

## E League – example of team scheduling

### 6 minute quarters (4)

Scrimmage 4 on 4 no goalie (9 – 10 on a team) - \*\*\*if both teams have 10, play 5 on 5 to simplify. If both have 9, play 4 on 4 and then 5 on 5 to simplify and avoid too much sitting out.

Example for a 6:15 game start - **(25 minute warm up, 5 minute break before scrimmage starts - 2 minutes between quarters, approximately)**

| Name  | Start Time | Position | Resume Time | Position | Resume Time | Position | Resume Time | Position | Resume Time | Position |
|-------|------------|----------|-------------|----------|-------------|----------|-------------|----------|-------------|----------|
| Sally | 6:15       | practice | 6:45        | Field    | 6:53        | Sit      | 7:00        | Field    | 7:15        | Sit      |
| Joe   | 6:15       | practice | 6:45        | Field    | 6:53        | Sit      | 7:00        | Field    | 7:15        | Sit      |
| Jim   | 6:15       | practice | 6:45        | Field    | 6:53        | Sit      | 7:00        | Field    | 7:15        | Sit      |
| Jon   | 6:15       | practice | 6:45        | Field    | 6:53        | Sit      | 7:00        | Field    | 7:15        | Sit      |
| Sarah | 6:15       | practice | 6:45        | Sit      | 6:53        | Field    | 7:00        | Sit      | 7:15        | Field    |
| Kelly | 6:15       | practice | 6:45        | Sit      | 6:53        | Field    | 7:00        | Sit      | 7:15        | Field    |
| Omar  | 6:15       | practice | 6:45        | Sit      | 6:53        | Field    | 7:00        | Sit      | 7:15        | Field    |
| Lauri | 6:15       | practice | 6:45        | Sit      | 6:53        | Field    | 7:00        | Sit      | 7:15        | Field    |
| Deb   | 6:15       | practice | 6:45        | Sit      | 6:53        | Field    | 7:00        | Sit      | 7:15        | Field    |

Rotate this schedule each game so our children play with different friends.