**Substitute Player**

**Playing Experience**

Being named a substitute means that you are not one of the best 11 players fit enough to be selected by the manager as a starter. You have an expectation to play some minutes in this match. These minutes are to prepare you in case the starter is injured or in card trouble.

**Match Role**

* Observe the player who is starting in your position. Be prepared to answer these questions with your coach before you go in.
  + Who is the starter marking (shirt number)?
  + What tactics is the opponent using to get forward?
  + What foot is the opponent you will be playing against?
  + How are our tactics working in the match?
* Have your uniform already on. Bench uniform for match should be on as well.
* Be positive! Cheer on the player you are going to sub for.
* Ask questions to your assistant coach, if something is happening you do not understand.
* Make sure the player you are going to sub for has a water bottle.
* Hand the player your subbing for a ‘pinnie.”
* Listen to the coach’s final instructions.
* Repeat back what he is telling you do.
* You have limited time on the pitch so bring lots of high energy.
* When subbed out stay positive.
* Substitute tactics.
  + Slow jog if late in the match and we are up.
  + Sprint off if we are down or tied.
* Take the water bottle and “pinnie” from who is subbing you.
* Take place on bench.
* Check in with assistant coach after a few minutes.

**After Match Role**

* Shake hands with opponents
* As a team start cool down procedure
* Quick team meeting with coaching staff
* Break on pride.

Nothing ever said immediately after a match/moment is ever thoughtful. Put the match away until you see your performance on the video. If you must focus on the match, pick one bad and one good thing you did and talk about that.