

CANADA SOCCER GRASSROOTS STANDARDS

OPEN ROSTERS



What are “Open Rosters”?

Open rosters mean teams are not permanently set for the entire season.

Players may move between training groups or game environments within their club based on their development and readiness for challenge.

MOVEMENT BETWEEN GROUPS IS NOT A PROMOTION OR DEMOTION.

IT SIMPLY ALLOWS COACHES TO MEET PLAYERS WHERE THEY ARE IN THEIR DEVELOPMENT.

THE RIGHT CHALLENGE AT THE RIGHT TIME

Children develop at different rates. Open rosters allow technical coaches to:

Provide the right level of challenge

- Support confidence-building
- Encourage development through varied experiences
- Development is not linear.

This approach helps ensure players are placed in environments where they can build confidence, continue learning, and enjoy the game.

Instead of fixed teams, lead technical coaches may adjust groups over time to ensure each player is in the right environment.

Because every child develops differently, this flexibility allows players to progress at a pace that is right for them.



DEVELOPING WITH PURPOSE

Players develop best when they are:

- Challenged enough to improve
- Confident enough to keep trying
- Supported enough to enjoy the process

Too many challenges can reduce confidence.

Too little challenge can limit development.

Open rosters allow technical directors and coaches to adjust groups throughout the season so players are not held back or overwhelmed, but consistently placed where they can grow.

HOW OPEN ROSTERS SUPPORT DEVELOPMENT

WHAT THIS MEANS LONG TERM

Open rosters help:

- Build stronger confidence
- Keep players engaged in the game
- Support continued skill development
- Reduce frustration and discouragement
- Help more players stay in soccer longer






THE GOAL

To support each player's development so they can reach their potential while continuing to enjoy the game.





OPEN ROSTERS ON THE LOWER ISLAND

 **Website** lowerislandsoccer.com  **Phone** (250)-382-7089  **Address** 1097 Langford Parkway

What do open rosters actually look like in your club?

Clubs may group players in different ways, including balanced teams, tiered groups, or a mix of both, based on what best supports their players' development and environment.

Players may sometimes train in smaller groups for more focused work, and at other times come together in larger sessions to build connection and game understanding.

Regardless of structure, players are continuously observed throughout the season. Technical coaches make adjustments as needed to ensure each child is in the right environment for their development.

This means players may move between groups when a different level of challenge or support would better support their growth.

WHAT THIS MEANS FOR PLAYERS

- Players will still be part of a team environment
- Players will mostly train and play with a consistent group
- Movement between groups may happen throughout the season as players develop
- Clubs may structure groups differently, but all follow the same Grassroots Standards
- Decisions are based on appropriate challenge and development, not rankings or labels

