Rotation plan

Who plays where, and when, so every team visits every station and nobody waits.

How to fill it in

1. Count the teams and the stations. With two teams at each station, you need half as many stations as teams.
2. Set the length of a round: minutes of play plus minutes to move. Add one break.
3. Give every team a number on a wristband, and print the plan at every station.

Teams and people How many teams, how many in each

Stations How many, and how many teams at each

One round Play, move, and the break

The rounds Write the two team numbers that meet at each station

#	Time	Station 1	Station 2	Station 3	Station 4	Station 5
1						
2						
3						
4						
5						
6						

Before you move on

- [ ] Every team visits every station once.
- [ ] No two teams meet twice.
- [ ] The break and the prayer time are inside the plan, not squeezed around it.

THE RULE

Play for fifteen minutes, move for five. A round that runs long steals from every round after it.

Source: GoldinKollar · how we plan and run our own team days and activations

Rotation plan

Worked example

The example is made up, to show a filled template: a delivery company marking its tenth anniversary. Replace it with your own.

Teams and people How many teams, how many in each

Ten teams of sixteen. Each team has a colour and a number.

Stations How many, and how many teams at each

Five stations, two teams at each.

One round Play, move, and the break

Twenty minutes: fifteen of play, five to move. One break of twenty minutes after round three.

The rounds Write the two team numbers that meet at each station

#	Time	Station 1	Station 2	Station 3	Station 4	Station 5
1	10:30	1 · 6	2 · 7	3 · 8	4 · 9	5 · 10
2	10:50	5 · 7	1 · 8	2 · 9	3 · 10	4 · 6
3	11:10	4 · 8	5 · 9	1 · 10	2 · 6	3 · 7
4	11:50	3 · 9	4 · 10	5 · 6	1 · 7	2 · 8
5	12:10	2 · 10	3 · 6	4 · 7	5 · 8	1 · 9