



PLAYING TIME GUIDELINES

7V7 - PLAYER DEVELOPMENT COMES FIRST

- Equal playing time for all players.
- Players should experience multiple positions, including GK.
- No “starters vs subs” mentality. Everyone has the opportunity to start. Ideally, everyone should have opportunities to start, but effort and attitude may limit this. Speak to parents if this is the case or DOC.
- Every player should play at least 50% per game. Ideally, rotate every 8-12 minutes so no one sits long.
- Attending practices, effort, attitude may impact playing time.

9V9 - BALANCING DEVELOPMENT AND COMPETITION

- Balanced playing time (not strictly equal)
- Every player should still get meaningful minutes
- 50% playing time across the season is ideal (not necessarily every game)
- Players should see 33% of each game. 50% where possible.
- Game understanding, Accountability (effort, attitude) are counted towards game time. Players become more in charge of their game time through these.

11V11 - PREPARING PLAYERS FOR THE FULL GAME AND BEYOND

- Merit-based playing time
- Decisions based on: Performance, Effort, Attitude, Tactical fit.
- No guarantee of equal time; however, still aim for 33% and meaningful minutes where possible.
- Clear communication with players/parents on what players can do to get more time.
- Players should understand minutes are earned.