

D1 League (1st grade)– example of team scheduling

8 minute quarters (4)

Scrimmage 6 on 6 NO goalie (11 - 12 on a team) - ***if both teams have 10, play 5 on 5 to simplify.

Example for a 6:15 game start - **(20 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	6:40	Off	6:50	Sit	7:00	Def	7:10	Sit
Joe	6:15	practice	6:40	Off	6:50	Sit	7:00	Def	7:10	Sit
Jim	6:15	practice	6:40	Off	6:50	Sit	7:00	Def	7:10	Sit
Jon	6:15	practice	6:40	Def	6:50	Sit	7:00	Off	7:10	Sit
Sarah	6:15	practice	6:40	Def	6:50	Sit	7:00	Off	7:10	Def
Kelly	6:15	practice	6:40	Def	6:50	Off	7:00	Sit	7:10	Off
Omar	6:15	practice	6:40	Sit	6:50	Off	7:00	Sit	7:10	Def
Lauri	6:15	practice	6:40	Sit	6:50	Off	7:00	Sit	7:10	Def
Deb	6:15	practice	6:40	Sit	6:50	Def	7:00	Off	7:10	Off
Greg	6:15	practice	6:40	Sit	6:50	Def	7:00	Sit	7:10	Off
Sally	6:15	practice	6:40	Sit	6:50	Def	7:00	Sit	7:10	Off

Rotate this schedule each game so our children play with different friends. In this example, there are 3 children who only sit once – rotate so that those are different children the next game.