



SOCCER CLUB

2025/26 AGE GROUP



UNITED FC RUSH



UNITED FC RUSH SOCCER CLUB

U11-U19 AGE GROUP

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WHO DO I ASK?

A SOCCER GUARDIANS GUIDE TO
NAVIGATING THE PLAYER'S SOCCER CAREER



U11-U19 TRAVEL TEAM PLAN

TRAINING PLAN

FALL: HIGH SCHOOL(2010 - 2007)
2015 - 2011 (2-3 PER WEEK)

WINTER: 2 PER WEEK

SPRING/SUMMER: 2/3 PER WEEK

LEAGUE PLAN

FALL:HIGH SCHOOL(2010 - 2007)
TWN CITIES SOCCER LEAGUE (2015-2011)

WINTER: TBD

SPRING/SUMMER: TWIN CITIES SOCCER LEAGUE

TOURNAMENT PLAN

TEAMS WILL ATTEND 3/4 TOURNAMENTS
THROUGHOUT THE ENTIRE SEASON.
INCLUDING OUT OF STATE.

FINAL LEAGUE AND TOURNAMENT DECISIONS WILL BE MADE POST TRYOUTS. PLANS COULD
CHANGE BASED ON FINAL TEAM FORMATION
AND WHAT BEST FITS EACH TEAM'S UNIQUE DEVELOPMENTAL NEEDS. TOURNAMENTS WILL
BE CONFIRMED AT THE FIRST TEAM MEETING OF THE 2025-2026 SEASON.



WELCOME TO THE RUSH

THANK YOU FOR YOUR INTEREST IN THE UNITED FC RUSH SOCCER CLUB. ENCLOSED IN THIS PACKET IS INFORMATION REGARDING OUR DEVELOPMENTAL ACADEMY AND COMPETITIVE PROGRAMS.

WE TAKE MUCH PRIDE IN ALL OF THE ACCOMPLISHMENTS THE CLUB HAS ATTAINED IN YEAR ONE AS TWIN CITIES RUSH SOCCER CLUB. NEVER SATISFIED, WE ARE LOOKING TO PRESS FORWARD AND CONQUER MORE THAN EVER FOR OUR PLAYERS AND TEAMS AS TWIN CITIES RUSH. WE ARE VERY EXCITED ABOUT WHAT THE FUTURE HAS IN STORE FOR ALL OUR MEMBERS.

OUR INTENT IS TO BE THE BEST SOCCER CLUB IN THE TWIN CITIES AND TO COMPETE WITH THE BEST WITHIN MINNESOTA, AND AMONG QUALITY COMPETITION THROUGHOUT MIDWEST! THIS TAKES MORE THAN JUST HARD WORK. IT TAKES VISION, THE RIGHT ATTITUDE, THE RIGHT PLAYERS, GOOD COACHING, THE RIGHT ATMOSPHERE, AND A LITTLE BIT OF LUCK. NEVERTHELESS, IT IS A JOURNEY, AND WHEN YOU BRING THE RIGHT PEOPLE TOGETHER, THE SKY IS THE LIMIT! WE BELIEVE, WITH YOUR SUPPORT, TWIN CITIES RUSH WILL CONTINUE TO DEVELOP INTO ONE OF THE TOP SOCCER CLUBS IN THE STATE OF MINNESOTA.

RUSH BELIEVES IN STRIVING FOR EXCELLENCE. AS PLAYERS PROGRESS, THEY ARE CONSTANTLY PUT IN NEW SITUATIONS TO BE PROVIDED WITH A GREATER CHALLENGE, IF THAT IS WHAT THE PLAYER DESIRES. FOR OUR TOP PLAYERS, THEIR GOALS INCLUDE PLAYING ON THE STATE TEAMS, REGIONAL TEAMS, NATIONAL TEAMS, COLLEGE TEAMS, PROFESSIONAL TEAMS, ETC. AS A CLUB, WE WANT TO PUSH OUR PLAYERS TO "THE NEXT LEVEL". THIS "NEXT LEVEL" MAY BE DIFFERENT FOR EVERY PLAYER.

THE COACHING STAFF AT MINNESOTA RUSH IS LOOKING FORWARD TO MAKING THIS SEASON YOUR PLAYER'S BEST SOCCER EXPERIENCE YET. GO RUSH!

SINCERELY,
PATRICK PRINDLE
EXECUTIVE DIRECTOR
UNITED FC RUSH SOCCER CLUB



WHO IS RUSH?

FORMED IN 1997, RUSH SOCCER BEGAN IN LITTLETON, COLORADO WITH COLORADO RUSH. FROM THERE IT EXPANDED TO MORE STATES ACROSS THE U.S. TO WHERE IT IS NOW...WITH OVER 70 CLUBS ACROSS 35 STATES! RUSH IS ALSO IN OVER 48 COUNTRIES ACROSS THE WORLD, MAKING IT TRULY A WORLDWIDE SOCCER BRAND. TWIN CITIES RUSH DESIRES TO GIVE ALL PLAYERS AN EQUAL OPPORTUNITY TO EXPLORE THEIR POTENTIAL AND PURSUE POSITIVE OUTCOMES ON AND OFF THE FIELD.

YOU ARE ONE OF OVER 45,000 YOUTH SOCCER PLAYERS GLOBALLY!
WE ARE GLAD TO HAVE YOU AS PART OF THE CLUB AND CULTURE OF THE RUSH!

GLOBAL FOOTPRINT

OUR VISION

PARTNER WITH LIKE MINDED CLUBS EVERYWHERE IN THE WORLD TO EVENTUALLY REPRESENT ONE OF THE MOST RECOGNIZABLE BRANDS IN THE WORLD.

OUR MISSION

A GLOBAL BRAND COMMITTED TO PROVIDING AN UNPARALLELED SOCCER EXPERIENCE:

PROGRESSIVE • AMBITIOUS • COMPREHENSIVE



+30 STATES IN
THE UNITED STATES

+30 COUNTRIES IN THE
WORLD

PASSION & PURPOSE

RUSH 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 DILIGENT WORKERS ARE SATISFIED.

HUMILITY: APOLOGIZE WHEN YOU MAKE A MISTAKE. FORGIVE OTHERS AND DO NOT LOOK BACK.

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 FAILS.

RESPECT: RESPECT EVERYONE. RESPECT THE OPPONENT, THE RULES, YOUR COLLEAGUES, YOUR 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, OUR 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 NOT RIGHT AND EVERYONE ELSE QUILTS. DILIGENCE NEVER LOSES BECAUSE IT NEVER QUILTS. OUTWORK YOUR OPPONENT, AND MOST IMPORTANTLY, WORK SMART. DON'T 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 BURDENS; CONVERSELY, CELEBRATE YOUR TEAMMATE'S SUCCESSSES.

UNITED FC RUSH SOCCER PATHWAY TO PRO



RUSH PAVES THE WAY TO THE PROS. WE HAVE THE IDEAL PATHWAY FOR YOUNG PLAYERS TO REACH THE PROFESSIONAL RANKS.

WE OWN & HAVE JOINT VENTURES WITH A USL LEAGUE 2 CLUB, A WOMEN'S PRO-AM TEAM, AS WELL AS THREE PROFESSIONAL CLUBS IN EUROPE. TALENTED RUSH PLAYERS ALWAYS HAVE THE CHANCE TO SHOWCASE THEMSELVES AND WE SUPPORT THEM ON THEIR JOURNEY TO THE PRO'S.

TRANSFORM SPORTS PERFORMANCE

ELEVATE YOUR GAME WITH TRANSFORM SPORTS PERFORMANCE



SKILLS-BASED TRAINING

- Work on technical aspects of their game at an elite intensity and to improve their soccer IQ.
- Soccer drills that mix skill development and repetition of skilled touches that also have fun elements are key to developing youth soccer players

POSITION-BASED SOCCER TRAINING

- Focuses on developing players' skills & tactical understanding specific to their role on the field
- Helps players understand their responsibilities in game situations & improves their overall game awareness.
- Goalie, Defender, Midfielder & Attack Positions

PERFORMANCE & STRENGTH

- Specialized sports performance program will assess the team and/or individual athlete to meet their specific needs.
- Focus on optimizing speed & agility for athletes alongside the necessary strength and conditioning training, as well as sport specific skills training to reach their individual and team goals.

ALL CURRENT
RUSH MEMBERS
WILL RECEIVE
10% OFF
AT SIGNUP!



- LOCATED BEHIND THE NATIONAL SPORTS COMPLEX, BLAINE.
- INFO@TRANSFORMSPORTSPERFORMANCE.COM
- TRANSFORMSPORTSPERFORMANCE.COM

UNITED FC RUSH SOCCER CLUB

COLLEGE ADVISORY PROGRAM

1. THE ELITE ATHLETES OF YOUR CLUB WILL HAVE THE OPPORTUNITY TO WORK WITH THE RUSH SOCCER CAP DIRECTOR TO HELP YOUR PLAYERS GET PLACED INTO COLLEGE.
2. PARENTS AND PLAYERS HAVE THE ABILITY TO WORK CLOSELY WITH OUR DIRECTOR TO HELP ASSIST THEM IN FINDING THE RIGHT OPPORTUNITIES IN COLLEGIATE SOCCER.
3. RUSH SOCCER HAS HELPED PLACE TENS OF THOUSANDS OF ATHLETES ACROSS THE COUNTRY IN UNIVERSITIES.

HIGH SCHOOL

WITH STRONG CONNECTIONS AT HIGH SCHOOLS AROUND THE COUNTRY, RUSH SOCCER HAS HELPED PLACE TENS OF THOUSANDS OF ATHLETES ACROSS THE COUNTRY.

WE CAN HELP POINT HIGH SCHOOL AGED PLAYERS TO BOARDING SCHOOLS THAT HELP DEVELOP NOT ONLY THEIR SOCCER ABILITY BUT PROVIDE A SPECIAL EDUCATIONAL EXPERIENCE AS WELL THE COUNTRY IN UNIVERSITIES

UNITED FC RUSH SOCCER CLUB

CLUB DEVELOPMENT

RUSH CLUBS HAVE EXCLUSIVE ACCESS TO A RUSH TRAINING LIBRARY THAT EXTENSIVELY SHOWS COACHES HOW TO TEACH THE RUSH WAY.

OUR PROGRESSION MANUAL GIVES DETAILED TRAINING EXERCISES THAT OUTLINE TOPICS FOR PLAYERS TO TRAIN FROM U6 - U18.

RUSH COACHES GET THE OPPORTUNITY TO BE INVITED TO SPECIFIC COACHING EVENTS WHILE ALSO BEING PROVIDED VIDEOS, NEWS OF TRENDS IN COACHING, AND DEVELOP SPECIFIC AND MEANINGFUL COACHING TECHNIQUES.

COACHING EDUCATION

RUSH SOCCER SENDS OUR EXPERT COACHES TO YOUR CLUB TO HELP SUPPORT AND TRAIN YOUR COACHES TO BECOME BETTER. RUSH SOCCER HAS A HIGH AMOUNT OF A LICENSE COACHES THAT ARE WILLING AND QUALIFIED TO TEACH YOUR LOCAL STAFF.

RUSH WILL SEND PROFESSIONAL COACHES TO YOUR CLUB AND DO WORKSHOPS ON HOW TO IMPROVE COACHING TECHNIQUES.



PROGRAMS & SERVICES



CEDAR STARS RUSH: IS RUSH SOCCER'S USL LEAGUE 2 TEAM BASED IN TEANECK, NEW JERSEY. THE USL LEAGUE 2 IS THE HIGHEST LEVEL OF DEVELOPMENT SOCCER IN THE U.S., AND CEDAR STARS RUSH IS A PROUD PARTICIPANT.



RUSH SELECT: THE RUSH SELECT PROGRAM BRINGS TOP PLAYERS TOGETHER FROM ACROSS DOMESTIC AND INTERNATIONAL RUSH CLUBS TO FORM 'ALL-STAR' TEAMS FOR TOURNAMENTS, SHOWCASES AND OVERSEAS SOCCER TOURS.



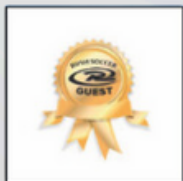
RUSH FEST: THE RUSH FEST IS AN ANNUAL EVENT THAT BRINGS TOGETHER U12 BOYS AND GIRLS TEAMS FROM RUSH CLUBS ACROSS THE COUNTRY. TEAMS COMPETE AGAINST ONE ANOTHER IN A FRIENDLY TOURNAMENT WHILE ALSO JOINING UP TO PARTICIPATE IN TRAINING SESSIONS ON THE FIELD AS WELL AS CLASSROOM AND SOCIAL EVENTS OFF THE FIELD.



COLLEGE ADVISORY PROGRAM: RECEIVE GUIDANCE ON HOW TO PUSH PLAYERS TO THE COLLEGIATE LEVEL. THIS PROGRAM IS IN PARTNERSHIP WITH COLLEGE FIT FINDER AND IS PROVIDED TO OUR BOYS AND GIRLS TEAMS U15 TO U19.



REACH: ESTABLISHED IN 2002. RUSH EQUIPMENT ASSISTING CHILDREN IS AN AMAZING PROGRAM THAT ALLOWS EVERY RUSH PLAYER TO MAKE A DIFFERENCE ,BY COLLECTING USED SOCCER EQUIPMENT AND UNIFORMS FROM RUSH PLAYER.



PLAYER LOAN PROGRAM: THE PLAYER LOAN PROGRAM IS A RUSH SOCCER INTER-CLUB PLAYER EXCHANGE OPPORTUNITY THAT ALLOWS PLAYERS FROM ALL RUSH SOCCER BRANCH'S TO EXPERIENCE PLAYING WITH OTHER TEAMS AND RUSH CLUBS FROM ACROSS THE COUNTRY.

RUSH WAY PHILOSOPHY

RUSH WAY TO PLAY

PURPOSE & PASSION

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. RUSH TEAMS ARE FLEXIBLE AND ADAPT TO VARYING CIRCUMSTANCES. THE RUSH WAY TO PLAY REPRESENTS BOTH PASSION AND PURPOSE.

THE RUSH PLAYER

PLAYER'S 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.

PRACTICE & GAME ATTENDANCE

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.

ACKNOWLEDGMENT

WHEN A COACH ADDRESSES A PLAYER DURING TRAINING OR COMPETITION, IT IS IMPORTANT THE PLAYER ACKNOWLEDGES. COMMUNICATION IS TWO-WAY.

GREETING

PLAYERS ARE EXPECTED TO GREET THE STAFF WITH A HANDSHAKE FOR ALL STAFF LOCAL, NATIONAL AND INTERNATIONAL. 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.

RUSH SELECT- PLAYER SELECTION



U13-19 RUSH SELECT OPPORTUNITIES

THE RUSH SELECT PROGRAM IS AN INTERNATIONAL PROGRAM IN WHICH RUSH SOCCER FORMS "ALL STAR TEAMS" THAT ARE COMPRISED OF THE TOP RUSH PLAYERS FROM ALL ACROSS THE WORLD. THE PROGRAM STARTS FROM AGE U13 AND IS AVAILABLE THROUGH A PLAYERS CAREER WITH RUSH SOCCER ENDING AT U19. THESE TEAMS ATTEND VARIOUS EVENTS, BOTH IN THE US AND INTERNATIONALLY ON A YEARLY BASIS. THE PLAYERS GET TO SEE NEW IDEAS, PLAY WITH TOP TALENT, LEARN FROM NEW COACHES AND DEVELOP AS A PLAYER IN A WAY MOST ACROSS THE COUNTRY CAN NOT.

HOW CAN MY PLAYER MAKE THE SELECT TEAM?

PLAYERS ARE SCOUTED BEGINNING AT THE RUSH FEST WITH THE U13 AGE GROUP. WE ALSO TAKE RECOMMENDATIONS FROM EACH CLUB'S TECHNICAL DIRECTOR TO FORM THE POOL OF PLAYERS FOR EACH AGE GROUP. THE U14 & U15 PLAYERS WILL BE SCOUTED AT THE CENTERS TO BE SELECTED FOR A REGIONAL TEAM AND THEN LATER A NATIONAL TEAM. U16-U18 PLAYERS WILL BE SELECTED FOR A NATIONAL FIRST OR SECOND TEAM. THE POOL OF PLAYERS IS CONSTANTLY EVOLVING AND PLAYERS COME AND GO AS THE TEAM AGES UP. MAKING THE SELECT TEAM ONCE DOES NOT MEAN A PLAYER WILL ALWAYS BE INVOLVED AND PLAYERS CAN BE ADDED TO THE POOL AT ANY TIME WITH A TECHNICAL DIRECTOR OR SCOUT RECOMMENDATION.

WHO IS ELIGIBLE TO PLAY FOR A SELECT TEAM?

ANY RUSH PLAYER BETWEEN THE AGES OF U13 AND U18 WHO IS IN GOOD STANDING WITH THEIR HOME RUSH CLUB IS ELIGIBLE TO BE SELECTED.

WHO COACHES THE SELECT TEAM?

TOP RUSH COACHES FROM AROUND THE COUNTRY MAKE UP OUR COACHING STAFF. WE CURRENTLY HAVE COACHES FROM MORE THAN 25 CLUBS AROUND THE NATION. ON OUR STAFF.



UNITED FC RUSH SOCCER CLUB

CLUB TEAM GOALS

U7-U10 TEAMS

THE GOAL OF THE UNITED FC RUSH SOCCER CLUB WITHIN THESE AGE GROUPS IS DEVELOP INDIVIDUALS THAT HAVE A CORE SOCCER SKILL SET AND ARE PASSIONATE ABOUT THE GAME. PASSION ALWAYS TRUSTS, ALWAYS HOPES AND ALWAYS PERSEVERES. PASSION NEVER FAILS. POOL ROSTERING WILL BE USED WITHIN OUR ACADEMY TO MAXIMIZE PLAYER DEVELOPMENT AND MINIMIZE TRAVEL.

U11-U19 TEAMS

THE GOAL OF THE UNITED FC RUSH SOCCER CLUB WITHIN THESE AGE GROUPS IS TO DEVELOP PLAYERS AND COMPETE ON A LOCAL, REGIONAL, AND NATIONAL LEVEL. TEAMS WILL BE FORMED WITH THIS GOAL IN MIND. THE SKY'S THE LIMIT AT TWIN CITIES RUSH AND THE CLUB AIMS TO MAKE DECISIONS THAT ARE BEST FOR THE CLUB AS A WHOLE AS WELL THE TEAMS AND INDIVIDUALS THAT MAKE UP THE CLUB.

HOW DOES THIS CLUB GOAL MATCH THE PLAYER- FIRST MENTALITY OF SOCCER DEVELOPMENT?

PLAYER DEVELOPMENT DEPENDS ON THE ENVIRONMENT YOU CREATE, NOT THE TEAMS YOU FORM. THIS TYPE OF GOAL HELPS THE CLUB CREATE THE TYPE OF ENVIRONMENT NEEDED FOR PLAYER DEVELOPMENT. THE GOAL ALLOWS FOR THE CLUB TO SET A LONG TERM GOAL FOR PLAYERS AND TEAMS, A LONG TERM GOAL THAT IS THE FOCUS OF EVERYTHING THAT PLAYER DOES FOR THE ENTIRE YEAR. THE PLAYER LEARNS HOW TO COMPETE AT THE HIGHEST LEVEL WHICH ALLOWS THE FREEDOM TO MOVE THE PLAYERS AROUND THE CLUB WITH THE SAME GOAL IN MIND. CREATING STRONG INDIVIDUAL PLAYERS WILL CREATE STRONGER TEAMS.

