



RUSH SOCCER

11v11 Player Handbook

Where the Trails of Passion and Purpose Meet,
Begins the Path to Victory.

WELCOME TO RUSH SOCCER



WELCOME TO RUSH SOCCER

Welcome to Rush Soccer! We offer this handbook to you as a tool to assist you in becoming familiar with our club which you are now a part of.

Being a Rush player means understanding our history, setting goals, conducting yourself a certain way on and off the field, and participating in our national programs and services. All of this embodies what we like to call **The Rush Way**.

We have a mission and a dream to be one of the best soccer clubs in the world and we want you to be a part of it. This is a dream that we can only accomplish together.

It is important for you to understand your role and represent the Rush in a positive impactful light. The real secret behind the continued success of Rush Soccer is our hardworking, dedicated and loyal membership, players, coaches, and employees.

We are the Rush, all together. Thank you for joining us.

A handwritten signature in black ink, appearing to read 'Tim Schulz', with a long horizontal flourish extending to the right.

Tim Schulz
Rush Soccer - President & C.E.O.



WHO IS RUSH SOCCER

Formed in 1997, Rush Soccer has become the premier model for Youth Soccer in the world. We have cultivated a reputation of excellence on and off the field.

Rush Soccer represents more than 40,000 players globally. We continue to grow in a thoughtful manner, and welcome others to join our organization who share our vision of development.

We are committed to the sport, the athlete, and the Rush brand.



OUR MISSION

A Global brand committed to providing an unparalleled soccer experience:

Progressive
Ambitious
Comprehensive

OUR VISION

Partner with like minded clubs everywhere in the world to eventually represent one of the most recognizable brands in the world.

PASSION & PURPOSE

11 RUSH SOCCER CORE VALUES



ACCOUNTABILITY: Be accountable for your actions and hold others accountable for their actions. Who am I ultimately accountable to, and who judges my work?

ADVICE: Seek out advice and aspire to be the best. In order to learn, we must be open to learning and consider the advice of others. Are you coachable?

EMPATHY: Empathy is at the core of solid relationships.

ENJOYMENT: Enjoy your work; this is a gift.
The desires of happy, diligent workers are satisfied.

LEADERSHIP: Leaders strive to be trustworthy, honest and sincere. They possess traits such as integrity and honor. They are willing to serve others and sacrifice their own interests. Leaders are constructive and hardworking.

PASSION: Passion always trusts, always hopes, and always perseveres. Passion never falls.

RESPECT: Respect everyone. Respect the opponent, rules, colleagues, superiors and subordinates. Be thoughtful and considerate.

SAFETY: Our environment is safe. This includes the office, our travels, the fields and our bodies. Safety is not only physical safety from harm, but safety from ridicule and attack. We are comforted and encouraged in the club, We portray self-control and kindness to our staff, colleagues and players.

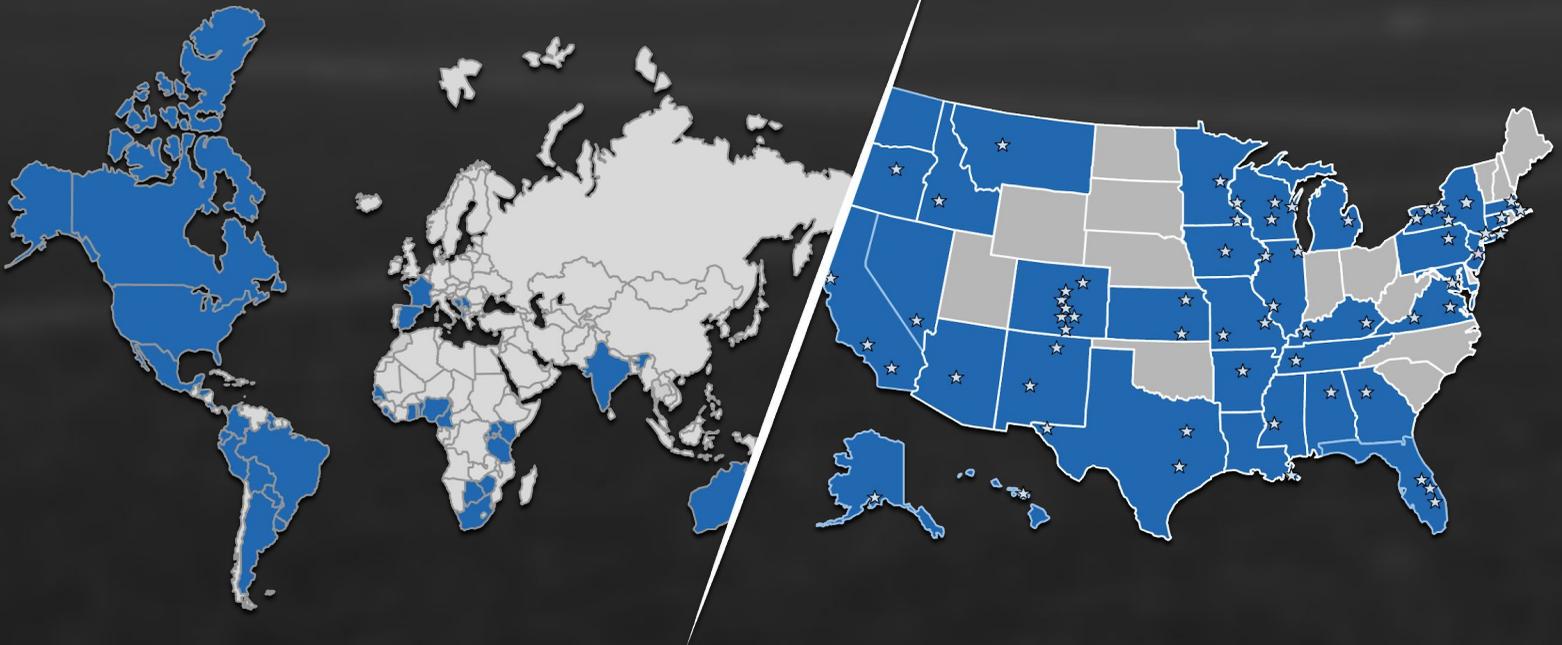
TENACITY: To be successful, persevere. Persevere but do not be anxious. Fear no one. Be strong and courageous. Work when no one is looking, even when the circumstances are difficult and everyone else quits. Diligence never loses because it never quits. Outwork your opponent, and most importantly, work smart. Do not wait for external inspiration. The people who go far do so because they motivate themselves and give life their best, regardless of how they feel.

UNITY: Together all things are possible. When your teammates are down, bear each other's burden; conversely, celebrate your teammates' successes.

HUMILITY: Apologize when you make a mistake. Forgive others and do not look back.



RUSH SOCCER GLOBAL FOOTPRINT



GLOBAL FOOTPRINT:

Over 110 clubs World Wide

Located in over 48 countries

Across 6 continents

U.S.A. FOOTPRINT:

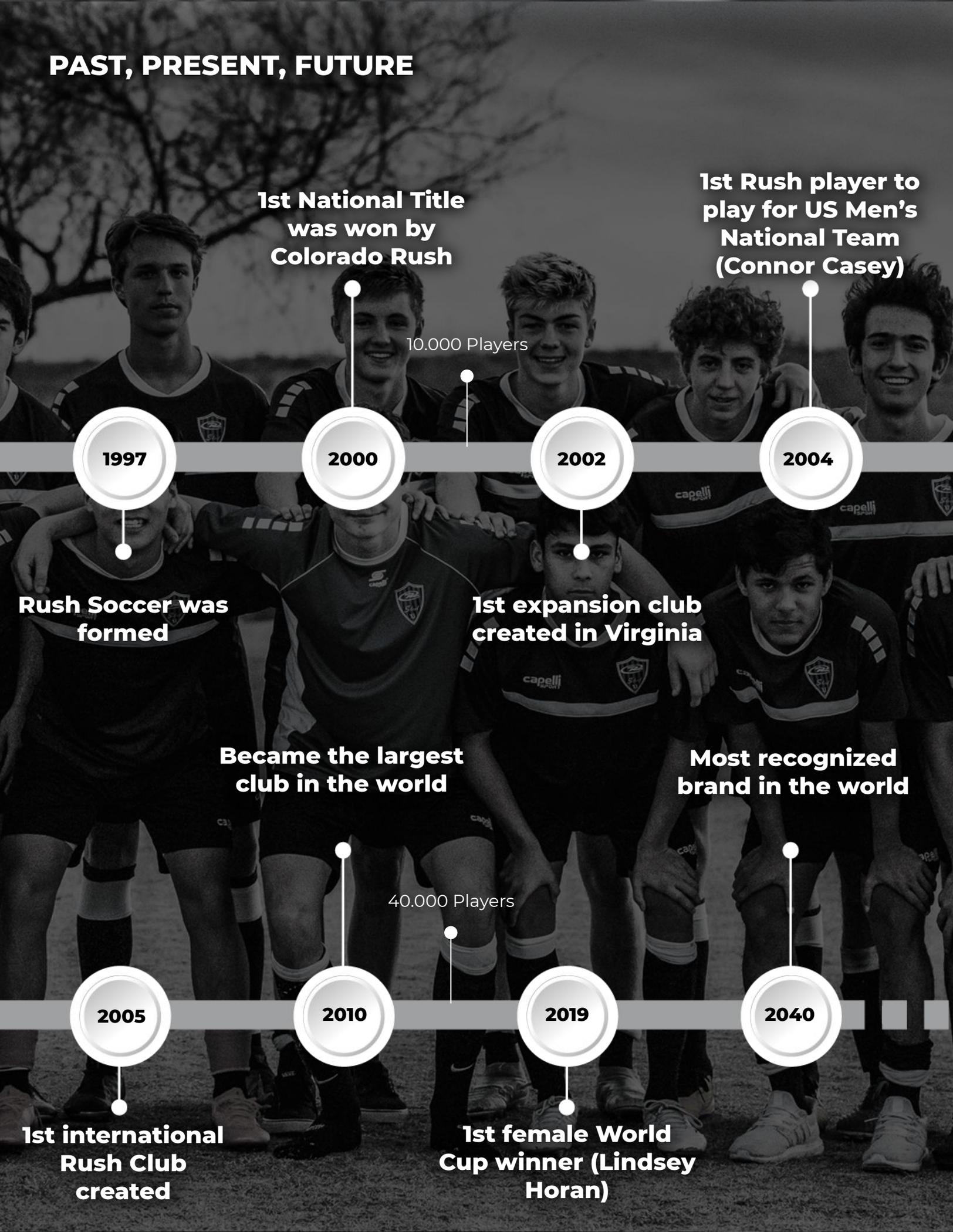
Located in 33 states and counting

70 clubs and counting

Continuous year over year growth

Rush Soccer is the largest club in the world. Our aim is to have over 100,000 players with a presence in almost every major country.

PAST, PRESENT, FUTURE



**1st National Title
was won by
Colorado Rush**

**1st Rush player to
play for US Men's
National Team
(Connor Casey)**

10.000 Players

1997

2000

2002

2004

**Rush Soccer was
formed**

**1st expansion club
created in Virginia**

**Became the largest
club in the world**

**Most recognized
brand in the world**

40.000 Players

2005

2010

2019

2040

**1st international
Rush Club
created**

**1st female World
Cup winner (Lindsey
Horan)**

RUSH SOCCER PLAYER PATHWAY



MALE PATHWAY

FEMALE PATHWAY

With professional teams at the top of the pyramid, the player pathway for our male and female players is clear.

RUSH SOCCER BENEFITS



WHY SHOULD YOU JOIN RUSH SOCCER

BE A PART OF SOMETHING BIGGER:

Enjoy the benefits of being with the largest youth development system in the world. Being a part of the Rush Soccer network brings a club insurmountable opportunities for both staff and players.

RUSH PATHWAY:

Be with a club that has a clear player pathway for players to develop. The Rush can provide a step by step path for a player starting in the youth fields developing all the way to the professional level.

COACH/PLAYER/PARENT EDUCATION:

A pathway to pro is made by us all, so through the Rush Soccer Development platform, Rush Soccer destines a specific team of remarkable professionals to the betterment of all of our coaches, players, and parents.

RUSH SOCCER INTELLECTUAL PROPERTY:

With so many clubs in so many area's, Rush Soccer has seen a lot. SPI is able to advise and solve most problems. We are able to consult and solve.

PARTNERSHIP WITH ELITE SPONSORS:

Receive elite benefits & pricing with Rush Soccer national partnerships. Being a part of our club gives you contracts you would not be able to negotiate on your own.



Passion & Purpose

PROGRAMS & SERVICES

Our programs are what makes us unique...



CE

Coaching Education - We teach our coaches how to coach players the Rush Way,



RS

Rush Select - our scouting network is unmatched. Eyes around the world to identify top talent.



COLLEGE ADVISORY PROGRAM

CAP

College Advisory Program - we help those that don't make it pro get into elite colleges.



REACH

Rush Equipment Assisting Children - all old uniforms get donated to those in need around the world.



PL

Player Loan - be loaned out to compete within any Rush Club. Experience the world.

& Many More...

THE HEART OF THE RUSH



WHY WE DO IT

For us, Rush Soccer, football is much more than a sport: Football is a worldwide sociological phenomenon.

Through the sport of soccer we see people, no matter their age or origins channel their dreams, hopes, and a sense of pride and enjoyment. Look around and you'll see everywhere how stories of footballers brought hope and pride to communities, and how teams inspired people to be better.

That's why we do it, because we've felt and still feel that too, because we have experienced it in our own lives and we want others to have that opportunity as well.

At the beginning and at the end, we are driven by Passion.
Passion & Purpose.

WHAT WE BELIEVE IN

At Rush Soccer, we believe that the game is the teacher. It is in the complexity of the game where skills and creativity arise and develop, not in isolated, mechanized situations. These last can introduce a concept or a technique but can never be the core or the proposed channel for learning. It is in the game that the player discovers solutions and creativity arises, and it is the role of the coach to facilitate that environment and guide, when needed, through that discovery. It's participant centered, not coach centered.

Stating that the game is the teacher is more than a philosophical idea. Our 70 Games Rule is the overarching expression of it. At the youth stages, we want our teams to play 70 11v11 scrimmages a year. Some will be formal and some others as part of a training session, just like some will last longer than others, but they will present the stage for learning to take place.

At the grassroots level, the 70 Games Rule is expressed through the constant encouragement and club initiatives to increase the overall weekly playing time of the participant. That doesn't mean increasing the number of training sessions (team or individual), it means providing opportunities for the players to play more time in direct confrontation.

We believe that players go through two developmental stages that are 'playing ball' until the age of 13, in which the game teaches and the coach's role is to create the environment for learning to take place, and a second stage of 'playing football', in which the coach conceptualizes to maximize the players ability. It is in the first stage in which the nature of the game makes the diamond, and it is in the second the stage in which the diamond is polished.

To accomplish this, we believe passion is instrumental, and passion, as said before, can't be learned but it can be shown, and it's contagious. This is not a philosophical, romantic approach, but a pragmatic one. It is the passion of the player that drives them to play more, and the more they play, the more they learn, from the game.

CODE OF CONDUCT



Greeting

Players are expected to greet the staff with a handshake for all local, national and international staff. The Rush staff across the country expect their players to shake their coaches hand each time they meet. Why?... Respect, build social skills, break down barriers, learn culturally accepted behavior, the list goes on.

Acknowledgement

When a coach addresses a player during training or competition, it is important the player acknowledges. Communication is two-way.

REACH PROGRAM

R.E.A.C.H.: All players should be aware of the R.E.A.C.H., Rush Equipment Assisting Children program and understand the importance of social responsibility. In a nutshell, this program provides the opportunity for our players to turn in their old uniform in order to donate to our less fortunate Rush clubs and players around the globe.

Practice and Game Attendance

Is optional for all levels of player within the Rush Organization. Playing other sports and multiple sports at the same time is the choice of the family and zero repercussions will be administered the coaching staff. Players who wish to become better and succeed within the game will attend all practices and games with the attitude of wanting to leave a better player. This is a reflection of our core value Accountability. The Rush Tutor Program promotes and encourages players who wish to push themselves the opportunity to practice with any other team within the club on any given day.

Coaches' Sideline Behavior

From the outside, the conduct of the coach on the sideline can be perceived as a reflection of the conduct of all coaches within Rush Soccer. Coaches are a reflection of their players and should conduct themselves with respect for the officials, the opponents and the game of soccer. Remain positive when at all possible but motivational throughout. Coach actively but don't misunderstand that with constant narrating and interventions. Actively means engaged. Education and being a first class role model are the paramount reasons that a coach has been given the honor to coach for Rush. It is always important to remember this.

CODE OF CONDUCT



Parents' Sideline Behavior

Rush parents are expected to be positive, motivational and supportive to all players and officials. Learning the Rush chants is encouraged. Parents are expected not to coach from the sidelines but enjoy the experience of the game.

Players' Sideline Behavior

Players are encouraged to support other Rush teams and give their full-hearted support. Learn the Rush song; be as loud but respectful as possible and help educate the rest of the country in the way soccer should be supported, as it is in the rest of the world.

STYLE OF PLAY

The Rush Way to Play is a reflection of our core values and culture, and a tradition sustained for almost 25 years. We want to attack, to be protagonist. We are passionate, tenacious, adaptable to varying circumstances, and purposeful in our game. **Just like we are as a club.**

The Rush Way to Play is based upon movement and activity by both player and ball. Possession-oriented does not fully describe how we play; **attack-oriented does.**

Whether in possession or in defense, we are attacking. When we have the ball we attack the goal, when they have the ball we attack the ball, we are always attacking. Rush Players play with freedom yet understand the importance of responsibility and the balance between the two. Rush teams are flexible and adapt to varying circumstances.

The Rush Way to Play represents both **passion** and **purpose**.

STYLE OF PLAY - PILLARS



1 ADAPTABLE - Read The Game

Rush players must be flexible and able to adapt to the changing circumstances and demands of the opponent. Players learn through repetition, observation, and study of game scenarios.

2 BRAVE - Freedom With Responsibility

Players must autonomously read the game, decide the best action, and execute. Rush players are encouraged to play with freedom and without fear, yet understanding the importance of responsibility and the balance between the two.

3 OFFENSIVE - Attack Oriented

Rush teams value possession with a purpose, the purpose of scoring. The objective is not to merely have the ball, but to attack the goal. We want to be dangerous. We want to keep scoring, always, no matter the current score. Whether in possession or defense, we are attacking.

4 INTENSE - Only Your Top Effort Is Acceptable

Rush teams have a strong presence on the field, through loud and clear communication, and an explosive, high intensity physical display. No matter how well or bad a team or player might be playing on a certain day, top effort is demanded and expected from one another. This intensity is especially high in transitional moments.

THE FUTURE RUSH PLAYER



Rush Soccer has an athlete centered philosophy. We focus on long term player development.

To think of long term development means that we need to prepare players not for today's game but for the future game of soccer, the one that they will be a part of.

The future Rush Player represents the club's core values in the way he/she plays, and heartfully and honestly believes in themselves, the team, and the club.

The future Rush Player has 6 marked key characteristics that are reflected in behaviors and skills along their development through each age group.

ACCOUNTABLE

Takes responsibility for own development and performance.

COMPETITIVE

Looks for, is comfortable with, and enjoys competition

PASSIONATE & TENACIOUS

Shows love for the game and the sport, shows emotional involvement. Passion and Tenacity push him/her through moments of adversity, and to always give his/her best.



TACTICALLY SMART

Insightful, Purposeful: Continuously assesses situations towards finding the best solutions. Becomes a student of the game.

TECHNICAL

Capable Of Sustaining Technical Proficiency For 90+ Minutes

PHYSICAL

Athletically Fit for 90+ Minutes At Optimal Controlled levels of Aggressiveness And Intensity

THE RUSH WAY TO WARM UP



THE RUSH WAY: WARM UP

Warming up, as defined by Genéreló (1994), refers to *The group of activities or exercises, first of general/global character and second of specific character, that are performed previous to any physical activity in which the expected effort surpasses the regular standard, in order to prepare the organism to be able to perform at its highest capacity.*

Please note that this definition refers to the organism, and not just *the body*. Warming up is about body and mind preparation for competition. The benefits of warming up are multiple and broadly proven scientifically.

Rush Players are expected to show not only the habit of warming up but also proficiency in how to do so. Below, we present a warm up routine you can encourage you to perform prior to every training or match.

The following pre-game warm-up should start about ½ hour before the kick-off, placing two cones on a straight line, separated by 15-20 yards. Perform the following routine, repeating each action three/four times and always returning to the initial cone with a slow jog.

How The Routine Is Performed

Our warm-up will start with a global/general phase, low intensity, to elevate the overall temperature of the body. As we progress, the intensity will increase and the muscle groups involved will be more specific. Between the two phases, we'll stretch actively and hydrate.

1. Global Part

- Jog ¼ speed
- Shoulder Circles Forward / Backwards
- Waist Twist
- Hip Ins
- Hip Outs
- Knees Up / Butt Kicks
- Jog ½ speed

2. **Active Stretch & Hydrate:** Quadriceps, psoas, calves, hamstrings, adductors, etc.
Drink some water.

3. Specific Part

- Jog 1/4 Speed
- Jog 1/2 Speed
- Jump Header (you don't need the ball, just replicate the motion)
- Jog ¾ speed
- Stop Go (accelerate 5 yards, stop, return 2 backwards, accelerate again, repeat)
- Backwards Running, Turn quick, Sprint forward.
- Sprint at full speed.

RUSH SOCCER TEAM FORMATION



RUSH SOCCER 1-3-5-2 FORMATION



Rush Soccer uses the **1-3-5-2** as its preferred formation and starting point to implement its style of play. However, the Rush Way understands soccer is dynamic with constant movement. A formation represents simply a starting point related to a certain moment of the game.

Rush Soccer encourages coaches to vary approaches depending on a deep understanding of their players' strengths and weaknesses as well as the rival's. What Rush Soccer sustains at all times is its style of play.

Rush teams are proficient in re-adapting this base formation within the game onto **1-5-3-2** and **1-4-3-1-2** depending on the needs and situations encountered.

As we want our players to be adaptable, experiencing these alternatives and other popular base schemes like 1-4-3-3 and **1-4-2-3-1** is important for their development, therefore encouraged.

THE RUSH TEAM: PLAYER PROFILES



THE RUSH TEAM: PLAYER PROFILES



DEFENSIVE LINE: Hard strong tackles, tight marking, pressure on ball, zone and man-to-man marking, denying passing lanes, tight and compact.

GOALKEEPER: Vocal, fearless, organizer, explosive. Organizes set pieces, good with feet, supports play (approximately 35 yards behind the last defender)

(3) BACKS: Disciplined, intelligent, fast, patient, tenacious. Good in the air, ball winners, play simple out of the back. Back line alternate between sweeper and marking backs, zone defense: can pass players vertically and horizontally, push into midfield to provide numbers in attack (i.e. overlap and through the middle). Condense field of play, step up to mark free player, front and back to “lock them in” before transition, stay flat 18-40 yards out.

(5) MIDFIELDERS: (2) Outside or Flank Midfielders: Stamina, athletic, crafty, fast, hard-working. Excellent 1v1, good with both feet, provide width, provides the fourth defender on balance. Basic runs: 1) checking on flank 2) hook 3) blind side 4) clearing lane. (1) Attacking Midfielder: Creative, confident, crafty, good ball skills. Quarterback on attack, unorthodox both on offense and defense, supports and shows well, produces goal scoring chances. (2) Defensive Midfielders: Disciplined, powerful, ball winners. One stays while other pushes into attack, complimentary of each other, try not to crossover each other, switch the attack, play the ball wide, one drops if opponent plays a three man front line.

(2) FORWARDS: Powerful, explosive, crafty, confident. Link together 10-30 yards to support but not crowd each other, front and back on goal-kicks and punts on offense, stay between 18-yard box, start in an offside position, “posting up” Runs: 1) check to, then go far post with depth 2) check in and out 3) hook 4) near and far post.

DEFENSIVE SET PIECES



DEFENSIVE SET PIECES GENERAL COMMENTS

Attitude!

- The most important part of defending whether a dead ball or during the flow of the game is your attitude. Putting you in the right place at the right time is easy. You have to win the duel, and if you don't, make sure the rival doesn't as well. A former professional player said once: *'I don't remember the last time I won the ball in the air, but I'll tell you one thing, neither did the guy I was marking'*.
- Every second your opponent has the ball is an opportunity missed to score.
- Great defenders possess qualities such as intensity, tenacity, effort while exhibiting intelligence, discipline and control. Remember intelligence and intensity... the "two I's".
- To summarize, The Rush takes pride in being stingy. Don't let your opponent score!
- Get in the mindset to win the ball back. Attitude is the foundation to preventing the opposition from scoring.

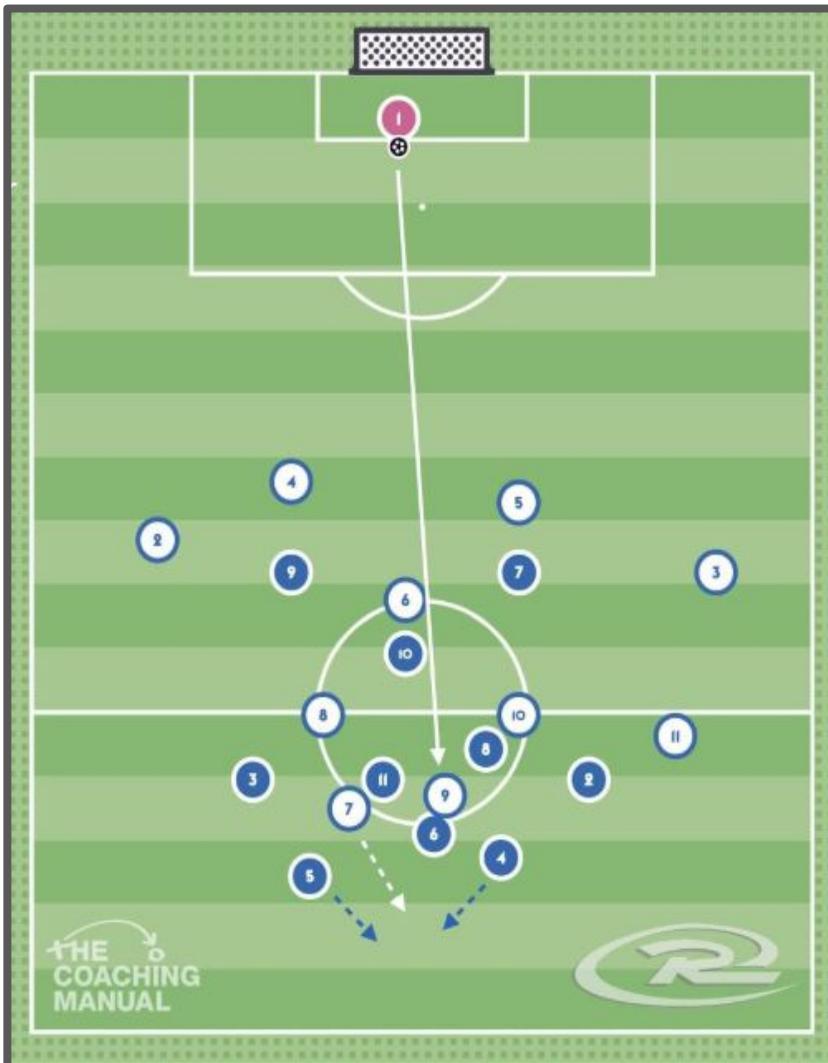
Other Important Details to Remember:

- Limit fouls by quality defending.
- The more cover provided, the more patient the first defender can be which leads to less diving or reaching and thus less fouls.
- Compact/Together



DEFENSIVE GOAL KICKS & PUNTS

Winning air duels in today's game is vital. Spend time with addressing 50/50 challenges as well as specifically goal kicks and punts in training (goal kicks and punts for and against us). Repetition is the answer. The best ball winners should be placed appropriately to win balls. If the backs are going to challenge (on opponent's kicks), be sure we have cover.



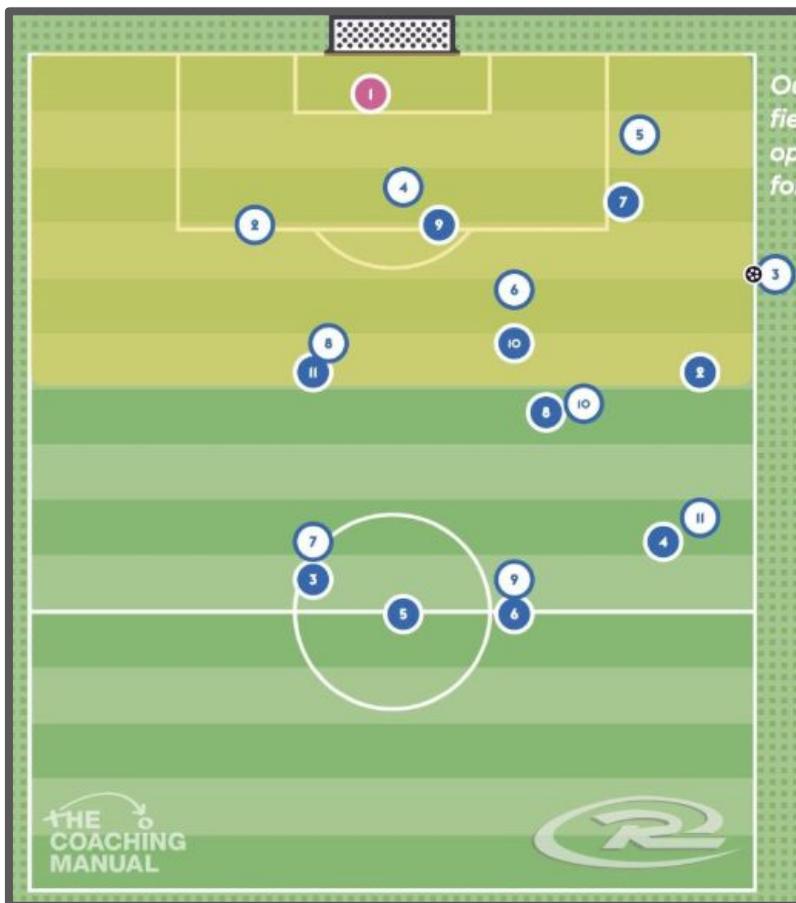
This point is instrumental, when a back challenges for the ball in the air, the other center backs should quickly adopt a covering role behind him, to protect us from breaking runs in case the duel is lost. Too frequently we see rivals that play goal kicks or long balls to a physical, tall striker for him/her to flick the ball forward to a running teammate.

The Rush Way of defending this set piece is by applying the rule of thumb “10 by the 10”, which encourages every player to be a maximum of 10 yards of the center circle, ready to challenge the ball in the air.



DEFENSIVE THROW IN

A throw in is the most recurring set piece in the game of soccer, and frequently underestimated. The limitations in reach from having to throw in with your hands (normally) represent a good opportunity, defensively for our team, to apply high pressure over the rival to try to recover the ball.



A good team uses defensive throw ins as a pressing opportunity. This is particularly valid in the middle and attacking 3rds of the field. As you would do in many pressing situations, coach the team to apply pressure on the strong side, rapidly reducing playing spaces and denying the switch. Balance on the weak side. Use one player to mark the thrower.





DEFENDING FREE KICKS

This is an area in which Goalkeepers need to take more responsibility for organizing their team. There are numerous responsibilities that need to be looked at when a free kick outside the box is given:

1. Do not argue with the referee as to whether it was a foul or not.
2. Be loud when organizing the wall.
3. Demand the number of players that are needed in the wall.
4. Be aware of the number of attackers that are coming forward.
5. Are spaces behind the wall covered?
6. Be aware of all the options the opposition may be looking at and read the situation.
7. Is it an indirect or direct kick?
8. Watch for quick free kicks.

There is no difference between defending an indirect or a direct. However the defending team must understand the definition between the two types of kicks.

- **Indirect:** A free kick from which a goal can not be scored until the ball touches another player of either team. Referees will physically hold one arm up in the air, signaling the indirect kick.
- **Direct:** free kick from which a goal may be scored without a second player touching the ball. The referee need not physically signal a direct free kick, other than pointing direction.

Understanding the definitions can give the defending team an advantage.



SETTING UP A WALL THE RUSH WAY

Setting up a wall has a lot more to analyze than players and coaches normally consider.

This document offers a guide on different factors that affect the setting up of a wall and position of the Goalkeeper.

The most important thing to accomplish for Rush Soccer is that the Goalkeeper learns to analyze the free kick situation. "What are the ball position, the distance, and what the opponent is telling me?"

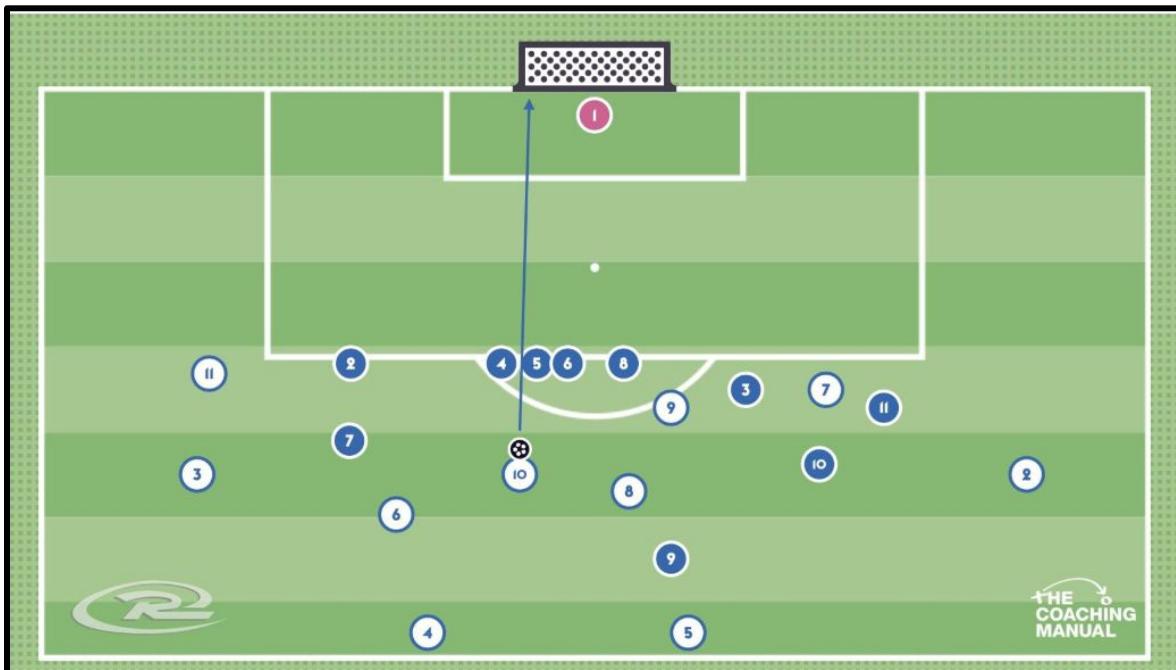
Below, we'll go over a series of topics that we consider The Rush Goalkeeper should be proficient on.

Basic Wall Positioning:

The wall is a resource for the goalkeeper to defend a direct free kick from a dangerous, scoring distance. The basic positioning of the wall aims to cover one side of the goal, with the goalkeeper standing from the middle to the opposite post.

Split Wall:

The Rush Way suggests using a split wall, in which one of the players (the closest to the goalkeepers side) separates himself from the wall, in order to cover the imaginary line that goes from the ball to the keepers post. The Goalkeeper searches for a position that allows him to look at the ball directly in the gap that the wall presents. The graph below provides an example of both points mentioned above.





SETTING UP A WALL THE RUSH WAY

The Distance To The Penalty Box:

The goalkeeper determines the number of players in the wall.

A general formula is a six man wall for a ball spotted eighteen yards from goal. Every three yards further, you may take a man out of the wall.

Please notice that as we use a split wall, these numbers truly represent a “5+1” rather than “6” for the 18 yards distance, or “4+1” rather than “5” for the 21 yards distance.

There’s one more factor that is important to analyze about the distance to the box:

The closer to the box, the more likely the shot will go to the goalkeepers near post.

This reasoning is purely based on the factor that the closer to the box the free kick takes place, the less space there is behind the wall for the ball to go down, so in a way, a free kick shot from 19 yards is harder to score than one from 24 yards if shot over the wall.

Great Free Kick takers know this, so they are more likely to shoot violently to the keepers near post, considering the short distance to goal.

That also means for us that the closer the free kick is to the box, the more important the ‘split man’ is.

Now, the distance to the box is not the only factor that alters the number of players, as it’s not equally dangerous to shoot from a side of the box as it would be to shoot from the penalty arc. We’ll cover that below.

Number of yards away from goal	Number of men in wall
18 yards	Six
21 yards	Five
24 yards	Four
27 yards	Three
30 yards	Two
33 yards	One



SETTING UP A WALL THE RUSH WAY

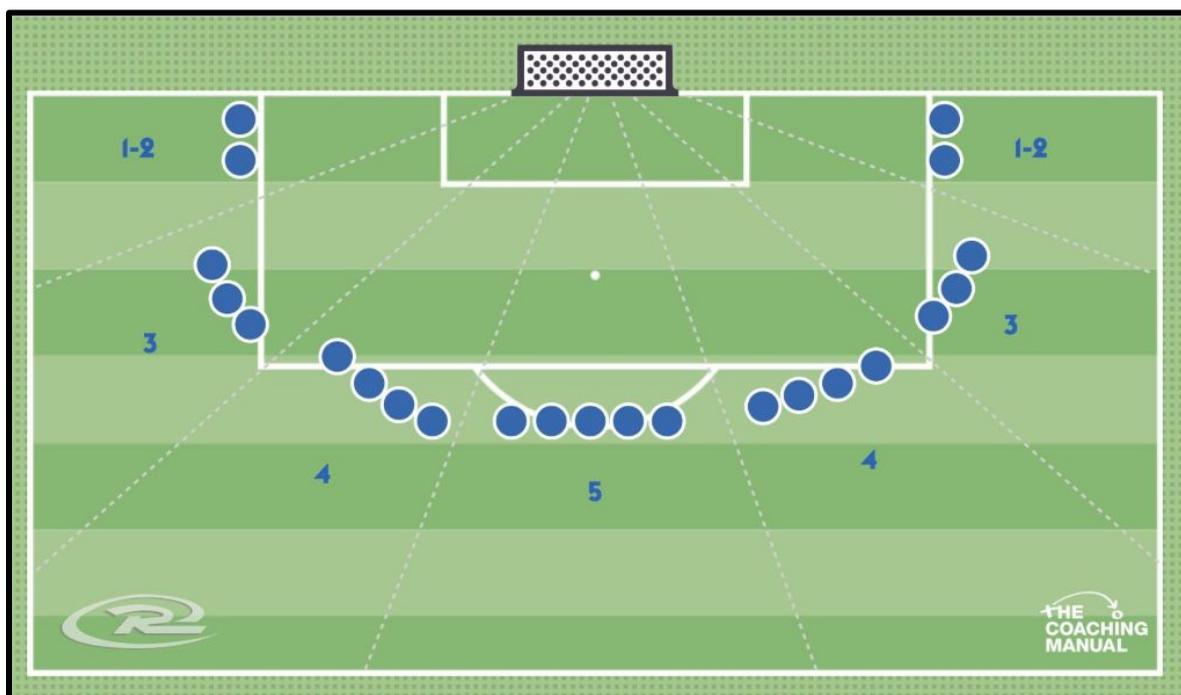
The Position Of The Ball:

The graph below exemplifies the incidence of the ball position over the number of players. A shot coming from the flank is not equally dangerous to a shot coming from the penalty arc, so that affects our wall setting:

The farther from the middle, the less players we want on the wall.

One important comment here is that as soon as the wall goes down to 3 men, you don't need to split it anymore.

An extra Rush Way of defending set pieces is applied when the free kick comes from the angles that we would use 1 or 2 players on the wall. As the angles close and resemble a corner kick, so we apply concepts related to them. In this case, we call it 'BEA' as a key word for the players to alert each other of the situation and plan (be a corner kick, that's where the name comes from). The change we introduce here is to place two players about 8 yards from the near and far post and retreat back to them right before the ball is kicked. We apply this as an extra protection against dangerous in-swingers. These two players in the posts are included, when defending corner kicks, in what we call "6 by the 6".





SETTING UP A WALL THE RUSH WAY

'Burning' A Player:

As you can see in the first graph, the farthest wall player from the goalkeeper is outside the imaginary line that goes from the ball to the wall's post. We call this "burning" a player. The reason why we do it is to compensate for the shooter who has the ability to bend the ball.

The way we "burn" a player is easily estimated. The goalkeeper, standing on the far post, has to imagine a straight line from such post to the ball. Then he'll indicate the wall to move to a point in which this player is at least "half body" past that imaginary line to the outside of the post.

Which Players Do We Want On The Wall And Where?

Taller Players are in the 2nd and 3rd positions of the wall, starting from the outside, as shooters that bend the ball over the wall normally aim for the space between those two players.

Now, it is also important to consider which players you want on the wall. If we have tall forwards and center backs, under normal circumstances we would pick to use the forwards on the wall as that would give us two comparative benefits:

If the ball hits the wall and rebounds upfield, allowing us to trigger the counter, it's better to have our forwards there rather than our centerbacks.

If the ball goes to goal or is played to the box instead of shot to goal directly, we want our best markers there that are normally the center backs rather than the forwards.

The Kicker:

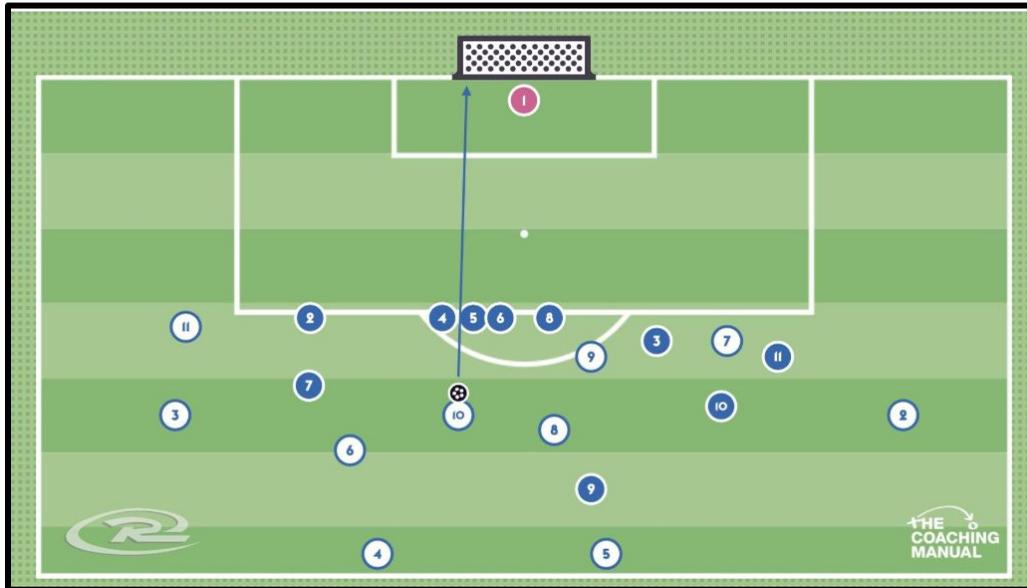
What we know in advance about the kicker tells us a lot of vital information to defend the goal. Does he/she normally bend it over the wall? Does he/she normally aim for the keeper's post? What type of shot does he/she normally take: Knuckle, Bent, Power?

Most times in youth soccer, however, we don't know much about the shooter in advance to the game.

Still, just from looking at the situation, there's a lot we can read about him/her. Let's look at the first graph again.



SETTING UP A WALL THE RUSH WAY



Now, let's imagine different scenarios.

- **What if the kicker is right footed?** How does that affect the wall? It is very unlikely he'll bend it outside the player we burnt, so you might want to readjust your wall a step to the middle and not burn this player.
- **What if he's right footed and the approach to the ball is very curved?** In this case, we not only know the same as above but also that it is very unlikely he'll kick a powerful/straight line shot to the goalkeeper's post but rather curve it. That has an impact on your split player as well, who might want to make a step more to the outside rather than cover a straight line from the ball to the keeper's post.
- **What if the shooter is left footed now?** Opposite to the previous example, now the chances of bending the ball on the outside of the player we are burning are higher, which would result in us asking such a player to be "one full body" past the post line rather than half. Also, this has a direct effect on your split player, the ball is just not going to take that curve so this player is useless now. Even if the shooter aimed to the goalkeepers post, which is more unlikely than aiming to the other, the ball would have to go over the wall and the curve would favor the goalkeeper, coming from the middle and curving out, so the split man would have no purpose. A left kicker also suggests, by the most possible trajectory of the ball, that the keeper stand a bit closer to the middle of the goal than he would with a right shooter. Last but not least, by the curve of the ball, the goalkeeper might prefer to have the tallest player in the second position of the wall rather than being indistinctive between the second and the third.



SETTING UP A WALL THE RUSH WAY

ATTITUDE! - PLAYERS:

1. If you're on the wall, have the courage to block the shot.
2. Don't give an inch beyond the distance given by the referee.
3. If you're not in the wall, don't drop too close to the keeper, he needs open space to clear a potential fixed play.

GOALKEEPERS

1. Do not argue with the referee as to whether it was a foul or not.
2. Be LOUD when organizing the wall.
3. Demand the number of players that are needed in the wall.
4. Be aware of the number of attackers that are coming forward.
5. Are spaces behind the wall covered?
6. Be aware of all the options the opposition may be looking at and read the situation.
7. Is it an indirect or direct kick?
8. Watch for quick free kicks.

OTHER POINTS TO REMEMBER - STAY SMART!

1. The closest player should front the ball but all players are responsible for guarding against quick kicks.
2. The outside player of the wall (the one you would burn) lines up the wall. The GK can take over when the referee determines that play cannot resume prior to a whistle). GK initially can line the wall up from the middle of the goal.
3. The wall has other responsibilities other than just being a wall. Organizing the other defenders and deciding as a unit if encroachment is worthwhile, i.e. the free kick is dangerous, the score, the skill of the shooter, etc.
4. If a yellow card is issued, change that individual out of the wall. The wall should then decide as a unit if encroachment is once again worthwhile.
5. The wall must look for clues the opposition could be giving. Examples: two on the ball, is there a potential pass, shooter's angle of approach, backs sent forward, etc.
6. In general, keepers with a poor vertical reach should start inside the goal, i.e. U11's.



DEFENDING CORNER KICKS

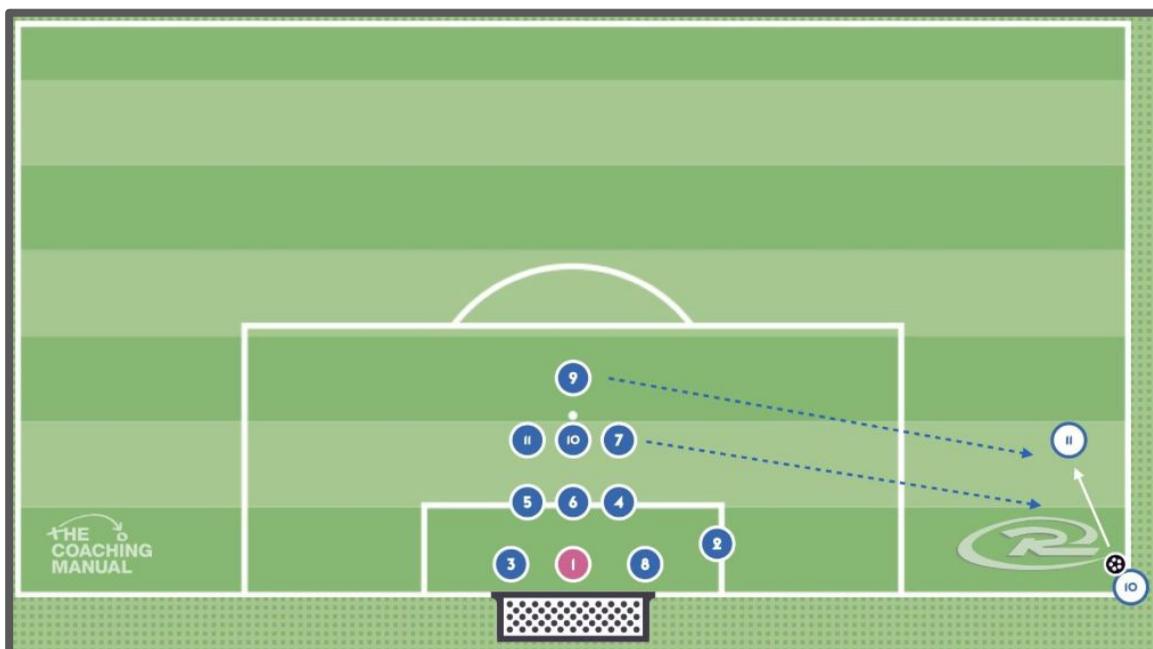
With the referee awarding a corner kick the first thing that should happen is the communication and organization of the team, led by the goalkeeper, while at the same time watching the ball and staying alert and prepared for a quick kick.

The organization should be centered around making sure that the defending players are set up zonal (RUSH WAY).

The goalkeeper has a central role in this set piece, below a few key aspects:

- GK should be slightly turned at a 45 degree angle to the ball, just behind the midline of the goal line, watching the ball and area in front of goal.
- GK's call should be made prior to the ball crossing the near post
- GK's call should be AWAY or KEEPER
- Any ball to the small box is the keepers ultimate responsibility to clear. He/She are the kings/queens of this box.
- The goalkeeper must recognize cues about the kicker and the rival's intention. An important one is to identify the shooter's strong foot, as he/she can know if the cross will be an inswinger or outswinger based on it. That allows the keeper to adjust his initial positioning. If the cross is outswinger, the risk of an olympic goal is minimal, so the keeper can start a step out of the goal line.

As we mentioned before, the Rush Way of defending a corner kick is with all 11 players of the team in zonal marking.





DEFENDING CORNER KICKS

1. We start with what we call the **'6 on the 6'** rule. We place six players on the six yards box (small box). Two on the posts. Three on the six yards line, and one on the small box sideline.
2. In front of the three players standing in the six yards line, we place another three at nine yards, and a 'bullet man' (normally the striker) in front of them between the penalty spot and the 18 yards line. The graph below exemplifies the team's positioning.
3. Players on the posts: One near and one far. They leave the post for two reasons:
4. Keeper comes off his/her line to make a catch or save. If this happens, both players slide in two yards. They become responsible for four yards each inside the goal.
5. The ball is cleared away from danger. Keeper commands "Away" and "Step" for pulling up or condensing the field.
6. One player placed in front of the six yard box. His/her responsibility is to imagine a mini goal six yards by six feet. Any ball in this area is "away".
7. Three players across the six yard line: one on the near post, one on the far post and one in the middle. These are preferably your best players in the air.
8. Three players at nine yards, directly out from the three players on the six yard line.
9. The last player is on top of the box, between the penalty spot and the 18 yards line...the "bullet man", tenacious and fearless.
10. On short kicks, the high near corner man pressures the ball along with the top of the box defender.
11. If you are not involved in the heading, you are shielding your man from any rebounds or challenges by "boxing out". Stay engaged until the team is out of danger.

The coach needs to be smart at selecting players for each of these positions, in order to have your best in the air protecting the most dangerous spaces: The three positions at the 6 yards line, the three at the 9 yards line, and the small box sideline. The player on the near post, even if he/she is not so strong in the air, you would normally want a tall one (especially for an inswinger).

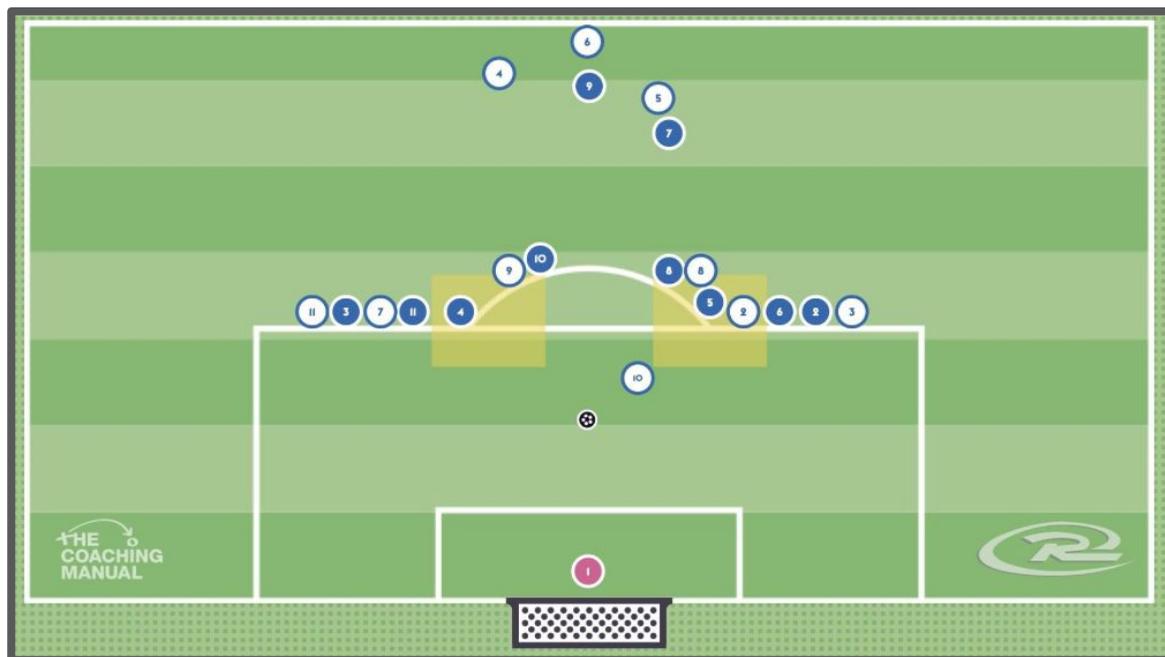


DEFENDING PENALTY KICKS

Yes, true, penalty kicks are really hard to defend and the scoring chances are high.

That's no excuse for a Rush player. The most important thing about defending a penalty kick is your mentality. The Rush player assumes that the keeper will save it or the shooter will miss it, so the player should be extremely concentrated on clearing a possible rebound.

The key for defending a penalty kick, as a defender, is to ensure you have the best positioning for the rebound. This is located where the lines of the penalty arc merge with the 18 yards box. That's where the distance to goal is shorter. Don't waste your time complaining to the referee but rather get here first and don't let anybody move you.



OTHER TIPS

- Do not leave the penalty box so willingly.
- Keeper should take his/her time getting in position.
- Keeper should watch shooter's approach.
- Keepers, anticipate, read the shooter, and make an educated decision on which way to dive.

ATTACKING SET PIECES OVERVIEW



ATTACKING SET PIECES

As we said before, the **Rush Way to Play** is based upon movement and activity by both player and ball. Possession-oriented does not fully describe how we play; attack-oriented does. Whether in possession or in defense, we are attacking. Rush Players play with freedom yet understand the importance of responsibility and the balance between the two. We are possession oriented but we are not stubborn, we want a purpose in our possession, the purpose of hurting the rival's defense and keep scoring. Rush teams are flexible and adapt to varying circumstances. The Rush Way to Play represents both passion and purpose.

Therefore, the **Rush Style Of Play** is attack oriented, celebrates possession but with a purpose, demands lots of mobility, is pragmatic and aggressive.

How does that reflect in our players style?

- Ball possession-get ball forward and keep in attacking half.
- Solid defense-ability to win the ball in all areas of the field. We have work ethic.
- Ability to adapt. Players adjust their style in order to get a result.
- Solid character.
- Intelligence/tactical awareness.
- Technical ability-handling the ball in tight spaces.
- **Freedom without fear, but with responsibility.**
- **Possession oriented, but with a purpose, not stubborn.**
- Playing to strengths of formation and understanding weakness of opposition.
- Winning mentality.

ATTACKING SET PIECES OVERVIEW



ATTACKING SET PIECES GENERAL COMMENTS

As soon as the referee calls a foul, start by asking yourself: *Can we play fast?* Don't confuse that with purposelessly rushing a set piece please. Playing fast is about taking advantage of the rival's possible temporary disorganization or distraction.

Though we are setting specific plays to generate positive attacks or goal scoring opportunities, the creative aspect will always remain important.

Consider the following:

- Playing fast rarely ever means to unnecessarily hurry.
- Service is everything.
- Mentality is critical.
- **Team Balance & Organization:** We are trying to score but we don't forget about sustaining the balance. Though not a glorious role, the players who remain back to play 2v1 or 3v2 can be just as vital as the players attacking the ball to score. Each player has important responsibilities.
- **No counters.** Teams can be at their most vulnerable when taking attacking set pieces. Early fouls are okay. Be smart and loyal about them, we just want to interrupt the counter.
- **Rush Teams know how to be dangerous in the second ball:** Whether out of the flow of play or off our own attacking set pieces, if clearance comes out towards the midfield, the ball should be quickly placed very wide or behind defense. In many set pieces, as soon as the rival's defence clears, the opponents step to reduce the playing space. Smart teams know how to play the second ball to a teammate coming from a few yards back, ready to take advantage of this.
- Timing is crucial! Attacking the box is about getting there right on time, not too early, not too late.

ATTACKING SET PIECES

CORNER KICKS

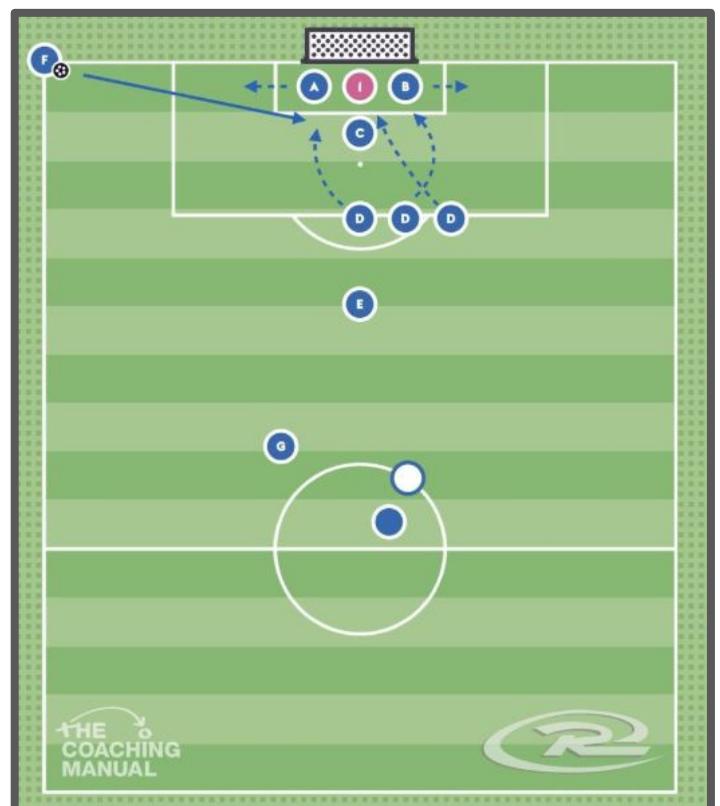


CORNER KICKS

- In-swingers are the norm.
- Hunters (3) represent the very best players in the air. Must be active prior to kick being taken.
- Two players begin on the keeper (front and back). The player on the near must be technically sound to aid in any short corner options. Both “zip” apart when or prior to ball being served.
- One player is set up on or around the middle six with the responsibility of getting to and screening the keeper.
- One player is top of box to “keep it alive” or finish any knockdowns. (Two if one player is back.)
- Plus one in the back (depending on how many players are left up). Typically our two to their one.
- Players left at midfield must first destroy any counter (if possible) and if the ball comes out get it “wide or behind”.
- If you are not involved in the heading or initial attempt at finish you are getting to goal or preparing for battle to keep it alive. Stay engaged until the ball is out of play or cleared out.

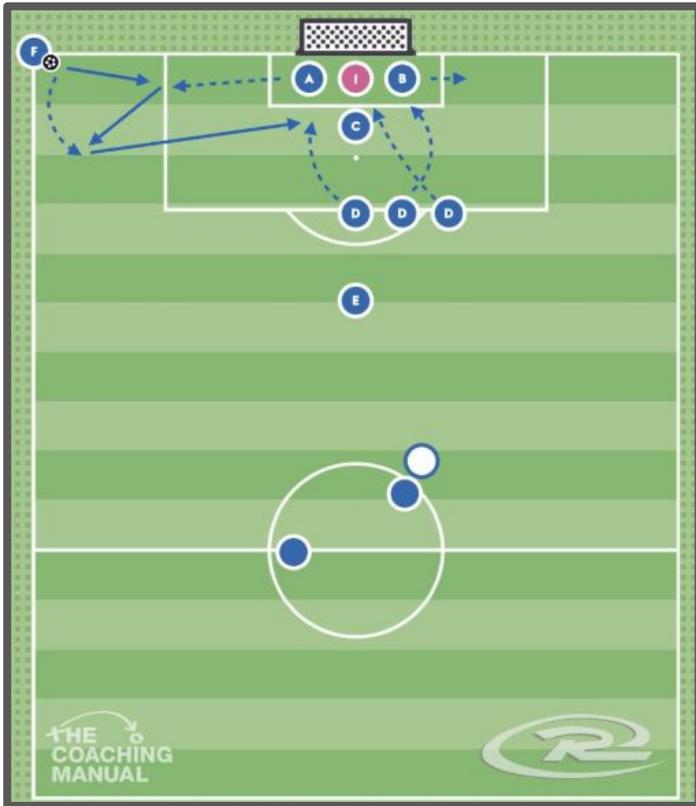
As we cover the following options, it is fundamental that the shooter communicates with his/her teammates by giving them a signal of the set piece he intends to play. Normally this is done by raising one or two hands in the air, or no hands at all.

Option 1 - ‘6 In The 6’ Setup: A and B sandwich the GK. Each zip apart as F serves the ball, Inswinger when possible. Player C on middle 6 goes to GK and shadows. E holds on the top of the box. Players D hunt the ball. Key Points: 2V1 in back. Hunters lose mark, attack the ball. End with 6 in the 6. E keep the ball alive!



ATTACKING SET PIECES

CORNER KICKS



Option 2 - Short 1-2 Setup: Short corner using the same setup as #1. A and B zip early and A initiates run and this time extends it to play 1-2 with F.

Key Points: A's run needs to come just off of line to provide an easy angle for F who plays and breaks off to receive it back, then hits a bending ball.

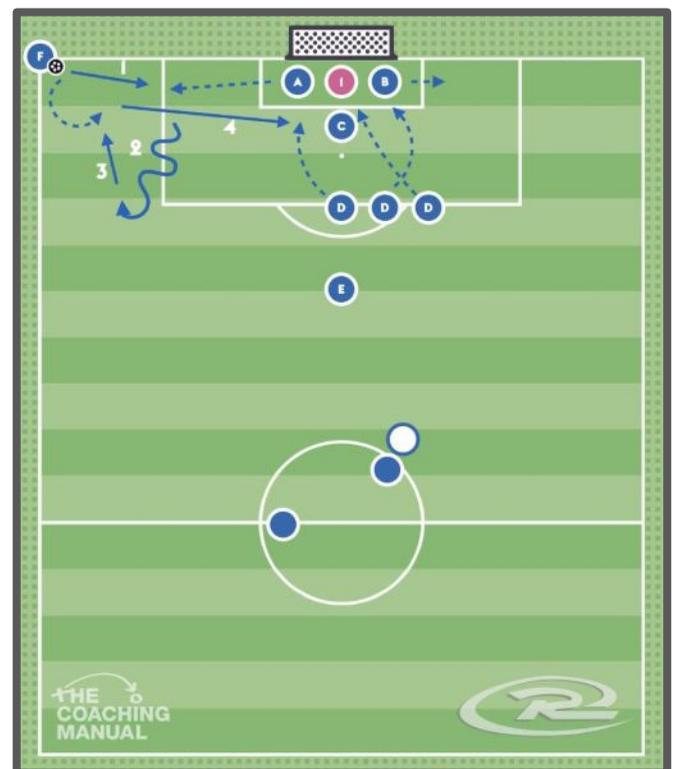
Option 3: Rush Short Corner Setup:

Same set up as #1 and #2.

A receives and dribbles up field. F runs with A and then breaks towards the end line. A plays F.

Key Points: Players inside remain active. F must sell movements and change paces quickly. A must control, dribble away, and then roll the ball back sharply.

Additional Notes: The player starting on middle 6 is critical. He/she must not allow GK to receive the ball. All other players must be prepared to attack the ball! On options 2 and 3, players must be inventive and all can help be deceptive as well. Attitude!

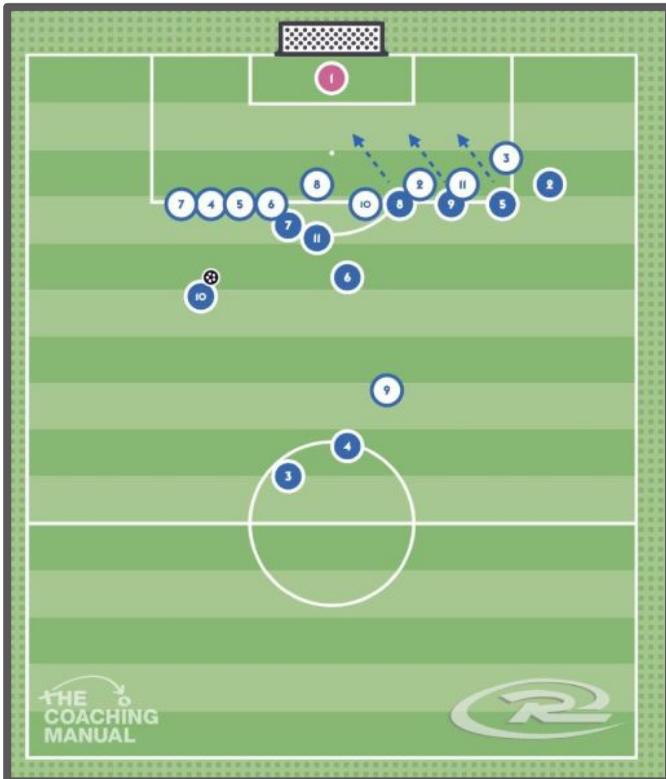


ATTACKING SET PIECES

DIRECT KICKS



DIRECT KICKS



Keep it simple! If a shot is on, that is the first option.

Two players must be prepared to flash in front of the keeper, inside of the wall, to screen or off-balance the keeper. The starting position may vary.

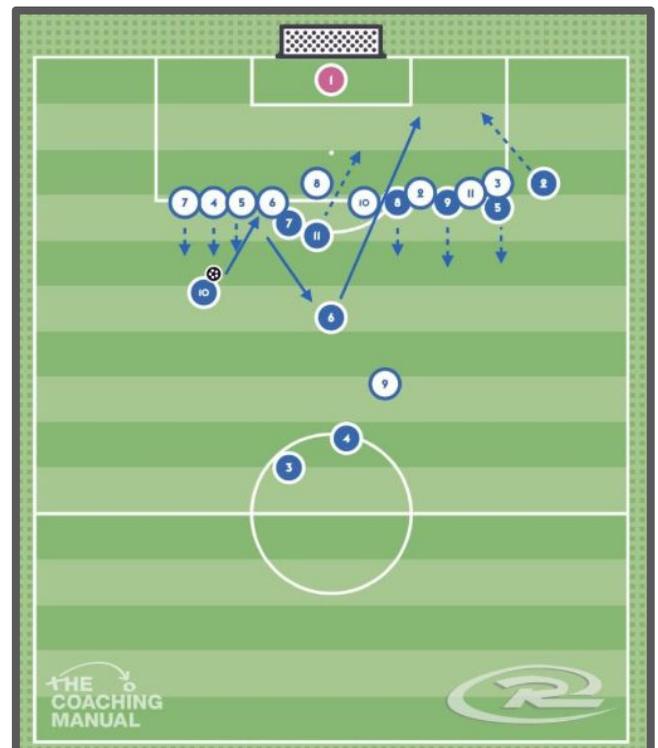
Players not involved with the kick or screening must get to goal and be hunters.

If the free kick is from a wide position, top of the box remains a critical area. “keep it alive!”

Plus one (minimum) in behind with thought to potential rebounds that may come off of the wall.

Be mindful of the wall who becomes attackers if they block it. Position players accordingly.

THE SECOND BALL: As we said before, Rush Teams must know how to be dangerous in the second ball and search for a second serve behind the opponent’s back line, which normally steps up right after the clearance, to a teammate running in from a few yards back counter stepping them. Forwards need to be smart as well and ready to attack the box again avoiding the offside.

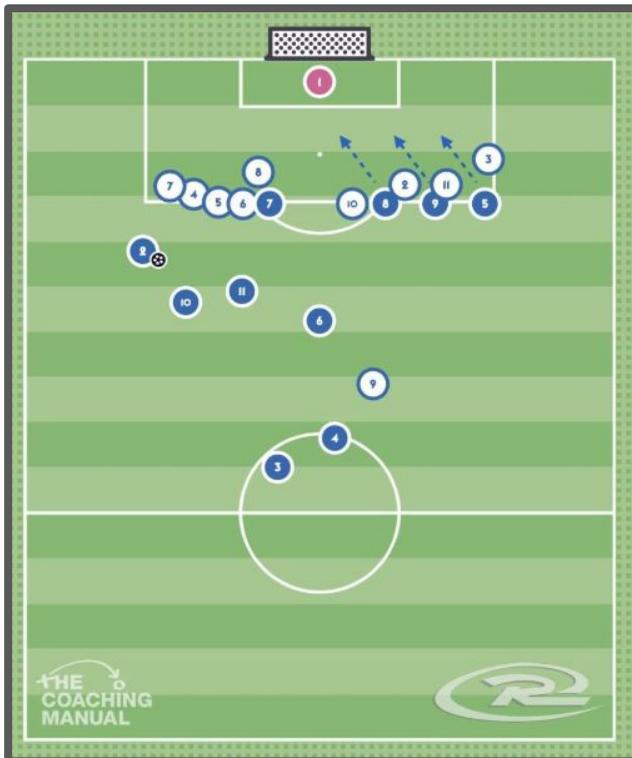


ATTACKING SET PIECES

INDIRECT KICKS



INDIRECT KICKS



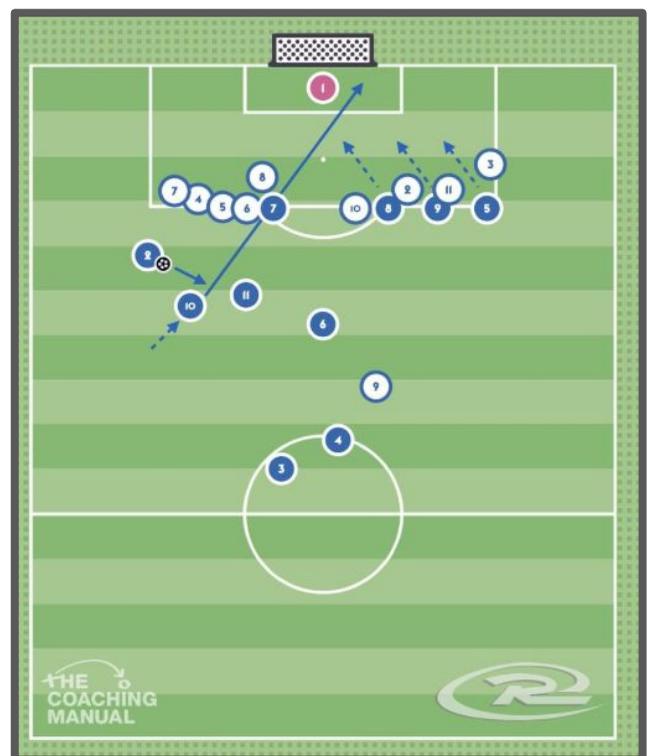
The attacking team must understand the definition between direct and indirect kicks.

Indirect - A free kick from which a goal can not be scored until the ball touches another player of either team. The referee will physically hold one arm up in the air, signaling the indirect kick.

Direct - A free kick from which a goal may be scored without a second player touching the ball. The referee need not physically signal a direct free kick, other than pointing direction.

As with direct kicks, if a shot is on, that is the first option. The ball needn't move. Literally a tap of the foot followed by a strike.

If a shot is not on because the wall is properly set, we must move the ball. We do this with a three man set up, touch, stop, strike. Moving the ball laterally (and perhaps slightly back) displaces the wall and provides a larger portion of the goal to shoot at.



ATTACKING SET PIECES

INDIRECT KICKS

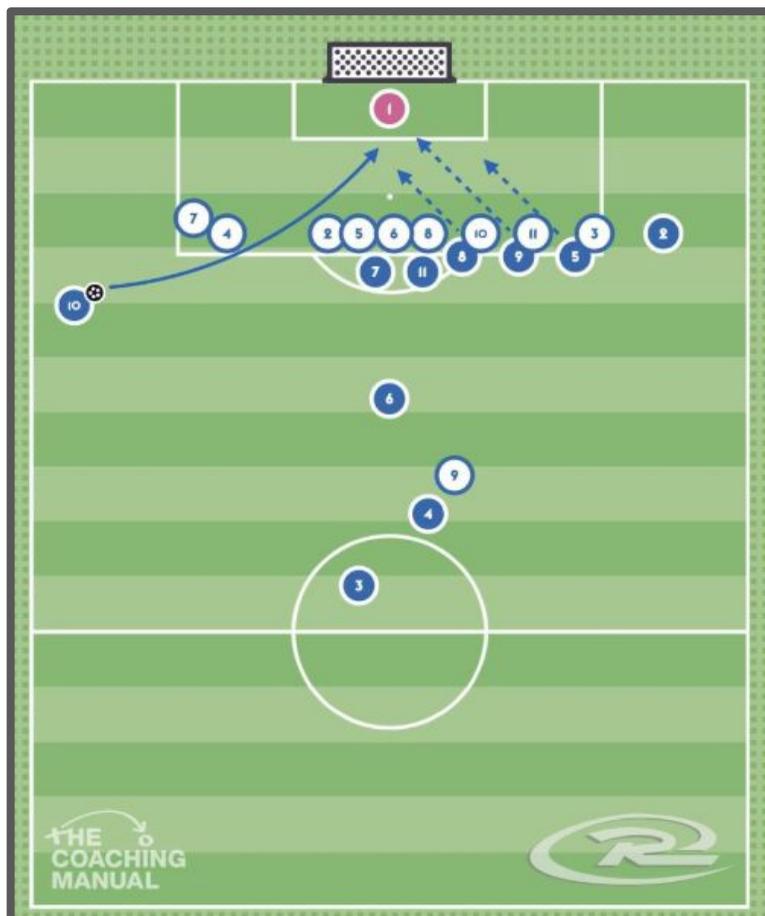


INDIRECT KICKS

Free kicks from wide (attacking 1/3), like corners, should be hit as in-swingers. Ball should be struck so that if nobody touched it, it would score (typically at the far post, but near can work as well on the odd time).

Players not involved in the taking of the kick must make sure they cover the top of the box as well as the near post area (get across the GK's face), the keeper himself/herself and also the back post area.

Additional Notes: Direct or Indirect kicks from the defensive or middle thirds are too frequently wasted with playing long balls to outnumbered forwards. Our first option is to simply put it down, play it short, and let's go!



ATTACKING SET PIECES

PENALTY KICKS



PENALTY KICKS

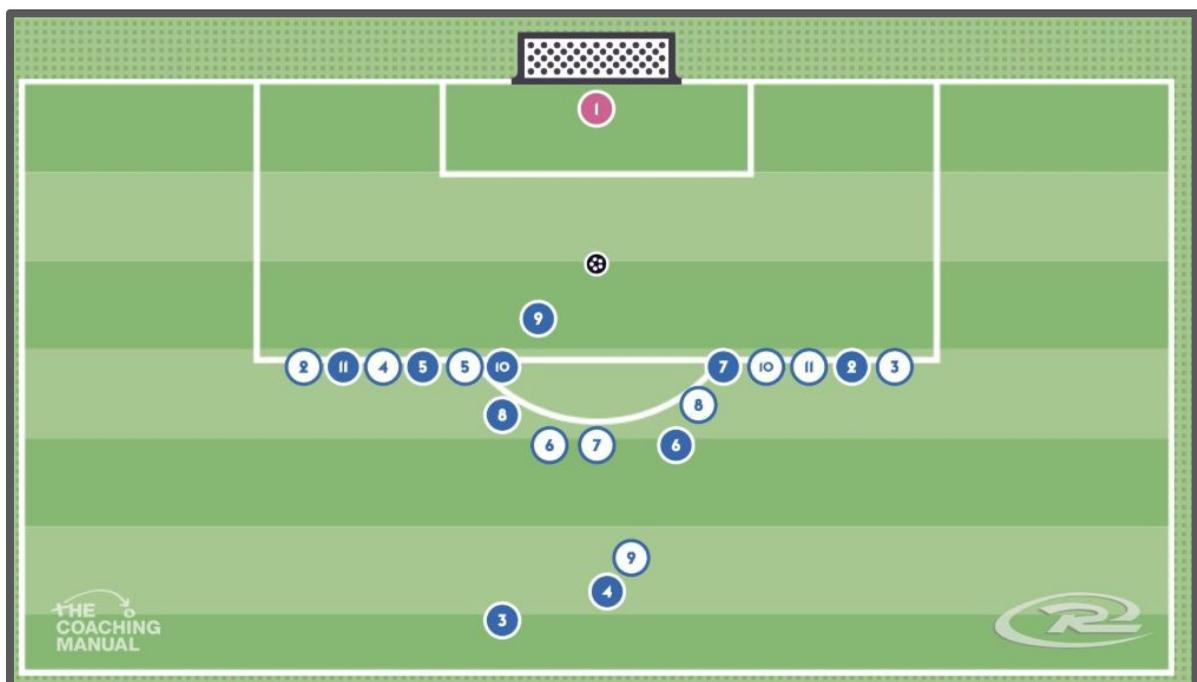
Although penalty kicks usually come down to the individual penalty kick taker converting, there are details that can make a difference.

The Kicker: Confidence is critical. The kicker must know he/she is going to score. No second guessing. There are plenty of stories of professional coaches that when it came down to penalty shootouts, they didn't pick the kickers based on skill but based on confidence.

Many say that at that very moment, they'd pick those who look at them in the eye to affirm they'll shoot.

The Rest Of The Team: Of course we trust the kicker will score. However, we play it like we know he/she is not, focusing on being first to the rebound. Just like in a defensive penalty kick, we want to be in the best position to go for it, that is where the two points where the penalty arc merges with the penalty box line.

Same rules apply in the back. Stay plus one and focused. Remember that once the ball is hit, the game is live.





Up a Goal, Down a Goal



When winning: Remember, the whole point is NOT time wasting. The referee is required to add time on. The point is to not let the opponent get into a rhythm or flow. Team sports often have patterns. Recognize when the opponent is in the zone, and try to disrupt their rhythm.

When losing: It is imperative that you stay focused. The opponent will do everything in its power to disrupt your rhythm. Stay in tune with the game. All you can do is control the controllable – yourself. Focus on how you can help your team get a goal back. When scoring is your dominant thought, the opposition's antics become meaningless.

Up a Goal

- Adjust System to 4-5-1
- Keep possession (preferably in opponents half)
- Don't rush restarts
- Be organized on defensive set pieces
- Drop the line of confrontation
- Get numbers behind the ball
- Stay down if injured/ Take time subbing
- Professional Fouls to kick counter attacks
- Go to corner flag
- GK uses feet on weak shots
- Prevent crossing and shots
- Keep ball as far away from goal as possible, possibly out of bounds

Down a Goal

- Adjust to 2-5-3
- Play direct
- Quick set pieces but don't waste them
- Get numbers forward
- High pressure
- Stand up when fouled
- Keep ball in play- no dumb fouls
- Take risks
- Offside Trap
- GK becomes sweeper
- Ask for time to be added, please!
- Shag balls of shots, out of bounds etc.

RUSH VOCABULARY



In an attempt to further our club's consistency on the field, the following vocabulary list should become consistent by all Rush teams

1 Yea- When calling for a ball. Ball or Hey are also acceptable. Teammates Name is also acceptable.

2 Hold- When asking/executing an overlapping run.

3 Over- When asking a player to leave or dummy the ball.

4 Leave- It Not to be confused with "over". Leave it should be used when executing a take over.

5 Keeper- Call made when keeper is going for the ball.

6 Away- Call made when keeper expects defender to clear the ball.

7 Step (up)- Demand given when team is expected to step up. Push (up) is also acceptable. Normally used when trying to get out of the box, but can be used whenever needed.

8 Raise Your Line- Similar to step, but this is usually used in the midfield area. Specific to the back line. Step or Squeeze may also be used here.

9 Drop Your Line- Specific to the back line. This phrase is used of the backs need to drop.

10 Drop- When team needs to concede ground/drop back.

11 Bounce- This command is given when backs need to prepare for possible long pass. It is the act of preparing or flexing in case a fast drop or sprint back is necessary. This is not the same as dropping however. "Bounce" can also refer to an individual and is the action of taking quick steps back or out to create or open up space.

12 Hold/Good- Command that can be given when the team (backs specifically) have reached a point where they needn't push or drop or bounce.

13 Across the Face- Used typically when running across the face of the goalkeeper or face of the goal.

14 Flasher(s)- Players who flash on the inside of the wall, in front of the keeper on attacking set pieces.

15 Bullet Man- Any player(s) who rush the opponent's free kick.

16 Shift- When call is made for the back line to get across. Slide is also acceptable.

17 Change (it)- When referring to switching the ball and changing the point of attack.

18 Next Side- Another command witch says switch the ball.

19 Stretch (it)- Used when asking the attacking team to open up high and wide to stretch out opponent.

20 Tuck In Pinch- In also acceptable. Used when asking players to fill the middle (for ex. on goal kicks or punts)

21 Compact- When referring to how we defend with numbers together, killing space.

22 Protect It- Command given when asking a player to shield the ball, or hide the ball from defender.

23 Connect- Find a pass.



RUSH VOCABULARY

29 First Post- Same as front post or near post.

30 Second Post- Same as back post or far post.

31 Line of Confrontation- Where team begins high pressure.

32 Low Pressure- Delayed high pressure.

33 Stop It/Kill It - Used when asking a teammate to stop the ball dead/still.

34 Get Into Players- Reminder given to players on our goal kick (not opponent's) or punt to front or mark up opponent not allowing them to win the ball freely.

35 Tight- When asking players to get touch-tight to opponent.

36 Body Up- Next step beyond touch-tight. Get into players, use body, arms, and hands to obstruct and defend.

37 Button Hook- Run, typically by forward, which is a short checking run towards ball and then a hooking run back away from ball towards goal.

38 Show- Any movement to provide an option for the player on the ball.

39 Check- A short, sharp run towards the ball or towards the ball at an angle.

40 Fake Throw- Prior to making a throw in, fake the throw in one direction and throw to another.

41 Molly- Professional foul. Signal can come from any where or any one, but likely coach.

42 Signals-

- Hang loose = Go down with injury (or after player has gone down feigning injury).
- Thumbs Up = Player is okay (signal from trainer).
- Substitution Motion (rotation of forefingers) = Substitution is needed.

43 Level Off- Most often to help outside backs get in position. Getting on same line as center back.

44 Counter Move- Prior to checking into a space, a counter move is the act of going away (creating space).

45 Press- Apply pressure to the ball. "Close" or "Squeeze" or "Step" are also acceptable.

46 Show Left/Right- When communicating to first defender. Take left/right also acceptable.

47 Right/Left- When asking a player to move a certain direction. (Not the same as above.)

48 Block It- Communicating to players to tackle without swinging leg.

49 Cover/Second Player- Command given when one player is about to challenge. Surrounding players cover.

50 Set (it)- Command given when player passes short to a teammate, follows pass and expects to take the ball that has been "set" for them. Or this command can be used at any time when needing the ball prepared (typically short or stopped) or passed.

51 Break the Line- Also used: Who can penetrate? Or look to penetrate. The phrase refers to just that, penetrating. Asking players to break through the opponent's defending line.

52 Across the Line- When asking players to run laterally across the opponent's defending back line prior to penetrating.

53 Target- Command given to forwards (typically) which is to encourage them to think about keeping possession first and foremost.

54 We Need the Ball- Reminder to players: we've not had possession, don't force it, etc.

55 Play, Move, Look, Call- What all Rush players can/should do when playing.



RUSH INDIVIDUAL DEVELOPMENT PLANS



Rush Soccer

Individual Development Plan

This is a template of an Individual Development Plan you can use with your team and players. The form itself is simple, what matters the most is the exercise of self reflecting and the accountability (one of our core values) of taking lead in our own development. As a coach, make sure you support your players in the process and the definition of goals. These should be challenging but always possible to accomplish, and combine short term goals to sustain high levels of motivation that should also be aligned with the long term objective of the player.

As a player, remember that developing is not only about improving weaknesses but also optimizing strengths to their full potential. Therefore, you want an IDP not only for what you need to learn but also for what you want to continue to improve.

NAME		CURRENT DATE:	
TEAM		NEXT REVIEW OF IDP:	
POSITION			

SHORT TERM GOAL	
LONG TERM GOAL	

#	Pilar	Strengths	Action Plan
1	Tactical		
2	Technical		
3	Physical		
4	Psychological		

#	Pilar	Weaknesses	Action Plan
1	Tactical		
2	Technical		
3	Physical		
4	Psychological		

**RUSH SOCCER
DEVELOPMENT**



For more information, please visit

<https://rushsoccerdevelopment.com/>



**RUSH SOCCER
DEVELOPMENT**

