

WISCONSIN WEST VIRTUAL LEARNING CENTER

NATIONAL
VLC



RUSH ROLLS ON

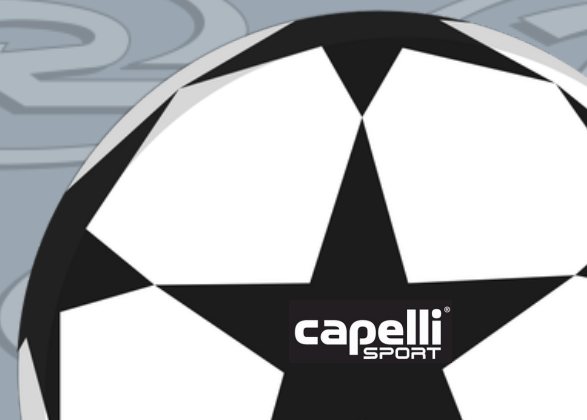
HOW TO KEEP YOUR FEET ON THE BALL & MIND IN THE GAME AT HOME!

#RUSHROLLSON

ADVANCED - WEEK 2

#KEEPTHEGAMEALIVE

#STAYHOME



capelli
SPORT



HOW IT WORKS

ASSIGNMENT PAGE -PAGE 3-

- Before you start, read everything on your assignment page
- Everything that is underlined has a link, click it for further instruction. Example: Do you know what the REACH program is?
- Your assignments are broken into four categories of training: mental, technical, tactical, and physical
- How you complete the training is up to you!
- You can do it all in one day or do one category a day

WEEK 2

- We introduce the "soccer journal" which is used for reflection. Reflection is a key part of development!
- We continue using Kahoot! for competition challenges. All advanced, academy, and competitive players are competing to be at the top of the leader board!
- Watching high level soccer is a great way to learn and understand the game.

[#STAYMOTIVATED](#)



WEEK 2: APRIL 13-17

ESTIMATED 120+ MINS



3

ASSIGNMENT PAGE

MENTAL TRAINING

Challenge & Journal - 20 Mins

- Study the Vocab here
- Then take the challenge here!
- Journal in your soccer notebook: What was difficult about week 1? How can you fix it in week 2?

PHYSICAL TRAINING

Cardio Workout - 13 Mins

- Turn on the video and follow along!
- Good quick workout to get your heart rate going
- Do this twice this week!

TECHNICAL TRAINING

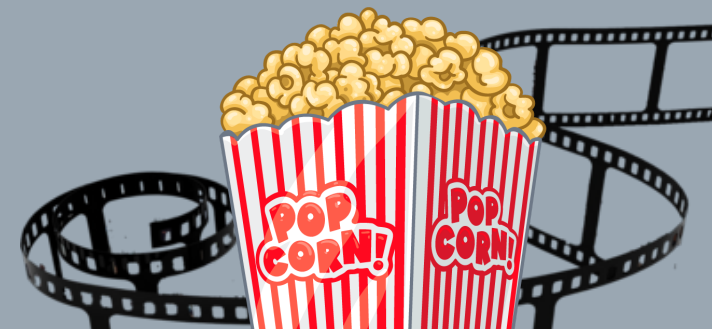
Ball Mastery - 10 Mins

- Do this twice during the week!
- 10 mins of ball skills
- Only a small space needed - inside or outside
- Grab a ball and follow along with the video or watch first then go try on your own

TACTICAL TRAINING

Movie Time - 27 Mins

- Click above
- US Women's National Team
- 2019 FIFA World Cup Journey
- Behind the Scenes with the team!





BONUS ACTIVITY

SOCIAL MEDIA CHALLENGE

STEP 1

- FOLLOW US ON FACEBOOK @RUSH WISCONSIN WEST
- FOLLOW US INSTAGRAM @RUSHWIWEST



STEP 2

- WEAR YOUR RUSH SOCCER GEAR
- CREATE YOUR OWN SOCCER DANCE VIDEO
- EXAMPLE 1, EXAMPLE 2



STEP 3

- UPLOAD YOUR VIDEO TO SOCIAL MEDIA
- TAG US AND USE THE HASHTAG #VIRTUALWIWEST
- EMAIL YOUR VIDEO TO SOCIALMEDIA@RUSHWIWEST.COM

#VIRTUALWIWEST