

| Club | Conference | Division | Winter Showcase | Winter Showcase | Spring Showcase | Spring Showcase |
|------------------------------------|------------|--------------|-----------------|-----------------|-----------------|-----------------|
| | | | First Game | Last Game | First Game | Last Game |
| Chicago Fire | Central | Frontier | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Chicago Magic | Central | Frontier | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Colorado Rapids | Central | Frontier | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Colorado Rush | Central | Frontier | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| FC Milwaukee | Central | Frontier | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Kansas City Wizards | Central | Frontier | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Real Colorado | Central | Frontier | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Sockers FC | Central | Frontier | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| St. Louis Scott Gallagher Metro | Central | Frontier | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| St. Louis Scott Gallagher Missouri | Central | Frontier | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Columbus Crew | Central | Great Lakes | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Derby County Wolves | Central | Great Lakes | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Indiana United Academy | Central | Great Lakes | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Internationals | Central | Great Lakes | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Ohio Elite Soccer Academy | Central | Great Lakes | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Vardar | Central | Great Lakes | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Andromeda | Central | Texas | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Classics Elite | Central | Texas | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Dallas Texans | Central | Texas | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| FC Dallas | Central | Texas | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Houston Dynamo | Central | Texas | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Lonestar Aztex Academy | Central | Texas | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Solar SC | Central | Texas | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Texas Rush SC | Central | Texas | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Texas SC DTH | Central | Texas | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Albertson SC | East | Liberty | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| BW Gottschee NYC | East | Liberty | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| FC Westchester | East | Liberty | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Met Oval | East | Liberty | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| New York Red Bulls | East | Liberty | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| PDA | East | Liberty | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Baltimore Bays Chelsea | East | Mid-Atlantic | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| D.C. United | East | Mid-Atlantic | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| FC DELCO | East | Mid-Atlantic | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Match Fit Chelsea | East | Mid-Atlantic | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| NJSA 04 | East | Mid-Atlantic | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| PA Classics | East | Mid-Atlantic | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Potomac | East | Mid-Atlantic | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Empire United | East | Northeast | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| FC Greater Boston | East | Northeast | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| New England Revolution | East | Northeast | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Oakwood SC | East | Northeast | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Seacoast United | East | Northeast | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| South Central Premier | East | Northeast | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| CASL Chelsea FC Academy | South | Atlantic | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Charlotte Soccer Academy | South | Atlantic | Fri, 12/4/2009 | Mon, 12/7/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Greensboro Youth Soccer | South | Atlantic | Fri, 12/4/2009 | Mon, 12/7/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| McLean Youth Soccer | South | Atlantic | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| North Meck SC | South | Atlantic | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Richmond Kickers | South | Atlantic | Fri, 12/4/2009 | Mon, 12/7/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Richmond Strikers | South | Atlantic | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Virginia Rush | South | Atlantic | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| AFC Lightning | South | Southeast | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Atlanta Fire United | South | Southeast | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Birmingham United | South | Southeast | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Clearwater Chargers | South | Southeast | Sat, 12/5/2009 | Tue, 12/8/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Concorde Fire | South | Southeast | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Mon, 5/31/2010 |
| IMG Soccer Academy | South | Southeast | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Tue, 6/1/2010 |
| Miami FC Kendall | South | Southeast | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| South Carolina United | South | Southeast | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Weston Fury SC | South | Southeast | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Cal Odyssey | West | Northwest | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| California Development Academy | West | Northwest | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Crossfire Premier | West | Northwest | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| De Anza Force | West | Northwest | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Mustang SC | West | Northwest | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Santa Cruz County Breakers | West | Northwest | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Washington Premier FC | West | Northwest | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Arsenal FC | West | SoCal | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Chivas USA | West | SoCal | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| Irvine Strikers | West | SoCal | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| LA Galaxy | West | SoCal | Sat, 12/5/2009 | Tue, 12/8/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| LAFC Chelsea | West | SoCal | Sat, 12/5/2009 | Tue, 12/8/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Nomads SC | West | SoCal | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Pateadores | West | SoCal | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |
| Real So Cal | West | SoCal | Fri, 12/4/2009 | Mon, 12/7/2009 | Fri, 5/28/2010 | Mon, 5/31/2010 |
| San Diego Surf | West | SoCal | Fri, 12/4/2009 | Mon, 12/7/2009 | Sat, 5/29/2010 | Tue, 6/1/2010 |