Using your Reserves

How do you solve the challenge of substitutes?

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Using your Reserves

- reserve - an athlete who plays only when a starter on the team is replaced
- Coaches can substitute
History of the “no. 12” Player

• 1927 The American Soccer League (ASL) founded in 1921
• 1958 FIFA WC Sweden
• 1965 English League
Weakest Links?
Dealing with the weak links

• Pretend he doesn’t exist and hide him
• Face reality, reinforce him
• Substitute him
• Try to improve him (work harder, teach new skills)
• Sell him
What is your philosophy?
Art of Substitution

• Tired? Too Late!
• Home or Away?
• Opposition
• Goal Keeper
Everyone has a role!
What are you watching?
Are you ready?
Keep the area around you clear!
You are accountable!

"Ms Henson, you're going in for Ms. Bleckmore."
Is this right?
I get it
Tips

1. Stay warm; stay hydrated
2. Be ready for anything
3. Pay attention
4. Adjust your attitude
5. Support your teammates
T.E.A.M.

Questions?