

# UPWARD SUBSTITUTION ROTATION

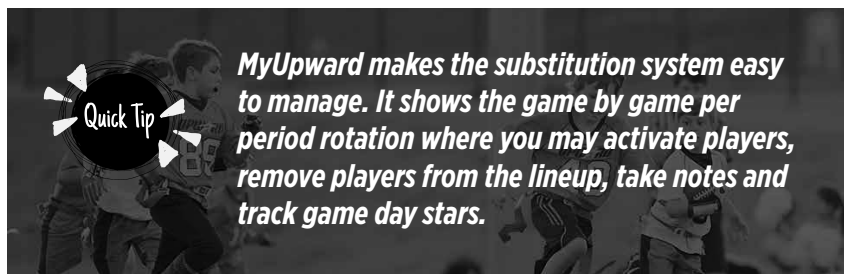
- » The basic Upward substitution system applies to ONLY Level 1, Level 2 and Level 3 divisions.
- » Level 4 division does not use the basic Upward Substitution Rotations detailed in this training guide. Playing time for this division are:
  - Each player plays a minimum of 1/4 each game.
  - Each player must play in both halves of each game.
- » Levels 1-3 play six, 6-minute segments with an 8-minute halftime.

The Upward Substitution Rotation for Levels 1-3 is designed to provide every player equal opportunity for improvement. The substitution system ensures the following:

- » Every player will play at least half of the game. This eliminates preferential treatment of players.
- » No player will sit out more than six minutes at a time. This allows each player to be involved in consistent game action and assists in keeping players focused and engaged in the game.
- » The starting lineup shifts down one player for the start of every game allowing every player to be in the starting lineup. This gives all players a time to be on the court first and no child feels as though they are used only as a reserve player.

- » Coaches are not open to making unfair substitutions. Following substitution rotation helps coaches manage who should be in the game.
- » Coaches are free from monitoring playing time for each player. The substitution system allows coaches to focus more on instructing and encouraging players than awarding playing time.
- » Playing time for all players is virtually even over the course of the season. This gives all players game experience and to allows them to be a contributing teammate.

***When using MyUpward, mark the game complete to see a summary of the stars and notes you took during the game for easy post game star presentation.***



## FILLING OUT THE SUBSTITUTION FORM

Here is how to use substitution form in the back of the book if you are not using MyUpward.org.

### Step 1

Rank players according to skill level starting with letter "A." This ranking is based on evaluation score and what you observe at pre-season practices.

### Step 2

For Week 1, begin with Player "A" and work down the first column (A-E). These are your starting five.

### Step 3

Begin the rotation where you left off in the previous segment. If you are at the bottom of your list, be sure to go back to the top until you have five players in the segment.

Week 1		FIRST HALF			SECOND HALF		
PLAYER NAME	18 min	12 min	6 min	18 min	12 min	6 min	
A Beth	X	X	X		X	X	
B Ann	X	X		X	X	X	
C Susan	X	X		X	X		
D Kim	X		X	X	X		
E Mary	X		X	X		X	
F Karen		X	X	X		X	
G Amy		X	X		X	X	
H							
I							
J							

### Step 4

Continue this process for the remainder of the segments.

*For Week 2, begin with Player "B" and fill in five players for the starting lineup.*

*Using the previous method, you would then fill in the rest of the form accordingly for Week 2.*

**Week 2**

PLAYER NAME	FIRST HALF			SECOND HALF		
	18 min	12 min	6 min	18 min	12 min	6 min
A Beth						
B Ann	X					
C Susan	X					
D Kim	X					
E Mary	X					
F Karen	X					
G Amy						
H						
I						
J						

## SUBSTITUTION SCENARIO

It's Week 3 and, as game time approaches, Mary has not arrived (she is supposed to be in the starting lineup for Week Three). She did not call prior to the game and inform you that she will not be present.

### How to fill out the form:

Since it's Week 3, you'll start with Susan followed by Kim. For the first segment only, draw a line through the box for Mary. Fill in the box for Karen and Amy (this now gives you four players). To occupy the fifth spot, fill in the next person in the rotation (Beth). This is your new starting lineup for Week Three.

### Week 3

PLAYER NAME	FIRST HALF			SECOND HALF		
	18 min	12 min	6 min	18 min	12 min	6 min
A Beth	X					
B Ann						
C Susan	<input type="checkbox"/>					
D Kim	X					
E Mary	---					
F Karen	X					
G Amy	X					
H						
I						
J						

*For the second segment, start with the next person in the rotation (Ann) and work down the form to include Susan and Kim. Draw a line through Mary's box and continue down the form to include Karen and Amy.*

*If by the third segment Mary has yet to arrive, draw another line through her name and begin with the next person in the rotation (Beth) to begin this segment. Continue this lineup with Ann, Susan, Kim and Karen.*

### Week 3

PLAYER NAME	FIRST HALF			SECOND HALF		
	18 min	12 min	6 min	18 min	12 min	6 min
A Beth	X		X			
B Ann		X	X			
C Susan	X	X	X			
D Kim	X	X	X			
E Mary	---	---	---			
F Karen	X	X	X			
G Amy	X	X				
H						
I						
J						

***If Mary arrives during halftime, continue with the current cycle including Mary in the proper rotation. Then continue with the rest of the rotations through the end of the game. As you can see with the previous example, it is important to NOT fill out your form prior to the game. If a participant is absent, it is best to fill out your form segment by segment in case the absent player arrives at some point during the game.***

### Week 3

PLAYER NAME	FIRST HALF			SECOND HALF		
	18 min	12 min	6 min	18 min	12 min	6 min
A Beth	X		<input type="checkbox"/>	X	X	
B Ann		<input type="checkbox"/>	X	X	X	
C Susan	<input type="checkbox"/>	X	X	X		<input type="checkbox"/>
D Kim	X	X	X	X		X
E Mary	---	---	---		<input type="checkbox"/>	X
F Karen	X	X	X		X	X
G Amy	X	X		<input type="checkbox"/>	X	X
H						
I						
J						