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|  | **Mildura Junior Heat** |

**BENCH ROTATION:**

* When Sub 1 is subbed into the game Sub # 2 and Sub #3 move up a seat
* Whichever player is subbed out of the game they sit in the Sub #3 position and the rotation begins again.
* This helps not only the coach in knowing who he has subbed out of the game
* Plus the player who has just come off is closer to the Team Manager to get drinks or anything else they ask for

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* Obviously from time to time the play might take a different turn and the coach might need their best defensive player back on court who is sitting in Sub 2 position same rule occurs and they just move up.
* Also we have all been around basketball enough to realize those players that sit themselves back next to the coach each time they are subbed off in the hope that the coach is too much into the game and puts them back out again.

**NOTE**: Each coach has their own style and preferences, please use this as a guide, speak to your coach as see if this is how you can help make their role easier.

Please ensure you have a plan in regard to your minutes.

Team managers can be useful in monitoring minutes.