

Teams of 6 Players

Time On Clock	Player On Bench
First half 20.00	1
16.30	2
13.00	3
9.30	4
6.00	5
2.30	6
Second half 20.00	1
16.30	2
13.00	3
9.30	4
6.00	5
2.30	6
All players will be on the bench twice and will get equal court time.	

Before the game, allocate a number to each player
Write down the numbers and next to each number
write the player's name or singlet number

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____

Teams of 7 Players

Time On Clock	Players On Bench
First half 20.00	1 2
16.00	3 4
12.00	5 6
8.00	7 1
4.00	2 3
Second half 20.00	4 5
16.00	6 7
12.00	1 2
8.00	3 4
4.00	5 6
All players will be on the bench 3 times except number 7. Try to rotate evenly who the 7th player is each week.	

Before the game, allocate a number to each player
Write down the numbers and next to each number
write the player's name or singlet number

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____

Teams of 8 Players

Time On Clock	Players On Bench
First half 20.00	1 2 3
15.00	4 5 6
10.00	7 8 1
5.00	2 3 4
Second half 20.00	5 6 7
15.00	8 1 2
10.00	3 4 5
5.00	6 7 8
All players will be on the bench 3 times and will get equal court time.	

Before the game, allocate a number to each player
Write down the numbers and next to each number
write the player's name or singlet number

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
