



CANADA SOCCER GRASSROOTS STANDARDS

CRITERIA	ACTIVE START		FUNDAMENTALS		LEARN TO TRAIN			
	U4-U6	U6-U7	U8-U9	U10-U11	U12-U13			
Principle: Grassroots Programs should be appropriately structured for the age and stage of the participating players and allow for the opportunity for multi-sport participation, activity sampling, and life balance.								
Season or Block Length	6-16 weeks	6-16 weeks	6-22 weeks	10-22 weeks	10-22 weeks			
Practice-to-Match Ratio	N/A	1:1 or 2:1	2:1 or 3:1	2:1 or 3:1	2:1 or 3:1			
Structured Practice Duration	30-60 minutes	30-60 minutes	45-75 minutes	60-75 minutes	60-90 minutes			
Number of Match Days per Week	N/A	1 (Respecting the practice-to-match ratio)						
Number of Memorable Events (tournaments)	N/A	N/A	2 per season	2 per season	3 per season			
Principle: Grassroots Matches should be played on fields, with goals and balls, and following a match day format that is developmentally appropriate for the participating players.								
Match Format (maximum)	Informal Games	3v3	4v4 (No GK) or 5v5 (With GK)	7v7	9v9			
Maximum Goal Size	N/A	Pop-up Goals 3ft (0.91m) x 5ft (1.52m)	5ft (1.52m) x 8ft (2.44m)	6ft (1.83m) x 16ft (4.88m)	6ft (1.83m) x 18ft (5.49m)			
Field Size	N/A	Width: 18-22m Length: 25-30m	Width: 25-30m Length: 30-36m	Width: 30-36m Length: 40-55m	Width: 45-55m Length: 65-75m			
Ball Size	3	3	3 or 4	4	U12: 4 U13: 5			
Match Duration (maximum)	N/A	30 minutes (2x15 min, or 4x7.5 min)	40 minutes (2x20 min or 4x10 min)	50 minutes (2x25 min or 4x12.5 min)	70 minutes (U12) (2x35 min or 4x 17.5 min) 80 minutes (U13) (2x40 min or 4x 20 min)			
Maximum Match Time Per Player Per Day	N/A	60 minutes	80 minutes	100 minutes	120 minutes			
Minimum Rest Time Between Matches	N/A		Duration of one match					
Match Day Roster	N/A	Ideal: 6 players Maximum: 9 players	Ideal: 8-10 players (depending on game format) Maximum: 12 players	Ideal: 10-12 players Maximum: 14 players	Ideal: 14 players Maximum: 18 players			
Match Day Format	N/A	Festival Format		Festival or League Format				
Referee or Game Leader	N/A	Game Leader	Game Leader or Referee		Referee			
Restarts from Sidelines	N/A	Dribble-in and Pass-in			Throw-in			
Offside	N/A	No			Yes			
Substitutions	N/A	Unlimited (on the fly or at designated stoppages)		Unlimited (any stoppage)				
Retreat Line	N/A	Yes (halfway line)		Yes (one third)	No			

Soccer Canada Grassroots Program Principles and Best Practices									
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	U4-U6	U6-U7	U8-U9	U10-U11	U12-U13				
Principle: Coaches have the greatest impact on the experience of players and every child deserves a properly qualified coach.									
Coaching Qualifications	As outlined in the Canada Soccer Coach Education Minimum Standards, Canada Soccer Safe Sport Roster and presented below								
	Grassroots Stream*								
	<ol style="list-style-type: none"> 1. Criminal Record Check with Vulnerable Sector Screen 2. NCCP Make Ethical Decisions Module and/or Online Evaluation 3. Respect in Sport Activity Leader Program 4. NCCP Making Headway Module 5. NCCP Emergency Action Planning Module 6. NCCP Rule of Two Module 								
	Active Start – Online Theory Module and Practical Workshop	Fundamentals – Online Theory Module and Practical Workshop			Learn to Train – Online Theory Module and Practical Workshop				
	Grassroots – Community Stream*								
	<ol style="list-style-type: none"> 1. Criminal Record Check with Vulnerable Sector Screen 2. Canada Soccer Coaching Soccer in Canada Online Module 3. Respect in Sport Activity Leader Program 								
	<p style="text-align: center;">* these coach qualifications represent the minimum standard for the Grassroots Streams. Member Association may increase the requirements within their jurisdiction.</p>								
	U4: One-with-One (child-with-adult informal play) U6: Ideal: 4:1; Maximum 8:1	Ideal: 6:1 Maximum 9:1	Ideal: 8:1 Maximum 10:1	Ideal: 8:1 Maximum 12:1	Ideal: 8:1 Maximum 14:1				
	Principle: Children register to play soccer, not to watch others play or spend time traveling. Teams should strive for fair playing time and limit travel time as much as possible.								
Playing Time and Positions	N/A	Fair Playing Time for All Players (Coaches should target a minimum of 50% playing time for each player) Players Try All Positions							
Team Travel Time	Within organization	Under 60 minutes each way							
Principle: Talent Identification and selection should be delayed as long as possible to provide as many players as possible with the best training environment available.									
Grouping Players for Match Play	Must support “Open Rosters” that allow the movement players between teams on a regular and ongoing basis								
	Teams cannot be formed using try-outs or other similar evaluation methods								
	Tiering of players is not permitted before U10								
Select Teams	No provincial/territorial or regional select teams before U14.								
Principle: Match results should not be the focus of grassroots soccer as this restricts player development and negatively impacts the player experience.									
Scores and Standings	N/A	No scores or standings							
Scores and Standings in Tournaments	N/A		No		Permitted but not preferred				