

Programs

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About the Blue Books

The aim of the Blue Book is to provide players a different perspective to teaching soccer through a classroom setting. Each player has a Blue Book that they keep and use throughout their Rush playing years. The player should treat the Blue Book with care and professionalism. Additionally, the Blue Book should be updated and visited on a regular basis with outdated contents being replaced new updated material as the player, the team and the Rush evolve.

Topics covered within the Blue Book include About the Rush, Formations, Technique & Control, Tactics, Set Pieces, Fitness & Nutrition, Psychology, Training & Game Day Activity, Goals, Player Development & Expectations, Programs, Travel, Philosophy, College, Reports, and Goalkeeping.

For more information, please feel free to contact the Technical Director [Jason Leonardis](#).