

## LOCAL COMPETITION | SUB TIMING TEMPLATE

SUBBING SCHEDULE - 6 players		
	TIME	PLAYER
1st half	19:00 - 15:00	
	15:00-12:00	
	12:00-9:00	
	9:00-6:00	
	6:00-3:00	
	3:00-0:00	
2nd half	19:00 - 15:00	
	15:00-12:00	
	12:00-9:00	
	9:00-6:00	
	6:00-3:00	
	3:00-0:00	

### FEW KEY POINTS

- \* Only teach man-to-man defence.
- \* Try to distribute court time evenly.
- \* Only the Coach, Assistant Coach, Manager and players can sit on the team bench.
- \* RESPECT the officials, players, coaches, spectators and THE GAME!

### SUBBING SCHEDULE - 7 players

	TIME	PLAYER 1	PLAYER 2
1st half	19:00 - 12:00		
	12:00-6:00		
	6:00-0:00		
2nd half	19:00 - 12:00		
	12:00-6:00		
	6:00-0:00		

### SUBBING SCHEDULE - 8 players

SUBBING SCHEDULE - 8 players				
	TIME	PLAYER 1	PLAYER 2	PLAYER 3
1st half	19:00 - 12:00			
	12:00-6:00			
	6:00-0:00			
2nd half	19:00 - 12:00			
	12:00-6:00			
	6:00-0:00			

