

BLAST
SOCCER
No Ordinary Soccer Club

Blast Soccer
is as much about
CULTURE
as it is about
COMPETITION.



The Blast Mission:



“Create highly productive training environments and challenging competitive opportunities that help players build confidence and capability to find success not only as athletes, but as people.”

OUR MISSION GRID:

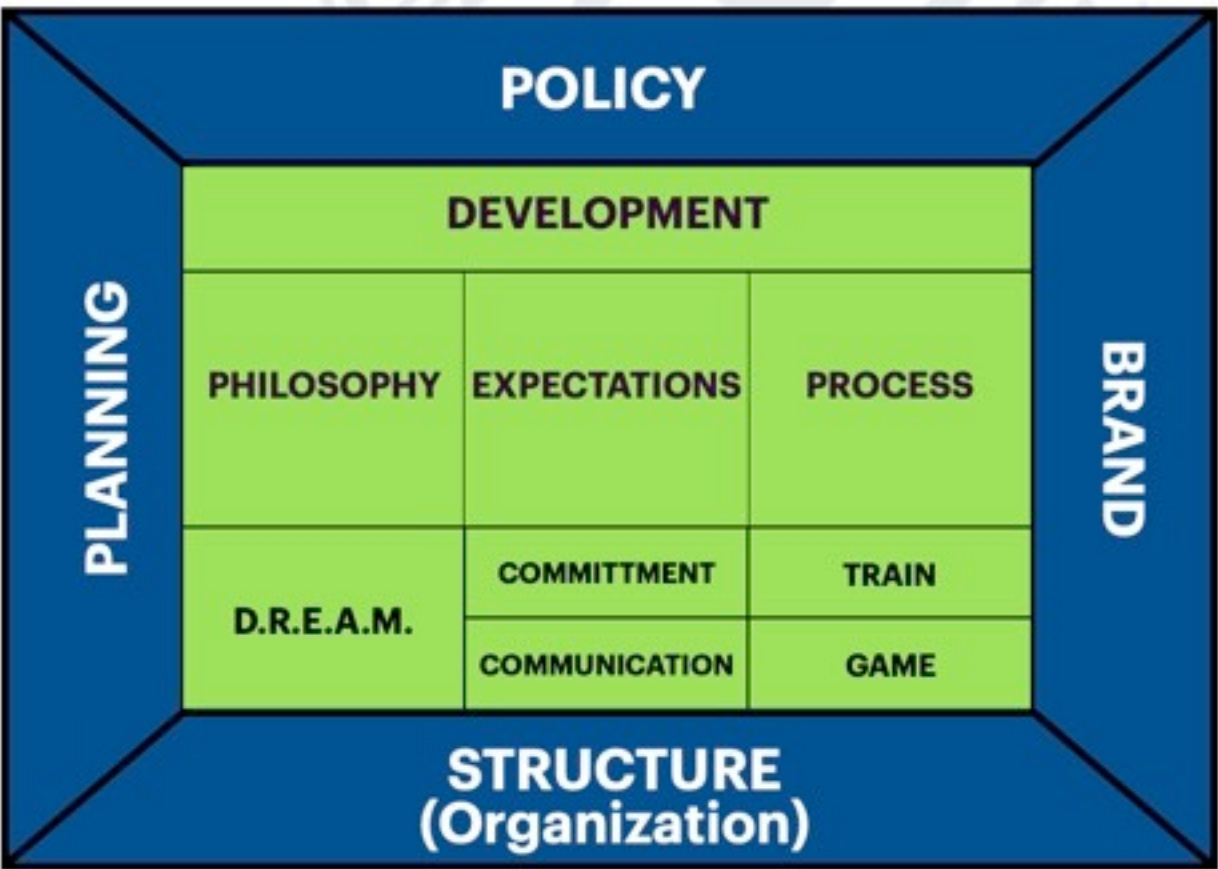
A Mission Grid helps us quickly identify what elements help us best frame our player development model.

The “framing” elements on the outside, allow us some freedom and creativity to execute the otherwise “regular” elements on the inside.

Once committed to delivering the development tools, skills and knowledge deemed necessary, the way in which these things are trained, practiced and instilled become “easy.”

Without this foundation, without a mission, it is likely an organization will simply “exist” to process players without truly committing to helping them grow as people.

By having a firm commitment to our D.R.E.A.M. Development Philosophy, we have a guide at our development foundation that keeps everyone moving forward.





Dare to dream. The Blast journey requires commitment and a deep dedication to attaining high-level goals. In this quest, players discover what they are capable of achieving not only as athletes, but as teammates and as people. Through discipline and responsibility they put forward a high effort with a positive attitude to learn about achieving success in other areas of their lives.

D.R.E.A.M.[™] **Development** **Philosophy**

"Let your dreams be bigger than your fears and your actions speak louder than your words."

D

DISCIPLINE

Are you at every session, with the same high work rate, truly wanting to get better?

Discipline is about consistency. It's about doing the things you need to do, when you have reasons not to do them.

"Discipline is the bridge between goals and accomplishment."

- *Do I go to training even though it is cold, rainy? Did I take care of my homework or study for the test so I could make training?*
- *Will I go to class even though I stayed up late to study for finals?*
- *Will I get into work early to work on that proposal due next week?*
- *Will I set aside funds each month I can use someday for a downpayment on a house?*

R

RESPONSIBILITY

Are you prioritizing the commitments you made to the team appropriately?

Responsibility is about following through. It's about making good on commitments when doing so is inconvenient or difficult.

"The price of greatness is responsibility."

- *Do I carry out my team duties without being reminded?*
- *Do I do my chores at home without being asked?*
- *Did I make it to study group even after a hard training session to help my classmates and I prepare for finals?*
- *Will I pull together my part of the company presentation for the meeting next week?*

E

EFFORT

Is your effort high enough to see the level of improvement you are hoping for? Effort is about working harder than you thought possible. It's knowing high-level of efforts will increase the level of effort from others.

"Anything worth doing, is worth doing well."

- *Do I hit the field with energy, ready to work?*
- *Am I proud of the things I do at home - are they my best effort?*
- *When I study, did I read everything; and not just what I hoped would be on the test?*
- *Will I give a full 100% effort on a "small project" that might be the one that gives me a chance at a bigger project later?*

A

ATTITUDE

As you understand the discipline and responsibility it takes, and the high level of effort required, is your attitude positive and encouraging? Attitude is not simply how you do things, but the way you do them.

"Our life is what our thoughts make it."

- *Do I take on fitness challenges believing I will excel?*
- *Did I grumble about doing dishes, not believing it was my turn?*
- *When my roommate asked for help, did I do it willingly, without future expectations?*
- *Will I be the one in our company people want to work with?*

M

MOTIVATION

Strong discipline, great responsibility, high effort and a positive attitude will continue to affirm our desire and commitment to being the best we can be. Working hard not only for ourselves, but for those who share in our beliefs, defines us as players and as a team.

"Half of what separates successful people from non-successful people is perseverance."

- *Do I truly wish to become better today than I was yesterday?*
- *Did I look back proudly at my efforts at home, ready to do even more for my family tomorrow?*
- *Are my efforts exceeding others expectations; and will they inspire others to increase theirs?*
- *Will I be called on to lead others? Will I do well when asked?*

WHAT MAKES BLAST DIFFERENT:

We Develop People, Not Just Players.

Development is not defined by the most decorated coaches, but by those who can build disciplined, capable, and confident people. While Blast staff bring extensive soccer success, our greatest impact is in how we teach and develop the whole player.



We Choose Our Own Path.

Too many clubs follow the pack, “doing what everyone else is doing.” Blast has always been willing to forge its own path—pursuing its unique goals with its own methods and expectations. Sometimes, the difference starts with the willingness to be different - or, No “Ordinary” Soccer Club ;).



One Club. One Standard.

At Blast, every team is part of one unified program. This continuity allows us to see the full picture—ensuring consistent standards and equal opportunity for all players. When clarity and purpose are present, players stay engaged, motivated, and progressing.



Consistency Builds Confidence.

At Blast, we are committed to delivering a consistent program built on clear, unwavering expectations. While others chase shiny objects and undelivered promises, we stay grounded in purpose—creating an environment where players develop with confidence and clarity.



Transparency Builds Trust.

At Blast, we value honest and transparent communication—even when it’s uncomfortable—because it creates clarity and trust. When players and families feel heard and valued, they become essential partners in providing feedback that drives meaningful growth and continued progress.



Proven Process.

PROVEN: Blast’s history of success reinforces the strength of our process. As one of the few Minnesota clubs to achieve five National titles, we move forward with confidence—knowing our system develops players the right way.



BRAND:

A brand is defined as the logo or image associated with a product or service. When it comes to a youth soccer club, a club's "brand" mirrors the **culture** that is created from the many memories and experiences that take place on, but mostly off the field. Everyone in the club is part of shaping a club's brand. Everyone is part of creating a club's culture. It is not something you can simply stamp into place.





POLICIES & GUIDELINES

"This is No Ordinary Soccer Club You're Dealing With."™

DEVELOPMENT EXPECTATIONS:

The expectations are simple: Be committed and communicate. Those are our expectations for players, coaches and families.

1. COMMITMENT:

We provide a simple player expectations sheet before tryouts and discuss it in greater detail at our parent meetings. In it, we discuss ten things, from dual sports and how to handle special events, to the need for good grades and giving back whenever possible.

2. COMMUNICATION:

Communication to and from the club is critical to keeping everyone on the same development path.

The communication tools are easy. We leverage systems like TeamSnap to manage our internal schedules, messaging and other communication needs.

We instill in our families the need to let players manage and control their communications. We allow plenty of room to learn how to do this until eventually, it is just what they do.

We use our foundational pieces to continue communicating to players and families whenever there are misunderstandings. We are able to point out, nothing new has come up in our expectations. It is all following the same principles found in our DREAM Development Process and detailed in our Player Expectations guide.

This allows us to make sure each and every situation is handled in the same manner, avoiding any appearance of anyone getting special treatment or having different expectations.



DEVELOPMENT PROCESS: POSSESSION

There are two parts to our player Development Process: Train and Game. But BOTH are tightly driven by our demand for POSSESSION-BASED SOCCER.

We are a highly technical skill development club focusing on getting a very high number of quality touches in training in order to deliver a highly possessive style of play in games.

We take our training focus onto the game field where we track number of passes, passes completed, passing in attacking half, defending half and arrive and a growth model to help players and teams truly understand where they are progressing and where they need more work.

1. TRAINING POSSESSION:

A typical Blast session will deliver between 800 and 1,300 touches per player. It is common for other clubs to get only 50% of this volume as they typically train in 4v4 and 5v5 tactical sets for majority of their session.

The consequences for diminished technical development do not get revealed until u15 or u16, when it's much harder to break bad habits and rebalance (left foot/right foot) play.

The Blast partners with ARC Training Center to train in its patented repetitive technical training system.

2. GAME POSSESSION:

What you do in training...

We track possession to make sure we are delivering passes - often at our own demise at first. From u9 - u12, we will be beaten badly as other teams rack up goals coming from less possessive "long ball" finishes from one or two strong, fast, talented players.

However, by tracking our commitment to possession and executing our passes, by 13 and 14, we are commanding 60% - 70% of the possession as 100% of our players contribute to our success. By 15 and 16, player roles become more defined and our ability to focus effort and "winning" becomes easier.

At the Blast, it's not about having the "best" players, but having the "right" players* willing to put in the time and effort; willing to sacrifice immediate reward for long term growth.

* Tribute to Herb Brooks comment on selecting players for the 1980 Gold Medal Hockey team.



DEVELOPMENT PROCESS: "COACHING"

EDUCATING MEMBERSHIP THROUGH LEADERSHIP, COACHES and SUPPORT TEAMS

“Educate” is defined as: give intellectual, moral, and social instruction to (someone, especially a child), typically at a school, university or place of learning.

For us, Blast is a place of learning. We do not see our player development efforts as “talent acquisition” with the primary focus being to *win* games. But, we do know if we do our part to educate players around the game of soccer - and we do it well - winning is and has been a very likely byproduct. We have a few core elements to educating players:

1. METHODOICAL EDUCATIONAL PROCESS:

We use a consistent process of introducing technical skillsets and helping players see and execute tactical opportunities. Our development effort is like any dedicated educational process: introduction, repetition, enhancement and

2. PLAY THE WAY YOU FACE:

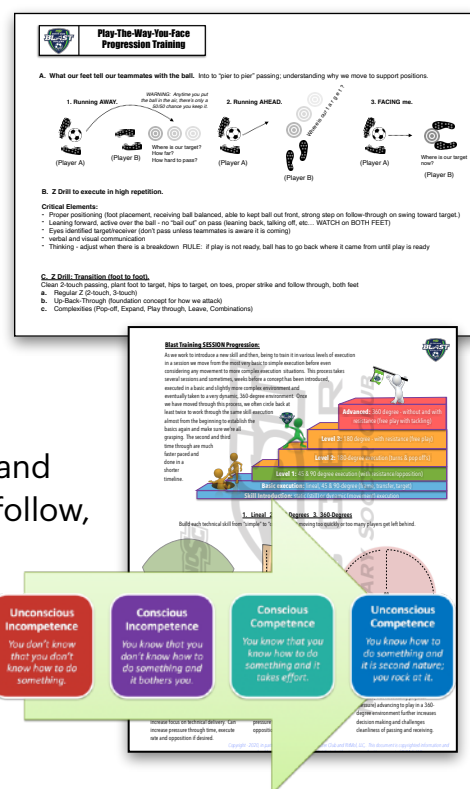
We train understanding we “play the way we face” which avoids turning into traffic and giving the ball away needlessly. When we play the way we face, we see our teammates and they see us. It makes for easy and consistent possession.

This concept requires structure and discipline from those educating and those being educated. It cannot be haphazard. It must be consistent. It is why we have created training formula's and processes that have been found to work.

Again, all focused on a possessional objective. Because, this objective can not only be quantified through mathematical means, but also allows it to be uniquely “qualified” from player to player and team to team.

To help in this process, we create training methodologies and systems that all our coaches and trainers are expected to follow, monitor and track.

Leadership is expected to follow these players and teams and have tangible evidence our coaching staff is delivering in these expectations.



From this, we continue to message to our membership on our progress. We remind them of our goals and our focus. We do not deviate from these expectations.

PLANNING:

Outside of luck, planning is the key component to devising a successful strategy. Not “a” key element, but “the” key element.

Three keys to planning:

1. Create.

Take what you know and where you want to go. A plan will tell you how to get there.

2. Communicate.

You must tell people where they are going and how you will get them there.

3. Assess and Modify.

The original plan is rarely the only one. Assess and modify to keep moving forward.

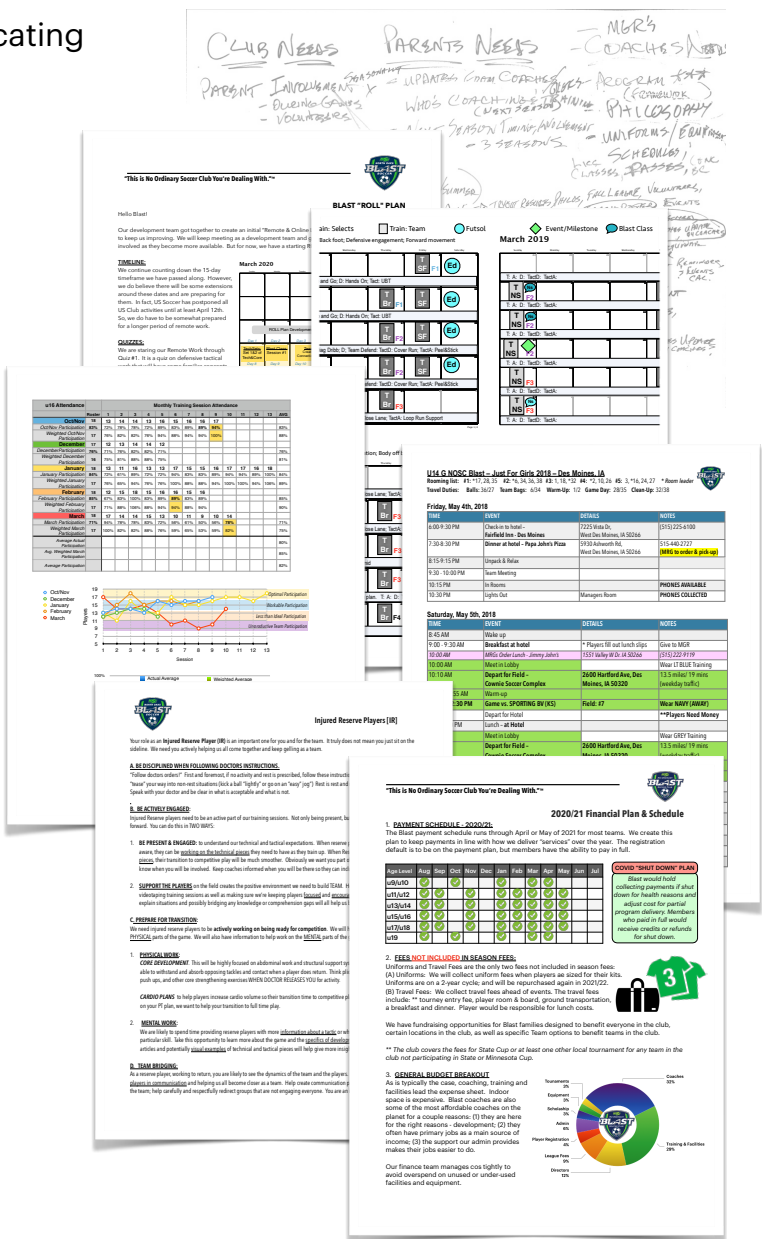
Some of the primary planning and communicating elements we put together include:

- **Technical and Tactical Training Plans**
- **Coaching and Player Development Plans**
- **Travel Plans and Itineraries**
- **Strength and Rehab Plans**
- **Financial & Payment Plans**

Without a plan and an ability to communicate it, goals will be hard to achieve. At the very least, even if you do achieve them, you will not know for certain, how to do it again.

“Order marches with weighty and measured strides. Disorder is always in a hurry.”

- Napoleon Bonaparte



POLICY:

With clear stated policy, we can help our players and families best understand what the expectations are and to know that they are consistent across the board.

With clear policies, we also eliminate any appearance that some members may receive special consideration. Our policies provide clear operational guidelines for players, coaches and parents to stay focused on the things that help us all achieve our goals.

At the root of all our policies comes the absolute demand for transparency. As an organization, we believe in full transparency when working with players and parents. Anything less only leads to lack of confidence and trust in leaderships ability to deliver.

POLICIES FOR PLAYERS:

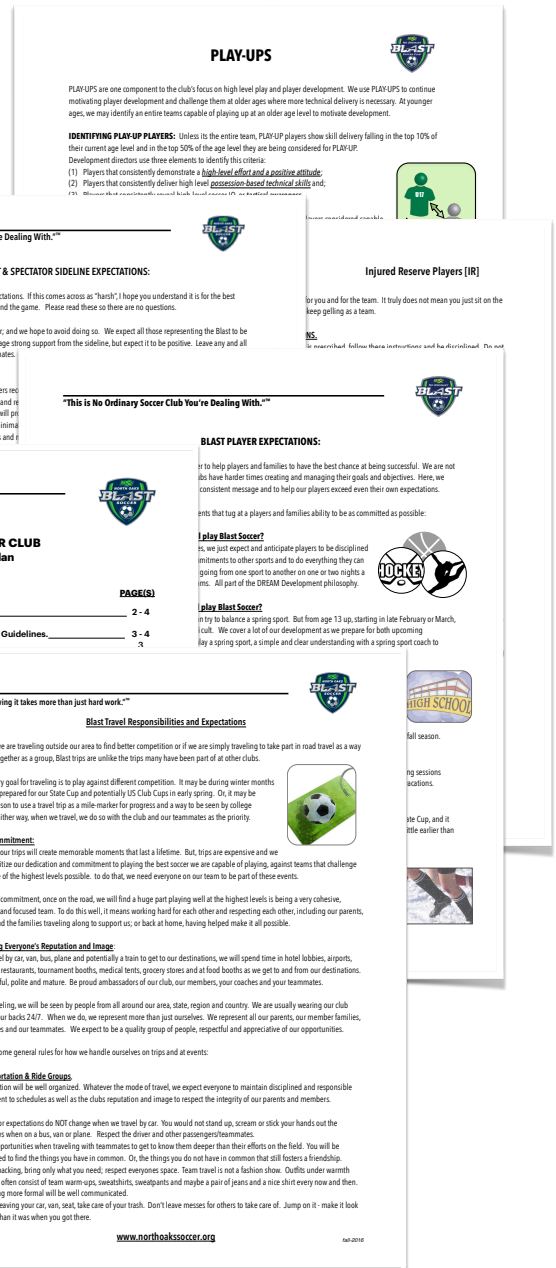
- Player Participation Expectations
- Travel Expectations
- Rehab Expectations
- Electronic Usage Expectations (posting pics and videos of team and players)
- more...

POLICIES FOR TEAMS:

- Player Selection Process
- Play-Up Policies
- Playing Time Expectations
- Training Facility Expectations
- more...

POLICIES FOR CLUB:

- Fundraising Policies
- Conflict of Interest Policies
- Parent Sideline Expectations
- Health Related policies (Rehab, health monitoring, etc...)
- more...





DEVELOPMENT PLANS

"This is No Ordinary Soccer Club You're Dealing With."TM

NOSC Training Set Breakout: Number of touches



We create training blocks to meet our possession metrics. We provide players with an large number of touches in every training session to develop the possessional skills we need to be effective in competition.

◀-----15:00-----▶◀-----20:00-----▶◀-----15:00-----▶◀-----15:00-----▶◀-----15:00-----▶◀-----10:00-----▶

BLOCK 1: Technical	BLOCK 2: Technical	BLOCK 3: Tech/Tact	BLOCK 4: Tech/Tact	BLOCK 5: Inter-SM	BLOCK 6: Inter-LG
------------------------------	------------------------------	------------------------------	------------------------------	-----------------------------	-----------------------------

BLOCK 1: Technical	10-20 Mins	1 - 3 PLAYERS
---------------------------	-------------------	----------------------

- Z-Drill
- Passing Grids
- Dribble Grids

VIDEO

BLOCK 2: Technical	15-25 Mins	4 - 6 PLAYERS
---------------------------	-------------------	----------------------

- Lay-off Grids
- Cross-over Channels
- Slide-Support squares; 2v2v2

VIDEO

BLOCK 3: Technical & Tactical	10-20 Mins	7 - 8 PLAYERS
--	-------------------	----------------------

- 3-2-2-1-1-1; Red-Green-Blue
- 5v2; 4v3
- Transition grids

VIDEO

BLOCK 4: Technical & Tactical	10-20 Mins	9 - 11 PLAYERS
--	-------------------	-----------------------

- Lane Change Grids
- 3v3v3; 2v2v2 w/side support
- 4v4v3

VIDEO

BLOCK 5: Interplay Small	0-15 Mins	12 - 14 PLAYERS
---------------------------------	------------------	------------------------

- Build-up play from technical sets
- Open small situational play (6v6, 7v7, 4v4v4, etc...)
- Set-pieces

VIDEO

BLOCK 6: Interplay Large	0-15 Mins	12 - 14 PLAYERS
---------------------------------	------------------	------------------------

- Build-up play from technical sets
- Open large situational play
- Set-pieces

VIDEO

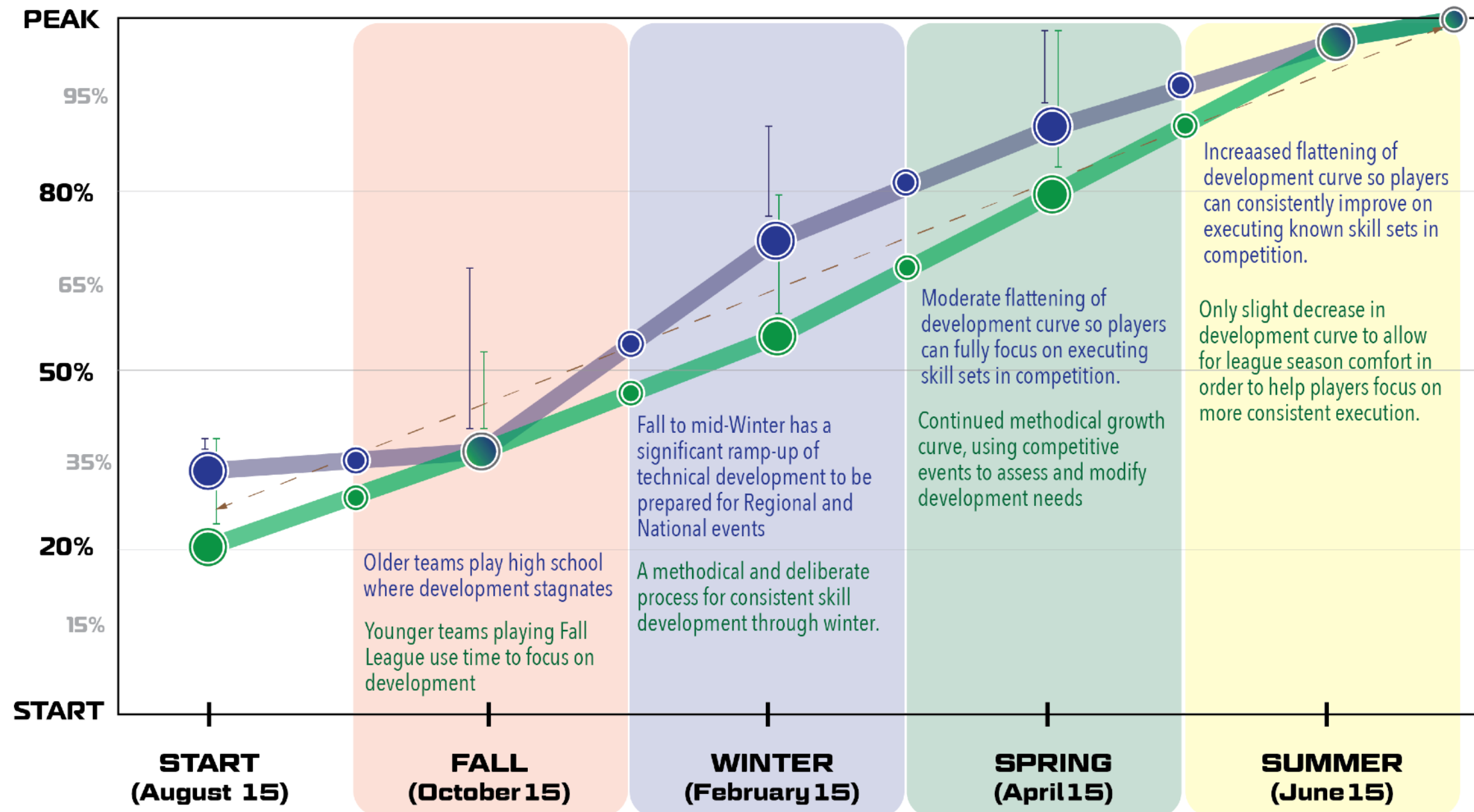


TYPICAL SEASONAL DEVELOPMENT PLAN/OBJECTIVES

● u15 - u18/u19

● u9 - u14

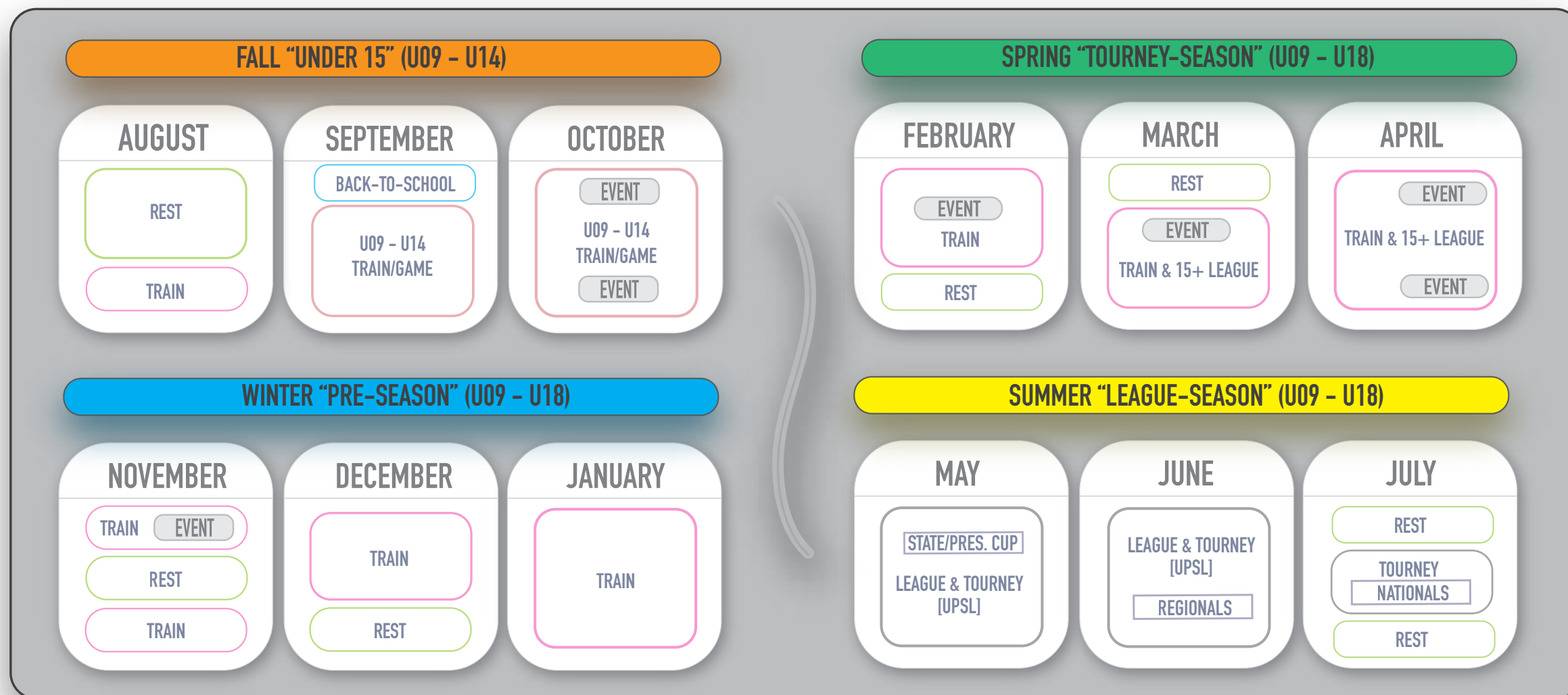
We build into each season, using Winter as the season for the greatest development. The primary difference between the two age groups (u9-u14 & u15+) is in ensuring older teams are prepared for early spring competitions where they will execute the skills worked on over winter, and be prepared for State Cup, Presidents Cup and Regionals.





On with the Seasons!

Blast season scheduling for our teams is built to allow for a consistent mix of technical and tactical development with competitive events used to measure progress.



SEASON BLOCKS:

There are **THREE LEVELS** of effort for each season:

- **TRAIN:** On-field training and in-ARC or technical training.
- **COMPETE/GAME:** Each season will also have league or tourney games or scrimmage opportunities to gauge our development.
- **REST:** There are 1-2 weeks where we schedule nothing.

This REST PERIOD is a very important and often missed opportunity to allow players to rest and keep soccer fresh. Usually holidays add in these natural breaks. If not, we intentionally block them out.

DEVELOPMENT vs. COMPETITIVE:

- **u9-u11** is considered pure developmental. We use our competitive events only to test our technical skill growth under pressure.
- **By u12-u13**, we are balancing development to increase competitive drive to have success on the field.
- **By u14/u15** and older, we begin increasing our competitive efforts to "win" as long as we are delivering in our competitive objectives.



Blast 3-Week Developmental Block Training

There are between FOUR and FIVE 3-week blocks in any season. We use these blocks to deliver our training goals and objectives as we prepare ourselves for whatever is in front of us.

FALL SEASON

(AUG - SEPT-OCT)

TYPICAL 3-WEEK BLOCK:

Blast kicks off it's season on Welcome Day in August, only to quickly shut everyone down until September, after a much needed rest from the previous season.

Players u8-u14 typically have a Fall Blast season, while older players take part in high school sports

WINTER SEASON

(NOV-DEC-JAN)

TYPICAL 3-WEEK BLOCK:

By November, u15 - u18 players are back from high school and after a short, but much needed rest, we begin winter training.

Winter training will include our dome time ARC; and ARC Strength-Fitness for our oldest players.

Typical 3-Week Block:

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK #1							
WEEK #2							
WEEK #3							

* Training, game and event days are NOT actual; but used for demonstration purposes

Typical 3-Week Block:

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK #1		 NEXT LEVEL/ARC 1-SESSION					
WEEK #2		 NEXT LEVEL/ARC 1-SESSION					
WEEK #3		 NEXT LEVEL/ARC 1-SESSION					

Blast 3-Week Developmental Block Training

There are between FOUR and FIVE 3-week blocks in any season. We use these blocks to deliver our training goals and objectives as we prepare ourselves for whatever is in front of us.

SPRING SEASON

(FEB-MAR-APR)

TYPICAL 3-WEEK BLOCK:

Spring season tests our training progress as our 13+ teams play in some early pre-season events and prepare for events like State Cup.

Our strength-fitness and ARC continues on for players as we see league play make its start.

SUMMER SEASON

(MAY-JUN-JUL)

TYPICAL 3-WEEK BLOCK:

By the time our summer season is here, we have put in the effort to develop so many skills that we use this time to enjoy how well we are able to perform them under competitive pressure.

We learn just how capable we are as players and as a team.

Typical 3-Week Block:

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK #1		BLAST NEXT LEVEL/ARC 1-SESSION			BLAST TRAINING	BLAST FUTSOL	BLAST TRAINING
WEEK #2		BLAST NEXT LEVEL/ARC 1-SESSION			BLAST EVENT		
WEEK #3		BLAST NEXT LEVEL/ARC 1-SESSION			BLAST TRAINING	BLAST FUTSOL	BLAST TRAINING

* Event days are NOT actual; but used for demonstration purposes

Typical 3-Week Block:

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK #1		BLAST TRAINING	BLAST GAME	BLAST TRAINING			BLAST TRAINING
WEEK #2	BLAST GAME	BLAST TRAINING		BLAST TRAINING	BLAST EVENT		
WEEK #3	BLAST GAME	BLAST TRAINING		BLAST TRAINING			BLAST TRAINING

* Training, game and event days are NOT actual; but used for demonstration purposes



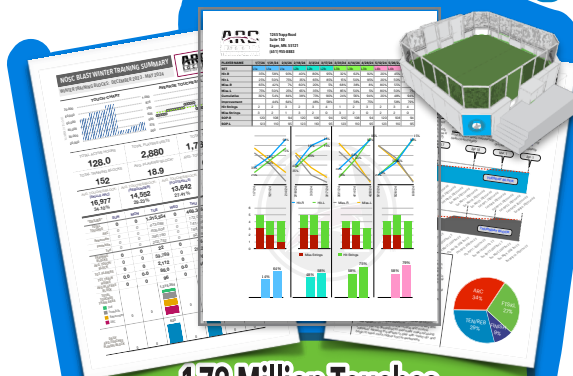
"Yes! It builds amazing technical skills... But, it's FUN!"

ARC Training Center & NOSC Blast Continue Partnering for 2026-27 Season

**BLAST
PARTNER**

After a very successful 2025-26 season, NOSC will again partner with ARC Soccer Center to take advantage of the only automated soccer training system in the US. NOSC and ARC have worked together to make ARC the most unique and valuable training system in the country. And ARC players will continue to benefit.

Superior Technical Skill Development



1.78 Million Touches
2,880 Player Visits
Accuracy Increased 77%
152 Total Sessions



Unmatched Repetition Training
Player Performance Screens
Accuracy & Consistency Tracked
Speed of Play Monitored



Soccer-Specific Strength & Fitness

Strength & Fitness training **specifically** for today's soccer player, to increase performance and keep them **safe!**





PURPOSEFUL POSSESSION

"This is No Ordinary Soccer Club You're Dealing With."TM



"This is No Ordinary Soccer Club You're Dealing With."TM

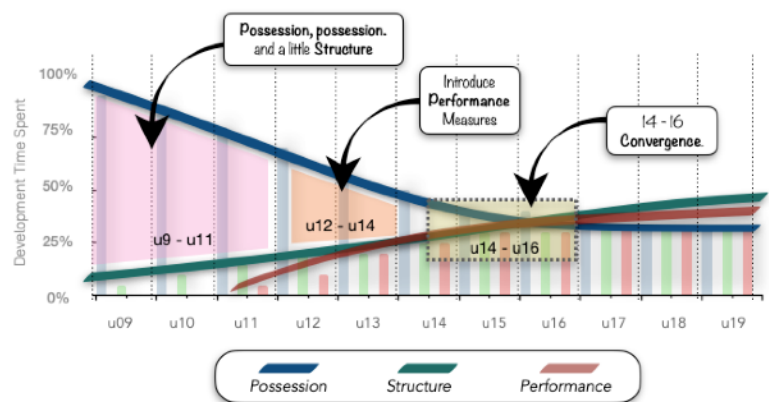
Possession-Structure-Performance Development

We focus on Possession from the start and continue possessional development throughout the Blast journey. Once possession is prioritized, we turn some of our focus on Structure to help players understand how we defend and how we transition into attack. With possession and some level of structure understood, we begin to use some performance expectations to help teams see where they are progressing and where we need work.

In our opinion, too many programs focus on "winning" (performance) before a style of play (structure) that uses everyone's skillsets on the field (possession) has been firmly established. So, teams become accustomed to "winning" or "performing" before they know what it is they are supposed to be performing much less how to actually do it.

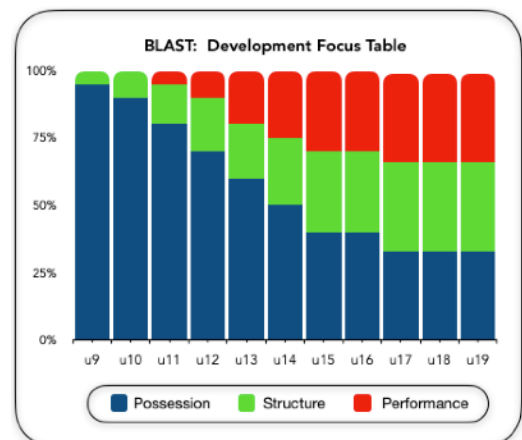
We believe it is always harder to take "success" away, than it is to keep building toward it. The young player, age nine, ten or eleven, who "wins" games by outscoring the opponent, by a little or a lot, begins to expect these kinds of results, despite not knowing how the results are achieved. Did they contribute? Do they feel valued? Will they keep investing?

If the results come from the efforts of only a few, over time, either those few will leave in search of greater purpose or satisfaction, or those remaining will feel less and less valued and able to contribute, eventually quitting the game.



Blast development goals have purpose that involve everyone. Our goals build over time, allowing people time to improve. It is a system for development. It is our roadmap to success.

Our development model typically has our young teams losing - often substantially - at 9, 10 and 11. Our proof that other programs do not value possession or structure is in the lopsidedness of their "victories". A team that wins 10, 11 or 12 to zero clearly does not see all the areas they could be developing. Instead, they are developing a handful of players with a single set of skills. This will not serve them or their program well in the future.



So, we educate and train our players and our families through this young "losing" curve to help them see a development model that will best fit their growth (intelligence and physical) in the years ahead.



POSSESSION METRICS

	PASSING STRINGS				TOTAL PASSES						
Age	Passing Strings Per Half	Passes in String	TOTAL Passes in string	Est. String Success %	Pass Retention Goal	Est. Passes Needed Per Half	Est. Passes Needed Per game	Est. Passes Retained	Est. Passes Given Away	1st Half	2nd Half
u9	2	2	8	10%	10%	40	80	8	72		
u10	3	2	12	10%	15%	60	120	18	102		
u11	4	2	16	10%	20%	80	160	32	128		
u12	5	3	30	15%	30%	100	200	60	140		
u13	6	4	48	20%	40%	120	240	96	144		
u14	6	5	60	20%	50%	150	300	150	150		
u15	7	6	84	25%	50%	168	336	168	168		
u16	7	7	98	25%	60%	196	392	235	157		
u17	8	7	112	25%	65%	224	448	291	157		
u18	8	7	112	25%	65%	224	448	291	157		
u19	8	7	112	25%	65%	224	448	291	157		

NOSC Training Set Breakout: Number of touches



We create training blocks to meet our possession metrics. We provide players with an large number of touches in every training session to develop the possessional skills we need to be effective in competition.

TYPICAL TRAINING SESSION BREAKOUT							
		Typical BLAST Session		Typical "other club" session			
BLAST TRAINING BLOCK	Players in Block	TRAINING MINS	EST. TOUCHES	MINS	EST. TOUCHES		
BLOCK 1: Technical #1	1-3 players	15 minutes	600	5 minutes	200		
BLOCK 2: Technical #2	4-6 players	20 minutes	235	10 minutes	120		
BLOCK 3: Tech/Tact #1	7-8 players	15 minutes	50	10 minutes	30		
BLOCK 4: Tech/Tact #2	9-11 players	15 minutes	30	15 minutes	30		
BLOCK 5: Interplay Small	12-14 players	15 minutes	20	25 minutes	15		
BLOCK 6: Interplay Large	12-14 players	10 minutes	10	25 minutes	15		
TOTAL TRAINING		90 minutes	945	90 minutes	410		
TRAINING BLOCK TOUCH COUNTS							
				TRAINING MINUTES:			
Training Block	Player/Ball Ratio	Technical% vs. Tactical %	Est. Avg. Touches/Second	5:00	10:00	15:00	20:00
Technical #1 - Option A	1 player: 1 ball	TECH - 100% / TACT - 0%	1 touch every 1.5 seconds	200	400	600	795
Technical #1 - Option B	2 players: 1 ball	TECH - 100% / TACT - 0%	1 touch every 2.5 seconds	120	240	360	475
Technical #1 - Option C	3 players: 1 ball	TECH - 100% / TACT - 0%	1 touch every 3 seconds	100	200	300	395
Technical #2 - Option A	4 players: 1 ball	TECH - 90% / TACT - 10%	1 touch every 5 seconds	60	120	180	235
Technical #2 - Option B	5 players: 1 ball	TECH - 90% / TACT - 10%	1 touch every 8 seconds	40	80	110	145
Technical #2 - Option C	6 players: 1 ball	TECH - 80% / TACT - 20%	1 touch every 15 seconds	30	50	80	95
Tech/Tact #1 -- Option A	7 players: 1 ball	TECH - 50% / TACT - 50%	1 touch every 18 seconds	20	30	50	65
Tech/Tact #1 - Option B	8 players: 1 ball	TECH - 50% / TACT - 50%	1 touch every 22 seconds	20	30	40	48
Tech/Tact #2 - Option A	9 players: 1 ball	TECH - 30% / TACT - 70%	1 touch every 28 seconds	20	20	30	40
Tech/Tact #2 - Option B	10 players: 1 ball	TECH - 30% / TACT - 70%	1 touch every 36 seconds	10	20	30	35
Tech/Tact #2 - Option C	11 players: 1 ball	TECH - 30% / TACT - 70%	1 touch every 48 seconds	10	10	20	25
Interplay (small) - Option A	12 players: 1 ball	TECH - 20% / TACT - 80%	1 touch every 58 seconds	10	10	20	25
Interplay (small) - Option B	14 players: 1 ball	TECH - 20% / TACT - 80%	1 touch every 70 seconds	10	10	20	15
Interplay (large) - Option A	16 players: 1 ball	TECH - 20% / TACT - 80%	1 touch every 82 seconds	n/a	10	20	15
Interplay (large) - Option B	18 players: 1 ball	TECH - 20% / TACT - 80%	1 touch every 95 seconds	n/a	10	10	15
Game Play	22 players: 1 ball	TECH - 10% / TACT - 90%	1 touch every 140 seconds	n/a	10	10	15
AVERAGE TRAINING TOUCHES PER SESSION/WEEK/MONTH/SEASON							
TOTAL TRAINING		BLAST SESSION		Other Club Session			
5 Blocks for u13 and younger		EST. TOUCHES/SESSION	945	EST. TOUCHES/SESSION	410		
6 Blocks for u13 and older		EST. TOUCHES/WEEK	2,840	EST. TOUCHES/WEEK	1,230		
		EST. TOUCHES/SEASON	90,880	EST. TOUCHES/SEASON	39,360		
AVERAGE COMPETITIVE TOUCHES PER PLAYER							
Game Play	Players on Field	FULL GAME Minutes	Est. Touches/GAME	HALF Minutes		Est. Touches/HALF	
Game (90:00): u18/u17	22	80 - 90 minutes	46	40 - 45 minutes		23	
Game (80:00): u16/u15	22	70 - 80 minutes	41	35 - 40 minutes		20	
Game (80:00): u14/u13	22	70 - 80 minutes	41	35 - 40 minutes		20	
Game (70:00): u12/u11	18	60 - 70 minutes	29	30 - 35 minutes		14	
Game (60:00): u10/u9	18	50 - 60 minutes	15	25 - 30 minutes		8	



SEASON FEES AND SESSION PLANNING

"This is No Ordinary Soccer Club You're Dealing With."TM



Blast program fees are broken out into 8 monthly payments minus a \$600.00 initial payment.
Training, League, Scrimmages, Coaches, Trainers Fees - Everything is included - No Surprises.

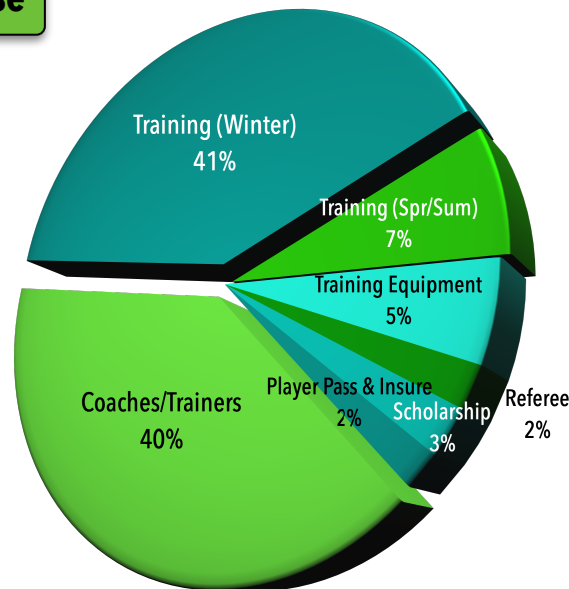
2026/27 Season Fees & Planning

	U6/u7/u8	u9/u10	u11/u12	u13/u14	u15/u16/u17	u18/u19	UPSL
Program Fee 2026/27	\$1,000	\$2,500	\$2,700	\$3,000	\$3,200	\$2,800	\$750
<i>Est. Cost Per Train/Game/Team Session</i>	\$12	\$17	\$17	\$17	\$17	\$16	\$15
	ADDITIONAL COSTS: Uniform & Estimated Travel Expenses						
<i>Est. Additional Cost for Uniform & Training Gear</i>	\$150	*\$375 for New Uniform Cycle or New & Returning players needing new sizes. <i>Includes: 2 uniform tops, 2 shorts, 1 sock 3 training tops.</i>					
<i>Est. Additional Cost for Tourney & Travel Costs</i>	\$0	<i>Estimates: Regional Drive trips - \$320 - \$375/Trip; Regional/National Fly Trips: \$400 - \$600 (often includes a team van).</i>					

Average Team (age group) Expense

While each age group has a slightly different overall cost total, the percentages allocated to the costs are very much the same.

Roughly, each season, 80% of our costs go to training facilities and coaching staff, with the remaining +/- 20% covering player and training expenses.



Coaches & Trainer Expenses

1. Blast Coaching Fee Structure:

- **Head Coaches:** \$6,000 - \$8,000/Yr. (96% Attend Required.)
- **Assistant Coaches:** \$2,000 - \$4,000/Yr. (75% Attend Required)
u9/u10: 1 coach; u11/u12: 1.5 coach; u13/u14: 2 coaches;
u15/u16: 2 coaches; u17/u18: 2 coaches
- **Trainers (club-wide):** \$1,000 - \$3,500/Yr. (Paid Hourly)
** Trainers may be keeper, fitness or trainers to help run a set*

2. Blast Directors:

- **Program Directors [1]:** \$4,500/Yr. (2-4 hrs/week)
** Build age-level programming and development plans.*
- **Technical Directors [2]:** \$4,500/Yr. (2-4 hrs/week)
** Execute technical requirements by gender and age-level.*
- **Club Directors [1]:** \$4,500/Yr. (3-5 hrs/week)
** Manage operational needs of organization.*



BLAST TRAINING & COMPETITIVE PLAN:

Blast competitive events are planned to coordinate with our development schedule. We utilize pre-season events to gauge development progress and adjust as needed. It is important players make pre-season events to continue our development schedule.

2026/27 Season Fees & Planning

	U6/u7/u8	u9/u10	u11/u12	u13/u14	u15/u16/u17	u18/u19	UPSL
Est. TRAVEL Plan:							
<i>Out of region "Fly" events</i>	0	0	0	1	2	2	1
<i>Regional "Drive" events</i>	0	0	0	2	3	3	0
<i>In-State "Local" events</i>	6	5	4	3	3	3	12
TOTAL EST. EVENTS/YEAR	6	5	4	6	8	8	13
Est. Travel or Event Months	<i>Fall & Summer</i>	<i>(Apr - July)</i>	<i>(Apr - July)</i>	<i>(Nov, Jan - July)</i>	<i>(Nov, Jan - July)</i>	<i>(Nov, Jan - July)</i>	<i>(Nov, Jan - July)</i>

Est. DEVELOPMENT Plan:	Based on our full training and competitive plan, it is estimated that Blast players on average, spend <u>\$8.50/hour</u> for Blast Development						
<i>Est. Training & Competitions</i>	83	145	158	178	184	178	50
Total Training Hours	57	110	122	140	144	138	36
<i>US Soccer Training: Game/Event Ratio</i>	2:1	2.25:1	3.25:1	3.25:1	4.25:1	4.25:1	3.5:1
<i>Train: Turf/Outdoor</i>	25	55	60	70	72	70	16
<i>Train: ARC Technical Sessions</i>	18	32	32	40	40	38	10
<i>Train: ARC Strength/Fitness/Agility</i>	12	15	20	20	20	20	10
<i>Blast Class & Team Challenge</i>	2	8	10	10	12	10	0
Total Training Hours	104	181	198	223	230	223	63
Total Competition Matches	26	35	36	38	40	40	14
<i>Tournament Games</i>	12	20	16	20	24	24	4
<i>Friendlies/Scrimmages</i>	4	3	2	4	4	4	0
<i>League or Tournament Only Games</i>	10	12	18	14	12	12	10



Blast season timeline is built to provide families with a guide for competitive and training seasons. The timeline is built around the US Soccer's recommended number of competitive events and age-appropriate training to game ratio for ideal player development.

Typical Season Timeline

			PROPOSED SCHEDULE										
Season	Month(s)	Events (proposed)	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19
FALL	Aug - Oct	Fall Training	✓	✓	✓	✓	✓	✓	✓	Typically Playing High School			H.S. & College
	Sept - Oct	Fall League or Tournament Only Games	✓	✓	✓	✓	✓	✓					
	October	• Racine Lighthouse - Racine, WI					✓	✓					
	November	• Scott Gallagher - St. Louis, MO							✓	✓	✓	✓	
WINTER	Jan - Feb	Blast Futsal (Jan - April)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Jan - Apr	Winter Train Session (turf/ARC)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	February	• PDT Showcase, Phoenix, AZ							✓	✓	✓	✓	✓
	March	• Player Showcase, Las Vegas, NV							✓	✓	✓	✓	
SPRING <i>(Teams may NOT DO ALL "checked" events, but have listed all current options.)</i>	Apr - July	Outdoor Training (outdoor)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	April	• Puma Cup, Rockford, IL						✓	✓	✓	✓	✓	
	April	• Dallas Invitational (TX)							✓	✓	✓	✓	✓
	April	• Local Tourney (MN)	✓	✓	✓	✓	✓						
	April	• JFG, Des Moines, IA						✓	✓	✓			
	April	• Bluechip/Challenger, IN									✓	✓	✓
	April	• Crossroads, OH							✓	✓		✓	
	April	D2 College Scrimmages										✓	
	May	• Local Tourney (MN)	✓	✓	✓	✓	✓						
	May	MN State Cup/Presidents Cup					✓	✓	✓	✓	✓	✓	✓
SUMMER	April - July	League	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	June	• Chicago Inter, IL						✓	✓	✓	✓	✓	
	June	• Eau Claire, Eau Claire, WI				✓	✓						
	June	• Local Tourney (MN)	✓	✓	✓	✓	✓						
	June	• US Club Regional, Libertyville, IL						✓	✓	✓	✓	✓	✓
	June	• USYSA Regionals (State Cup champ)						✓*	✓*	✓*	✓*	✓*	✓*
	July	USYSA/US CLUB Nationals (Reg. champs)						✓	✓	✓	✓	✓	✓
	July	State Tournament (July)				✓*	✓*	✓*					
	July	USA Cup, Blaine, MN (Teams Decide)											
		Actual events may change based on best competitive fit. If we have TWO teams at an age, one may do an event the other does not if they are scheduled within 2 weeks of each other.	Development/Competitive is an 8-10 month program of high level technical skill development Out-of-State Travel is coordinated by club, arranged by parent/family. Players room with teammates. * USYSA Regionals based on winning State Cup in June. ** State Tournament based on League Standings.										



PARENT & SPECTATOR SIDELINE EXPECTATIONS:

We want to be clear about Blast sideline expectations for our parents. If this comes across as "harsh", I hope you understand it is for the best interest of the players, the club, our parents, and the game. Please read these so there are no questions.

No sideline fines have been set up for the year; and we hope to avoid doing so (\$350/incident-referee dismissal). We expect all those representing Blast to be respectful and positive. Of course, we encourage strong support from the sideline, but expect it to be positive and intelligent. Here are five (5) simple Blast Sideline Expectations:

#1: NO coaching from the sideline.

The information "hierarchy" for how players receive messages goes like this:

- #1. **Themselves.** They are developing internal insight to make the right pass, shot, dribble, etc... They need to act on that first.
- #2. **Their teammates.** Teammates will provide them direction when needed, "Yes, yes, play feet!...Man on!...Away!"
- #3. **Their coaches.** We will guide minimally during play but will dive deeper in pre-game, at half and post-game.

We're constantly learning and applying in training. We need players training efforts to be revealed in competition. WE WILL FAIL! We need to fail to find success. But more than anything, we need to minimize confusion. Confusion often comes from a barrage of messages from well-meaning, but not fully informed parents who have not taken part in a single training session. So, please do not coach even if your direction seems obvious. Encourage and appreciate effort and be your players biggest fan.

#2. NO Comments to referees or opposing parents.

Parent commentary to referee's only serves to potentially put a dark cloud around our team and can affect a referees objectivity. Antagonistic or disparaging comments to opposing parents are below our standards. We tell our players, at high levels, athletes actually have an appreciation for and in many cases, respect for their opponents, they do not hate them. Elite level competitors respect each others efforts, and compete hard against them to keep everyone progressing. This we consider "classy competition." Never engage negatively with an opposing parent. It will put our team in a very awkward position.

#3. MINIMIZE tension - build confidence.

We expect a high level of class and anticipate solid understanding of the game from our parents. We encourage you all to be in full control of your environment. There is an eerie confidence our players leverage when our parents are also calm and confident in their demeanor. While others will scream, "Go! Go! Go!" creating rush and panic; Blast parents will confidently deliver, "awesome pass!...great work!...nice tackle..." revealing our knowledge and understanding of the game and amazement in our players. Something I tell our coaches that will fit for parents, "Never want it more than your players, or they will let you."

#4. Consider every game as a SHOW.

Instead of feeling a need to be part of the coaching staff, sit back and enjoy the show. Our "show" is complex. There are a lot of things players are learning and trying to execute. Opposing parents may shout, scream and direct players all over the field ("Get her Susie!" "GO! Ashley! GO!" "Shoot!" "What are you doing?!?" "Boot it!!" "Ya gotta want it girls!") We work with Blast players to tune all this out. Truth is, players can only process so much and we tell them to tune out whatever is not helping them.

Try this: Next game, close your eyes for 30 seconds and LISTEN to what players hear. Not a chance they can digest all this.

#5. PREPARE for the ride home.

On the way home, be dumb - let your player educate you. Ask, don't tell. Our belief is, they will know you believe in them when you make them comfortable enough to educate you. Lastly, support every player on the team; squash any and all drama building in your car; as **drama is one certainty to team failure**. This, I can 100% guarantee you.

Thank you for helping make this game and our club better.



"This is No Ordinary Soccer Club You're Dealing With."™

BLAST PLAYER EXPECTATIONS:

We aim to be clear in our expectations in order to help players and families to have the best chance at being successful. We are not and never will be the biggest club. Bigger clubs have harder times creating and managing their goals and objectives. Here, we consider ourselves perfectly sized to deliver a consistent message and to help our players exceed even their own expectations.

We are often asked about the following elements that tug at a players and families ability to be as committed as possible:

#1: Can I play a WINTER SPORT, and still play Blast Soccer?

Absolutely! We are fans of multi-sport athletes, we just expect and anticipate players to be disciplined enough to manage schoolwork and their commitments to other sports and to do everything they can to include Blast soccer. Often times, it means going from one sport to another on one or two nights a week over the winter to contribute to both teams. All part of the DREAM Development philosophy.



#2. Can I play a SPRING SPORT, and still play Blast Soccer?

Depends on the age. At younger ages, you can try to balance a spring sport. But from age 13 up, starting in late February or March, time for a spring priority gets much more difficult. We cover a lot of our development as we prepare for both upcoming tournaments and league. For those who do play a spring sport, a simple and clear understanding with a spring sport coach to establish soccer as a priority will eliminate the stress.

#3. Can I play HIGH SCHOOL soccer at the Blast?

Rules prohibit players from doing both. We feel, if you're playing on varsity, play high school. But, JV or B-Squad? Maybe not - Blast development may be more beneficial. However, while most high school programs will be a lower quality of play than club soccer, there is a social and community value that is important to gaining friends and belonging to your community. We do encourage players who have spent the past 10+ months of club soccer to take this break and enjoy an 8-10 week high school season and rejoin their club journey in October or November.



#4. Do I have to give up our family VACATIONS?

No, you don't. But, you will need to plan them carefully in order to not have them conflict with games and or training sessions when in-season. Most Blast teams u14 and older travel during school spring breaks, and often can be coupled as vacations.

#5. This is a year I may go to PROM or our SCHOOL FORMAL, can I still go?

We do understand the excitement around prom and school dances. And, unfortunately, Prom is often held over State Cup, and it may mean you're getting dressed in a hotel room (in playing in Mankato) after a State Cup game, coming home a little earlier than others on your big night and being prepared to work hard for your team the day of or the day after your prom.

#6. What is the story on WINTER TRAINING?

Winter training is essential to our player development program. We have 2-3 sessions per week and will add others as players age and events dictate. Winter training is not something to set aside while a winter sport is in session. We ask all players and families to balance schedules to the absolute best of your ability to be present and contributing to winter training sessions as often as you can. Even if it means arriving late or leaving early. It is important to your team and your teammates.



#7. Player FITNESS Expectations.

All our players have a core workout regimen we expect them to do 2-3 times per week on their own. We also will have actual "strength and conditioning" commitments 1-2 times per week as we approach spring. The reason is simple: everyone invests too much time and money to have any injuries that can be prevented through better physical health. So, we value these sessions.

#8. Player GRADE expectations.

We are focused on helping our older players become candidates for college programs as they age into these opportunities. That means helping all our players prioritize school and value achievement in the classroom. For our older players, we will meet ahead of our season, determine their commitment for grades and help ensure they are meeting their expectations along the way. It does not mean we skip sessions because a test or a project is upcoming. We would expect that you would have prioritized the test or project schedule, planned your study around it and would not have been surprised by a test or project. Often, the busier we are, the more productive we are.



#9. Player MENTORSHIPS.

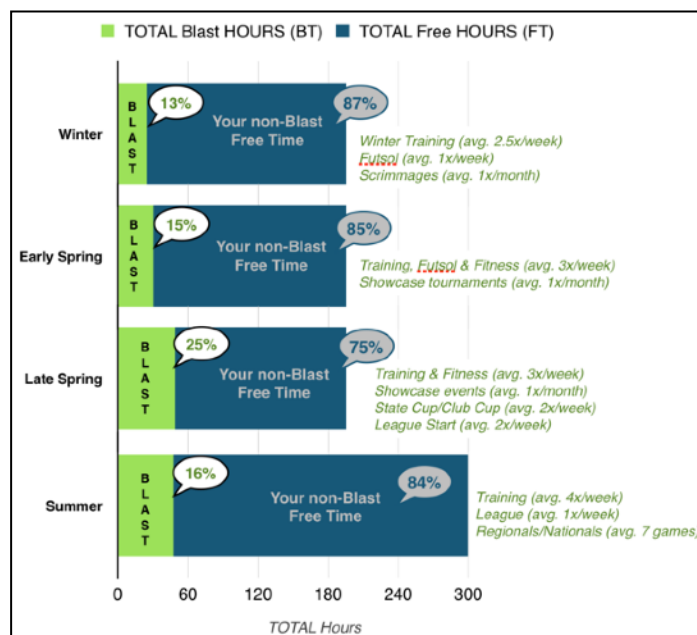
We have players in our program that can use help from our older, more seasoned players. These opportunities also help our mentors- and mentors-to-be prepare leadership qualities. We are fans of passing on the things we learned from - the things we valued - to others so they can benefit from our experiences. We have Jr. Blast, player camps, youth player development initiatives and other programs to help our players get involved in leadership opportunities.

#10. Actual TIME we are asking for.

As a high level club and having trained high level players, we understand what is necessary. We also understand what is too much. We are very careful and believe our program is the best at balancing time and expectations against high level player development. The reality is...the actual percentage of your TOTAL FREE TIME for each of these seasons look like this:

- (1) Winter - 13%;
- (2) Early Spring - 15%;
- (3) Late Spring - 25%;
- (4) Summer - 16%.

Collectively, the Blast is asking for just over 14% of your total available free time; far less than what people think. This is a very small and manageable number. With that, we can get a lot covered when we have everyone's full commitment.



This is a complete program for player development. While it might be something our younger players (u9-u11) may only take small roles in, they will be introduced to the Blast D.R.E.A.M. Development philosophy that we believe makes for successful and productive players and people.



Knowing it takes more than just trying hard.

High School v. Club Soccer

Some of the key differences between programs include:

Feature	High School Season	Club Season
Recognition	Greater Recognition	Less Recognition
<i>"Involvement in a high school program can be good for social engagement, personal recognition and keeping a connection to community."</i>	- Recognized in the hallways and by your peers as a member of the team. - See your name on a roster, in the school and community paper and, if you're lucky, in big print. - You get 20 - 200 fans to a game willing to cheer for the team. - You hear your name over loud speakers.	- Virtually unrecognized by community. Only recognized by "soccer" community only if part of "good" club or team. - Name rarely shows up outside of player roster, club web page or player pass. - Might get 100 people to a HUGE playoff game; otherwise, family and maybe a few friends.
Glitz & Glamour	More Glitz & Glamour	Less Glitz & Glamour
<i>"High school programs can deliver more 'glamour' while club will deliver more substance."</i>	- Play at night under the lights. - Ride busses to games; sit in locker rooms - Have pep fest's before playoffs.	- Few "spotlight" game opportunities to play on "center stage" settings. - Little to no fanfare around games or game preparation.
Development	Less Development	More Development
<i>"Short high school seasons and a priority to win over a focus on executing a style of play inhibits any development."</i>	- Short season with many games leaves less/no time for quality player development. - Coaches tend to "live with" weaknesses and bank on players strengths to win games. - Coaches try to stick with a system and make players fit vs. adjusting system to player strengths.	- Longer season allows for more planned development time and train against selective competition. - Coaches have time to train out player weaknesses and refine strengths. - Coaches have time to determine systems that leverage players strengths.
Skill Level	Less Skill Level	Greater Skill Level
<i>"A general lack of development focus and teams chosen by geography, reduces overall skill level in high school."</i>	- Ability levels from 3-4 age levels with players from various summer programs and levels. - Level of teams competitiveness varies dramatically based on smaller communities of players. - Disparity in league competitiveness based on varied level of team competitiveness.	- Higher skilled based on segmented ability levels (Rec, Competitive and Premier). - Unlimited geographic "boundaries" attract greater number of skilled players that increases team's average skill level. - With segmented team playing levels, more level competition throughout league.
Recruitment Opportunities	Less Recruitment Opportunities	More Recruitment Opportunities
<i>"College coaches also compete over fall high school seasons making attendance difficult; reduced skill level pushes college coaches to club for prospecting."</i>	- In fall season, college coaches are very busy and typically look for high school standouts; and validate them through summer programs. - Specialized or skilled athlete has less impact when missing complimenting teammates. (Fewer "really good" players on one team.)	- Players playing at higher levels are more immediately seen as more desirable, most committed players. - Ability to participate in higher levels of play (Regional, National events) where players can get more visibility. - Players have ability to compete against other high quality players during club season.
Risks & Rewards	Greater Risk - Less Reward	Less Risk - Greater Reward
<i>"Due to varying skill levels, wide spread in age groups, the multiple games per week schedule and less focused coaching, there is a greater tendency to be injured in a high school season."</i>	- RISK: Bodies from 14 to 17 playing against each other in far too many games can create fatigue that increases injury potential. - RISK: Choosing not to play freshman soccer can put players in high school coaches "dog house". - RISK: Playing club anywhere other than where the high school coach is at can create conflict. - REWARD: Playing with high level skills in less skilled environment can build player confidence. - REWARD: Ability to be part of a socially connected program can make you feel needed.	- RISK: It takes planning and commitment to be part of a high level development program, leaving less time for social and multiple sport opportunities. - RISK: You spend time with people who may not be part of your immediate community of friends. - REWARD: Being part of an elite group brings you uniquely challenging elite opportunities. - REWARD: Having the discipline and responsibility requirements to be successful, translates to many other life skills.

PLAY-UPS



As part of the club's focus on high level play and player development, there will be times players will "play up" at an older age to be challenged or to increase the competitive level of a team.

How are PLAY-UP Player's selected? PLAY-UP players will show skill delivery that falls in the **top 10% of their current age level and in the top 50% of the age level they are being considered for PLAY-UP.**

Development directors use three elements to identify this criteria:

- (1) Players that consistently demonstrate a high-level effort and a positive attitude in training and games;
- (2) Players that consistently deliver high level possession-based technical skills and;
- (3) Players that consistently reveal high-level soccer IQ, and/or show tactical awareness.

PLAY-UP players are identified in training and in competitive events. They are players considered capable of playing at an older age level where more complex movements and a deeper awareness of the game is necessary to be successful at quicker speeds of play and with higher rates of execution.

Why PLAY-UP's: While PLAY-UPS are not limited by age group, at u14 and above, the club does prioritize being highly competitive in league and at events. For these reasons, PLAY-UP decisions may be made simply to have sufficient substitutes. However, most often, PLAY-UP decisions are more complex; like increasing the tactical or technical execution by position. Sometimes we select players to expose them to the next level of development as a way to gauge a more aggressive development opportunity.

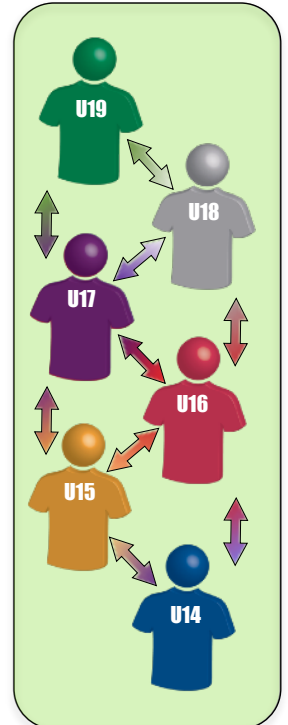
Club Impact: PLAY-UP movement benefits players and teams both directions. Either by increasing or filling out a positional skill set of the team receiving the PLAY-UP player; or the team "loaning" the PLAY-UP player benefiting when a PLAY-UP player returns, sharing their growth with current team. And while the "soccer-side" benefits, so does the culture. "Cross-pollinating" players through the system helps them prepare and shows other players where opportunities are based on hard work and improved skill sets.

Team Impact: A PLAY-UP decision is done with a great deal of thought. The club looks at how the player moving will be affected, just as we consider how the players who will have a play-up player will be affected. We consider if we feel a player is ready to be challenged and if they have developed enough technical skill sets to be comfortable at a higher level. A final decision takes many of these things into consideration and makes a decision we feel is best for everyone involved.

Player Impact: We also know the first couple times, a player being offered to PLAY UP may hesitate and maybe even reject an opportunity. Eventually, the player becomes comfortable enough to acclimate and embrace new team dynamics. We will not offer a PLAY UP to a player we do not think is ready. We fully appreciate the need to keep building confidence.

"How do I develop the skills to be considered at the top of my age group?" PLAY-UP's challenge the thinking and attitude of all players. How players respond will play an important part in defining them as players and as people. First, we urge all our players to deliver a high level training effort and positive attitude every opportunity they have. Decisions are made from what is seen in training, typically, not in games. Second, stay focused on delivering high-possession oriented technical skills. Lastly, watch some soccer. Recognize tactical movements. See the game clearer.

Like all the other things we do, we seek to continue to challenge our athletes and provide them with opportunities that are unique to developing high level players. This truly is, "No Ordinary Soccer Club You're Dealing With."





TOURNAMENT ONLY PLAN - u8-u11

Updated for 2026-27 Season

Age Level	Estimated Number Of Games/Season								Total Games	Total Trains	Train > <Game
	Fall Games	Fall Train	Winter Games	Winter Train	Spring Games	Spring Train	Summer Games	Summer Train			
u8 - u10	12	20	3	30	10	36	12	32	37	118	3.2
u11 - u12	12	20	4	30	8	36	14	32	38	118	3.1
u13- u14	12	20	4	36	10	30	12	30	38	116	3.1
u15 - u16	3	6	6	36	14	30	14	30	37	102	2.8
u17 - u18/19	4	6	7	36	14	30	12	30	37	102	2.8

* Plan assumes reaching two semi's and at least one final per season

Goal is 32 games a season

Season	Month	State	Event	Date (known)	Teams
Fall	September	Iowa	Just For Girls	9/17 - 9/18	u11 - u14
Fall	September	Minnesota	Shakopee Fall Cup	9/17 - 9/18	u8 - u13
Fall	September	Minnesota	NSC Fall Cup	9/24 - 9/25	u8 - u14
Fall	October	Minnesota	Coon Rapid Fall Cup	10/7 - 10/9	u8 - u14
Fall	October	Minnesota	Salvo Fall Classic	10/7 - 10/9	u8 - u14
Fall	October	Minnesota	St Croix Boarder Cup	10/14 - 10/16	u8 - u14
Fall	November	Minnesota	NSC Showcase	11/4 - 11/4	u15 - u18
Fall	November	Missouri	SLSG College Showcase	11/4 - 11/5	u15 - u19
Winter	December	Florida	Disney		MN Blast Combo Team
Winter	January	Minnesota	Friendlies/Scrimmage		u8 - u14
Winter	February	Minnesota	Friendlies/Scrimmage		u8 - u14
Winter	February	Phoenix	PDT		Selected Premier Teams
Winter	March	Las Vegas	Player Showcase		Selected Premier Teams
Spring	April	Texas	Dallas International		MN Blast Combo Team
Spring	April	Indiana	Crossroads of America		u15 - u19 Premier teams
Spring	April	Ohio	Bluechip		u15 - u19 Premier teams
Spring	May	Minnesota	Wave Future Stars		u8 - u16 Non premier teams
Spring	May	Minnesota	NSC Spring Cup		u8 - u16 Non premier teams
Spring	May	Minnesota	President Cup		Premier 2 teams
Spring	May	Minnesota	Shakopee Cup		u8 - u13
Spring	May	Minnesota	State Cup		Premier 1 teams
Spring	May	Minnesota	Rev It Up		u9 - u13
Summer	June	Minnesota	All America		Club event all teams
Summer	June	Minnesota	Lakeville Cup		u8 - u14
Summer	June	Minnesota	Coon Rapid Cup		u8 - u14
Summer	June	Illinois	US Club Regional		u13 - u19
Summer	June		USYS Regional		u13 - u19
Summer	July	Minnesota	USA Cup		u9 - u15
Summer	July	Colorado	US Club Nationals		u13 - u19
Summer	July		USYS Nationals		u13 - u19

Team/Player Itineraries



Coordinated Hotel Planning



Group Ground Transportation



The BLAST Road Less Traveled:

We know our choice of travel is much harder to execute, more challenging to set-up and one that requires more resources to support properly.

However, we have also found our travel plan consistently delivers eventual success for our players not only on the field, but off.

Please know, we chose the harder path not to make things difficult or uncomfortable. We choose the harder path only when it is most likely to provide the greatest rewards.

We will continue to dedicate time, resources and energy to maintaining our Blast travel expectations.

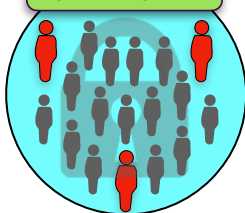
"COLLEGE-STYLE" 3 or 4 Per Room



TEAM MEALS



WELL CHAPERONED



TEAM/PLAYER MEETINGS



24 HOURS / 3 to 4 DAYS OF TEAM



Team Meeting Areas



TEAM CHALLENGES





"This is No Ordinary Soccer Club You're Dealing With."™

WHY WE TRAVEL

"Life begins at the end of your comfort zone."

– Neale Donald Walsch

We travel:

- (1) To be technically pressured and tactically challenged by better players and teams;
- (2) To execute the skills we are developing at a faster pace with greater consistency;
- (3) To adequately prepare for local-based events ahead of league season.
- (4) To get to know our teammates on a more personal and or individual level.
- (5) To reinforce our D.R.E.A.M. Development Philosophy.

1. Development Priority:

We try to select travel events that challenge us in as many conceivable ways so we can determine if our current development process is meeting the development expectations we had before starting the season.

And, unless it is to accomplish a goal like winning a regional or national title, we will not travel to an event to "win it" or to try and earn "points" to achieve a higher soccer ranking. Because of this philosophy, our travels may be seen as "unsuccessful". However, what we are able to learn from our events, and how they help us measure our development progress, our participation makes the travel experience way more valuable than any trophy or title ever will be. For that reason, we highly value the entire travel experience and process, not simply the results.

2. Deepen the D.R.E.A.M. development philosophy:

An equally important reason for Blast travel is to continue preparing us for so many experiences ahead of us; not just soccer. High school where work loads are heavier and more complex. College when we're balancing school, work and maybe a sport demands that will demand a lot of planning, organization and communication. And, from all this, eventually, a world where life is a careful balance of family, work and play that may find a player working with younger kids, instilling the same process all over again.



When traveling, our D.R.E.A.M. objectives remain the same: be Disciplined in our technical and tactical expectations; be a Responsible collection of individuals representing their team and our club; put forward your best Effort under new, unique and challenging conditions; carry a positive and productive team Attitude that reveals a quality and successful program; use these things to continually be Motivated to reach our goals.

Our travel experiences as a soccer team is a very important pre-cursor to our players ability to grow their independence to becoming not just more complete players and teammates, but more complete people.

Playing time for PRE-Season Regional and National Travel Events:

From a playing time perspective, we do not see pre-season regional travel any differently than national pre-season travel. The intent for both is to be challenged and grow ahead of season. It is not to win an event. Therefore, we will plan for equal playing time for all as much as possible. Please know, if a player has not attended a majority of training, but is available for an event, we will likely adjust playing time for that player accordingly.

As we approach the event date (5-7 weeks out), we may limit rosters based on who has committed to an event. If necessary, we may combine teams or add committed players to teams with room so we can begin the planning process early and help families minimize costs by committing to travel costs as early as possible.

Playing time for IN-Season Regional and National Travel Events:

While we still recognize the added cost for National travel vs. Regional travel, when we are in-season, and traveling to National events, it is because the event will provide team exposure and potentially opportunity to be invited to even more competitive events in the future. Because of that, we will play these in-season events to win, vs grow and develop. However, we will make every effort to have equal playing across the entire event and alter play-off games differently.

We value our travel events and see them as great opportunities to grow as players, as teammates and as a club.