

From the Sounders Captain to Coaching: True Seattle Legend

A Journey of Passion and Dedication

The name Stefan Frei is synonymous with Seattle soccer. The Swiss-American goalkeeper has been a cornerstone of the city's beloved Sounders FC since 2014, leading the team to numerous accolades, including the 2019 MLS Cup championship. But Frei's contributions to Seattle soccer extend far beyond his on-field heroics. He is also a respected coach and mentor, having guided the Sounders' academy teams to success.



Soccer / Football: From the Sounders Captain, to coaching. A true Seattle Legend. by Adrian Webster

★★★★★ 5 out of 5

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Frei's journey to Seattle began in Switzerland, where he played for FC Basel and Grasshopper Club Zürich. He made his professional debut in 2006 and quickly established himself as one of the top young goalkeepers in the country. In 2014, Frei decided to make the move to MLS, signing with

the Seattle Sounders. He quickly became a fan favorite, known for his athleticism, shot-stopping ability, and leadership.

Under Frei's leadership, the Sounders have become one of the most successful teams in MLS. They have won the US Open Cup four times (2014, 2015, 2019, 2021) and the MLS Cup once (2019). Frei has been named to the MLS Best XI three times (2016, 2017, 2019) and was the MLS Goalkeeper of the Year in 2016.



Coaching the Next Generation

In addition to his playing career, Frei is also a passionate coach. He has worked with the Sounders' academy teams since 2018 and has helped develop some of the club's most promising young players. Frei is known for his attention to detail, his ability to connect with players, and his commitment to helping them reach their full potential.

Frei's coaching philosophy is based on the same principles that have made him a successful player: hard work, dedication, and teamwork. He believes that every player has the potential to be great, and he is committed to helping them achieve their goals.



Frei coaching the Sounders academy team.

A True Seattle Legend

Stefan Frei is a true Seattle legend. He is one of the most successful players in Sounders history, and he is also a respected coach and mentor. Frei is a role model for young players, and he is an inspiration to the entire Seattle community. He is a true ambassador for the sport of soccer, and he is a shining example of what it means to be a Seattle Sounder.

Frei's legacy will continue to grow in the years to come. He is a true Seattle icon, and he will always be remembered as one of the greatest players and coaches in the history of the Sounders.



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