



RUSH SOCCER

7v7 Player Handbook

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

WELCOME TO RUSH SOCCER



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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'. The signature is fluid and cursive, with a long horizontal stroke 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.

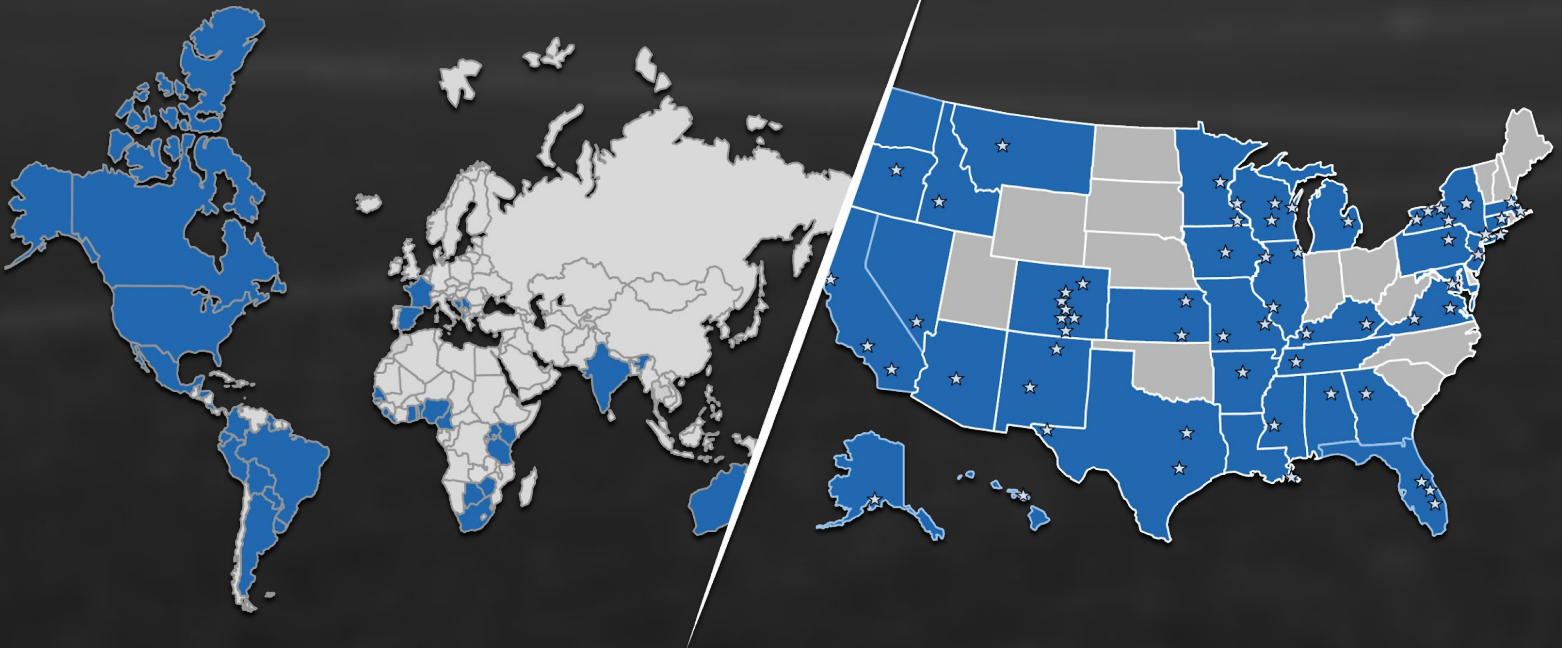
TENACITY: To be successful, persevere. Persevere but do not be anxious. Fear no one. Be strong and courageous. Work when no one is looking, even when the circumstances are difficult and everyone else quits. Diligence never loses because it never quits. Outwork your opponent, and most importantly, work 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:

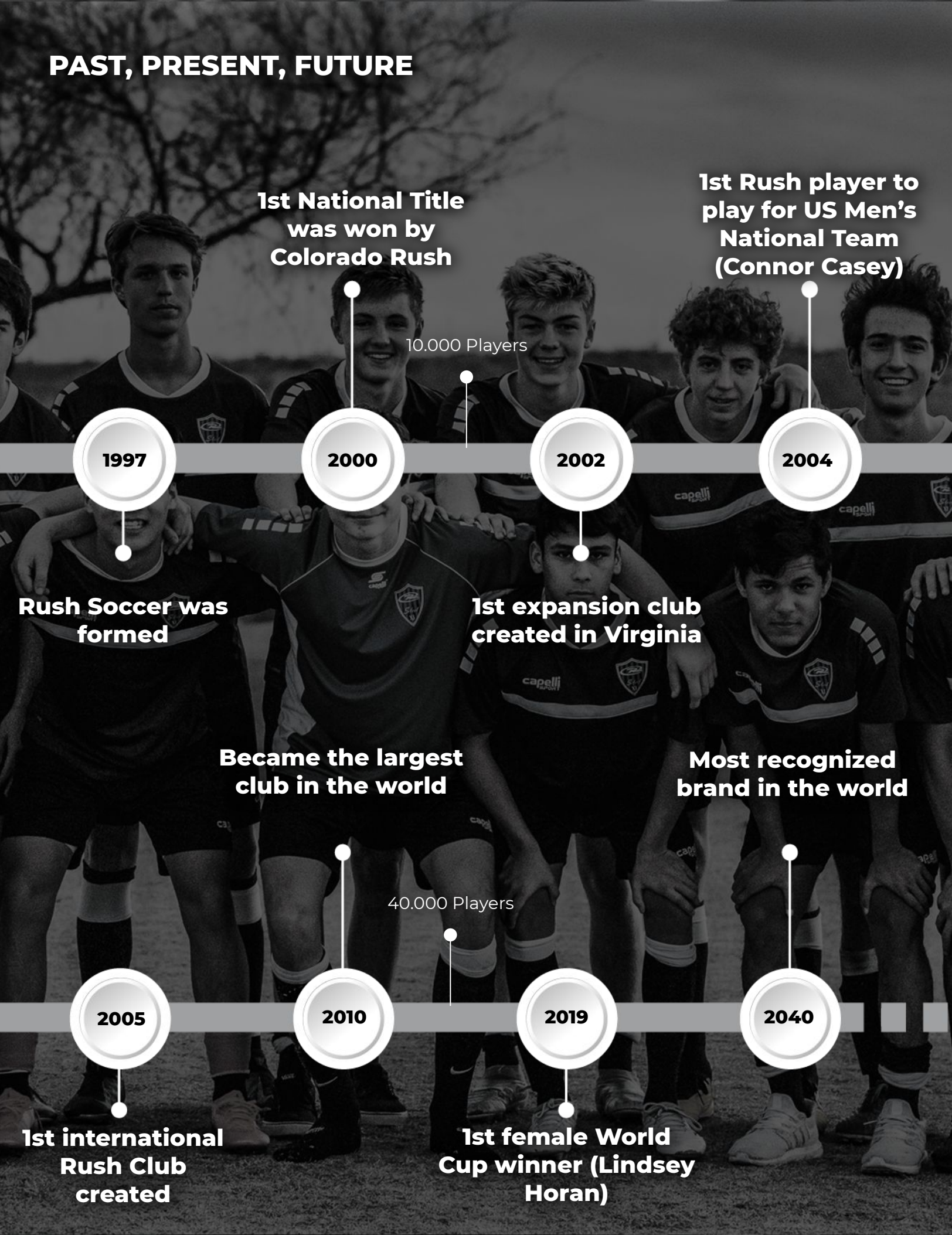
Located in 33 states and counting

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



1997

Rush Soccer was formed

1st National Title was won by Colorado Rush

2000

10.000 Players

2002

1st expansion club created in Virginia

2004

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

Became the largest club in the world

Most recognized brand in the world

40.000 Players

2005

1st international Rush Club created

2010

2019

1st female World Cup winner (Lindsey Horan)

2040

RUSH SOCCER PLAYER 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.



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

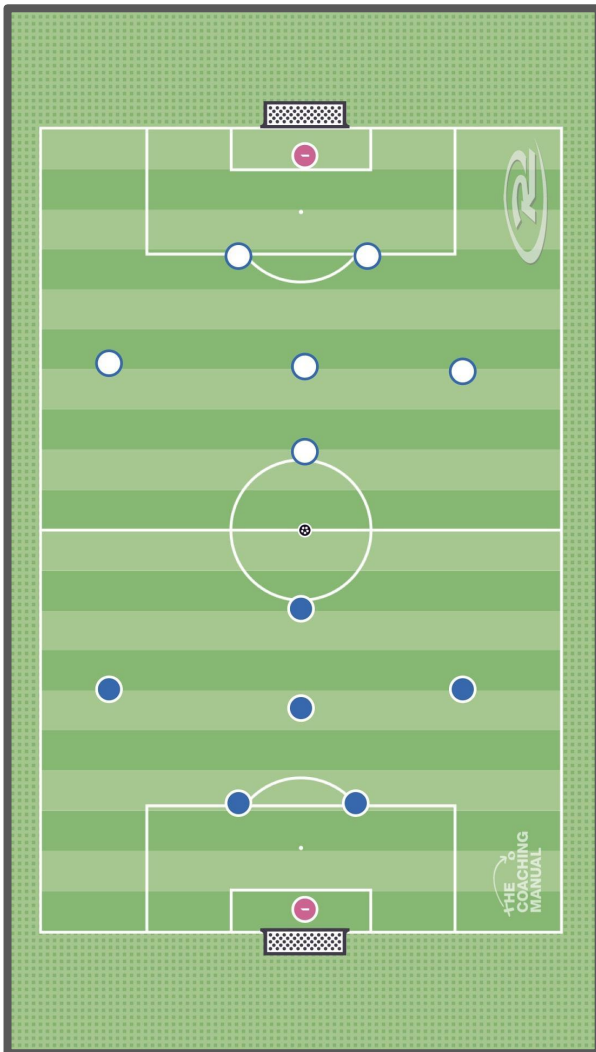
PHYSICAL

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

RUSH SOCCER TEAM FORMATION



RUSH SOCCER FIELD 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.

We believe that, for 7v7, the formation **1-2-3-1** presents a good base to smoothly transition into our 9v9 formation (**1-2-4-2**) and ultimately into our 11v11 base scheme (**1-3-5-2**).

This is fundamented on the similarities that the roles presented will have in terms of playing actions. In this initial display, the roles of center backs, holding midfielders, wing backs, and forwards adequately resemble the ones of the expanded 11v11 **1-3-5-2** formation.

This formation has value added as it also tends to be the base of other popular 11v11 setups like **1-4-3-3**.

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 SOCCER
DEVELOPMENT**



For more information, please visit

<https://rushsoccerdevelopment.com/>



**RUSH SOCCER
DEVELOPMENT**

