



## Grassroots Standards Season Length, Frequency & Rest - One-Pager

**Who This Is For:** Club Schedulers, Coaches, Grassroots Program Managers, Districts, Parents

**Why It Matters:** Establishing appropriate season length and weekly activity frequency is essential to align with Long-Term Player Development (LTPD) principles. It supports player wellness, prevents burnout, and encourages multi-sport participation. A well-balanced schedule promotes enjoyment and long-term engagement in sport.

**Purpose:** To provide guidance on season duration, weekly training/game frequency, and the importance of rest and multi-sport participation.

### Key Standards:

- Grassroots seasons should be between:

Active Start		Fundamentals	Learn to Train	
U4-U6	U6-U7	U8-U9	U10-U11	U12-U13
6-16 weeks		6-22 weeks	10-22 weeks	

- U6-U13 players should train 2–3 times per week with 1 match per week.
- Avoid scheduling more than 1 match per day.
- Ensure players have days of rest per week.
- Encourage participation in other sports and activities during the week and in the offseason.

### Why Rest is Important:

#### 1. Physical Recovery

- Children’s bodies are still growing, and their musculoskeletal systems are more vulnerable to overuse injuries.

#### 2. Mental and Emotional Wellbeing

- Constant competition and training without breaks can lead to mental fatigue, reduced motivation, and even sport dropout.
- Rest days help players recharge emotionally, making soccer feel fun rather than like a chore.

#### 3. Multi-Sport Participation

- Encouraging rest days allows kids to explore other sports or activities, which:
  - Builds a broader range of motor skills
  - Reduces risk of burnout
  - Keeps sport participation fresh and exciting

### Implementation Tips:

- Publish a seasonal calendar in advance to help families plan.
- Avoid overlapping seasons that limit rest and recovery.
- Educate parents on the benefits of multi-sport participation.
- Monitor player attendance and fatigue to adjust workloads as needed.



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