	1 st Half				2 nd Half				EXTRA INFO	
Players Name	Start	7min	14min		Start	7min	14min		Goals	
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										

To use this sheet simply make your substitutions at the shown times and the team manager writes down who was substituted, or did not start the halves. This will then let you know who should and should not be substituted, to attain as equal time as possible. You can keep these for future reference in later games. If you would like to predefine substitutions you can put an R (Rest) in the column of where they will be substituted.