

11 man team

1	6	11	5	10	4	9	3	8	2	7 start at 1st column again
2	7	1	6	11	5	10	4	9	3	8
3	8	2	7	1	6	11	5	10	4	9
4	9	3	8	2	7	1	6	11	5	10
5	10	4	9	3	8	2	7	1	6	11

9 man team

1	6	2	7	3	8	4	9	5 start at 1st shift
2	7	3	8	4	9	5	1	6
3	8	4	9	5	1	6	2	7
4	9	5	1	6	2	7	3	8
5	1	6	2	7	3	8	4	9

8 man team

1	6	3	8	5	2	7	4 start at 1st shift
2	7	4	1	6	3	8	5
3	8	5	2	7	4	1	6
4	1	6	3	8	5	2	7
5	2	7	4	1	6	3	8

7 man team

1	6	4	2	7	5	3 start @ 1st shift
2	7	5	3	1	6	4
3	1	6	4	2	7	5
4	2	7	5	3	1	6
5	3	1	6	4	2	7

6 man team

1	6	5	4	3	2 start @ 1st shift
2	1	6	5	4	3
3	2	1	6	5	4
4	3	2	1	6	5
5	4	3	2	1	6

How it works

Assign each player a number - write his name to the left and presto you have all your kids playing the same amount.  
When you get through all shifts start at the beginning again.