5v5 Football Team Sheet

Team: _____ Opponent: _____ Date: _____ Kick-off: _____

#	Player	Position	Q1	Q2	Q3	Q4	Mins
1							
2							
3							
4							
5							
6							
7							
8							
9							

Rows 1–5: starting 5v5 line-up. Shaded rows: substitutes. Tick each quarter a player is on and total their minutes.

Notes / substitutions:

Need equal minutes worked out for you? Use the free equal playing time calculator at footballcoachhub.com/equal-playing-time-calculator