

HOW TO SET-UP A CANADA SOCCER GRASSROOTS PROGRAM

To set up a program that aligns to the principles and standards of a Canada Soccer Grassroots Program, clubs must do the following:

- ▶ Offer programming for U9-13 players that provides 1-3 training sessions per week.
- ▶ Allow players to register for their preferred number of training sessions (1-3) based on interest and not ability.
- ▶ Form Player Pools or Training Groups of registered players based on the coach-to-player ratio and facilities available. Ensure training groups are fluid and allow players to move between groups freely.
- ▶ Ensure all participating players have access to high-quality coaching, not just the “best” players in the group.
- ▶ From the Player Pools, form teams for competition (league or festival).
 - ▶ At U9 and below, teams should be balanced and not tiered based on ability.
 - ▶ At U10 and above, teams can be balanced or streamed for participation in A, B, or C Pools.
 - ▶ Formation of teams is independent of the training program in which the player is involved. Any player can be placed on to any team.
 - ▶ Team rosters are open and allow for players to be moved between teams on a regular basis to support their development and/or to ensure all games are competitive and meaningful (results are not one-sided).
- ▶ From the Player Pools, form teams for competition (league or festival).

For more information on Player-to-Coach Ratio, Grouping Players for Match Play, and Open Rosters, please refer to the [Canada Soccer Grassroots Standards](#).