

A League – example of team scheduling

12 minute quarters (4)

Play 9 on 9 including a goalie (11 - 12 on a team)

Example for a 6:15 game start - (5 minute warm up - 5 minutes between halves and 2 minutes between quarters, approximately)

Name	Time	Position	Time	Position	Time	Position	Time	Position
Sally	6:20	Goalie	6:35	Goalie	7:00	Off	7:15	Sit
Joe	6:20	Off	6:35	Sit	7:00	Goalie	7:15	Goalie
Jim	6:20	Off	6:35	Sit	7:00	Def	7:15	Def
Jon	6:20	Off	6:35	Off	7:00	Def	7:15	Sit
Sarah	6:20	Off	6:35	Off	7:00	Sit	7:15	Def
Kelly	6:20	Def	6:35	Def	7:00	Sit	7:15	Off
Omar	6:20	Def	6:35	Def	7:00	Off	7:15	Off
Lauri	6:20	Def	6:35	Def	7:00	Off	7:15	Off
Deb	6:20	Def	6:35	Def	7:00	Off	7:15	Off
Patrick	6:20	Sit	6:35	Off	7:00	Def	7:15	Def
Dean	6:20	Sit	6:35	Off	7:00	Def	7:15	Def

It is sometimes better to keep our young adults in one position for 2 quarters as it increases their knowledge of that position. If you have 3 young people who did not sit out in this game, they will need to sit out first in the next game (see Lauri, Deb and Omar)

Example for a 7:30 start game – (5 minute warm up – 3-5 minutes between halves and 2 minutes between quarters, approximately)

Name	Time	Position	Time	Position	Time	Position	Time	Position
Sally	7:35	Goalie	8:00	Goalie	8:15	Off	8:30	Sit
Joe	7:35	Off	8:00	Sit	8:15	Goalie	8:30	Goalie
Jim	7:35	Off	8:00	Sit	8:15	Def	8:30	Def
Jon	7:35	Off	8:00	Off	8:15	Def	8:30	Sit
Sarah	7:35	Off	8:00	Off	8:15	Sit	8:30	Def
Kelly	7:35	Def	8:00	Def	8:15	Sit	8:30	Off
Omar	7:35	Def	8:00	Def	8:15	Off	8:30	Off
Lauri	7:35	Def	8:00	Def	8:15	Off	8:30	Off
Deb	7:35	Def	8:00	Def	8:15	Off	8:30	Off
Patrick	7:35	Sit	8:00	Off	8:15	Def	8:30	Def
Dean	7:35	Sit	8:00	Off	8:15	Def	8:30	Def