



Playing Time Tracker

Coaches can use this guide to assist them in ensuring all their team players receive as equal opportunities to play as possible. Simply place the names of the players in attendance at the game and follow the scheduled shifts as indicated. Use the number given to the player to make your line shifts accordingly. Use a new sheet for each game.

Team Roster

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

6 Players (Shifts received 1=10; 2=10; 3=10; 4=10; 5=10; 6=10)

1st Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3 ♦ 6 1 2 3 4
 2nd Half 1 2 3 4 5 ♦ 2 3 4 5 6 ♦ 3 4 5 6 1 ♦ 4 5 6 1 2 ♦ 5 6 1 2 3 ♦ 6 1 2 3 4

7 Players (1=8; 2=9; 3=9; 4=9; 5=9; 6=8; 7=8)

1st Half 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6 ♦ 4 5 6 7 1
 2nd Half 6 7 1 2 3 ♦ 1 2 3 4 5 ♦ 3 4 5 6 7 ♦ 5 6 7 1 2 ♦ 7 1 2 3 4 ♦ 2 3 4 5 6

8 Players (1=7; 2=8; 3=8; 4=8; 5=8; 6=7; 7=7; 8=7)

1st Half 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6 ♦ 5 6 7 8 1 ♦ 8 1 2 3 4
 2nd Half 3 4 5 6 7 ♦ 6 7 8 1 2 ♦ 1 2 3 4 5 ♦ 4 5 6 7 8 ♦ 7 8 1 2 3 ♦ 2 3 4 5 6

9 Players (1=7; 2=7; 3=7; 4=7; 5=7; 6=6; 7=6; 8=6; 9=7)

1st Half 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4 ♦ 4 5 6 7 8 ♦ 8 9 1 2 3 ♦ 3 4 5 6 7
 2nd Half 7 8 9 1 2 ♦ 2 3 4 5 6 ♦ 6 7 8 9 1 ♦ 1 2 3 4 5 ♦ 5 6 7 8 9 ♦ 9 1 2 3 4

10 Players (all players receive 6 shifts each)

1st Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10
 2nd Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10

11 Players (1=6; 2=6; 3=6; 4=6; 5=6; 6=5; 7=5; 8=5; 9=5; 10=5; 11=5)

1st Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 1 2 3 ♦ 4 5 6 7 8
 2nd Half 9 10 11 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 1 2 3 4 5

12 Players (all players receive 5 shifts each)

1st Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 1 ♦ 2 3 4 5 6
 2nd Half 7 8 9 10 11 ♦ 12 1 2 3 4 ♦ 5 6 7 8 9 ♦ 10 11 12 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12

13 Players (1=5; 2=5; 3=5; 4=5; 5=5; 6=5; 7=5; 8=5; 9=4; 10=4; 11=4; 12=4; 13=4)

1st Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 1 2 ♦ 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 1 2 3 4
 2nd Half 5 6 7 8 9 ♦ 10 11 12 13 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 13 1 2 3 ♦ 4 5 6 7 8

14 Players (1=5; 2=5; 3=5; 4=5; 5=4; 6=4; 7=4; 8=4; 9=4; 10=4; 11=4; 12=4; 13=4; 14=4)

1st Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 1 ♦ 2 3 4 5 6 ♦ 7 8 9 10 11 ♦ 12 13 14 1 2
 2nd Half 3 4 5 6 7 ♦ 8 9 10 11 12 ♦ 13 14 1 2 3 ♦ 4 5 6 7 8 ♦ 9 10 11 12 13 ♦ 14 1 2 3 4

15 Players (all players receive 4 shifts each)

1st Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15
 2nd Half 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15 ♦ 1 2 3 4 5 ♦ 6 7 8 9 10 ♦ 11 12 13 14 15

Notes

- With rosters of 10 or more players, there is no need to double shift players
- Change up the order of your players each game to balance the overall time played.