



Grassroots Standards Travel, Scheduling & Local Play – One-Pager



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

Why It Matters: Minimizing travel and optimizing scheduling are essential to making grassroots soccer accessible and enjoyable for all families. By focusing on local play and balanced schedules, we reduce barriers to participation, support player wellness, and create more opportunities for meaningful play. This approach ensures that time is spent on the field developing skills and friendships, not in transit.

Purpose: To provide guidelines for travel distances, match scheduling, and local play expectations.

Key Standards:

- Travel time should not exceed 60 minutes each way for grassroots matches.
- Players should have adequate rest between games—ideally one match per day.
- Avoid back-to-back competition days for U6–U12 players.
- Training-to-match ratios should be 2:1 or 3:1 for U8–U13.
- Encourage intra-club or district-level play to reduce travel.

Implementation Tips

- Use scheduling software to optimize travel and rest periods.
- Coordinate with nearby clubs to host joint festivals or events.
- Communicate travel expectations clearly to families at the start of the season.
- Monitor player workloads to prevent burnout and overuse injuries.

Community-Based Festival Formats

Festival formats are a powerful tool for delivering meaningful competition experiences without the logistical burden of league-style play. These events bring multiple teams together at a single venue for a day of fun, development-focused matches.

Benefits:

- Promote local engagement and community spirit.
- Reduce travel time and costs for families.
- Allow for flexible scheduling and team formation.

How to Implement:

- Host festivals on weekends or during regular training slots.
- Use open rosters to mix players and ensure balanced teams.
- Invite neighboring clubs to participate.

By integrating festival formats into your grassroots programming, clubs can create accessible, inclusive, and developmentally appropriate experiences that align with the Canada Soccer Grassroots Standards.



Play. Inspire. Unite.

