

How to Substitute

- 1.) At the beginning of the game number your player
- 2.) Player 1 always sits out first
- 3.) Begin the game with the same number of players as the opposing team
- 4.) Substitute players every 2-4 plays
- 5.) Yell "2 Out – 1 In" after designated number of plays.

Coaching Tips

- 1.) Encourage players to keep track of the number of plays they sat out
- 2.) Have players who sit out move with the line of scrimmage
- 3.) Encourage players to sprint on and off the field!
- 4.) Do NOT stop substituting for any reason (Goal line play, 4th down, etc.)
- 5.) It is YOUR job to make sure everyone gets the same amount of playing time.