



Managing Substitutions

This will give you an insight into helping you plan for subbing players into the game this season. Try not to be the coach that subs at every opportunity whether the players needed it or not. Be more organized and have two or three players at the most going on at one time when needed. Subbing too much disrupts the flow of the game.

Since participation is the priority, we want all players U9& U10 to have equal playing time each game. Since no player wants to play only half a game, coaches must maximize playing time for each player. After all, if your weakest player only plays half a game throughout the season and your strongest plays every minute of every game. Who needs it the most? Odds are they will probably quit to play something else. Keep track of the system, (Subbing Apps below) is not difficult or have somebody keep track of the players coming in and out.

Why substitutions?

Injury- Obviously if a player is injured, he/she may be replaced

Tactical- Up by a goal late in the game, coaches may elect to replace a forward with an extra defender or defensive midfielder. If losing, the coach may replace defender with a player who has better attacking skills to go for goal.

Fatigue- Out of Gas? Heat problem? Team needs “Fresh Legs”.

When are Substitutes made?

Referees allow a substitution at any stoppage in play. After a goal, prior to a goal kick, throw in, half time or because of injury.

When the players come off the field say “good job” get some water and stay ready, along with a fist pump do wonders for kids of any age. Take them aside and tell them what they could have done better in that situation, and how they would change or fix things on the field.

Having a coach to concentrate on the subs only is something that is well needed. The players need to focus on the sidelines when having a rest or drink. Showing them information on a board to paint the picture is also good for each player.

Subbing apps you can download on the phone app store to use during games

1. Sub time: Playing time tracking
2. Soccer Substitution Manager
3. SocSub
4. Soccer Coach timer

If you have any questions let me know, have fun and good luck this season.

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