

# WISCONSIN WEST VIRTUAL LEARNING CENTER

NATIONAL  
VLC



## RUSH ROLLS ON

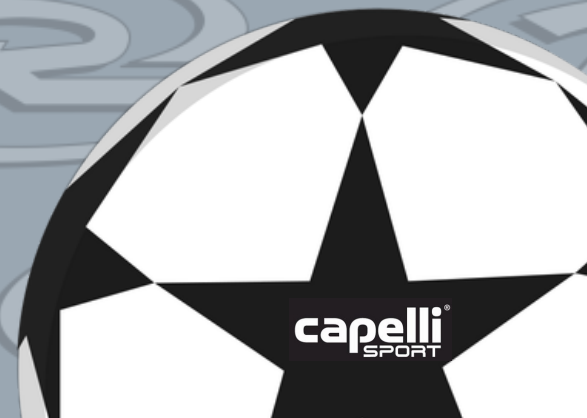
HOW TO KEEP YOUR FEET ON THE BALL & MIND IN THE GAME AT HOME!

**#RUSHROLLSON**

ADVANCED - WEEK 3

**#KEEPTHEGAMEALIVE**

**#STAYHOME**






# 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 who the Rush Ducks are?
- 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 3

- We introduce the tactical quizzes
  - The tactical quiz is a quick 5 question google quiz
  - The goal is to get players to start thinking about the mental decisions a player has in the game when they are on and off the ball
  - Check out the movie! Great inspiration for a young player
- 

[#STAYMOTIVATED](#)



# WEEK 3: APRIL 20-24

ESTIMATED 140+ MINS



ASSIGNMENT PAGE

## MENTAL TRAINING

### Movie & Journal - 120 Mins +

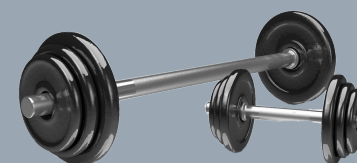
- Golden Shoes Movie
- Journal in your soccer notebook: What did you enjoy most about week 1 & 2? What makes that fun?



## PHYSICAL TRAINING

### At Home Workout - 9 Mins

- Turn on the video and follow along!
- Simple and quick
- Do this twice this week!



## TECHNICAL TRAINING

### 9 moves to beat a defender

- Matthews, Touch Step over, Outside Inside, Elastico, Roulette, Fake Shot, Fake Pass, Double Step over, Chop
- Watch the video then practice the moves 15 minutes a day

## TACTICAL TRAINING

### Tactical Quiz - 10 Mins

- Learning about through runs!
- When to pass
- Where to run





# BONUS ACTIVITIES



## SOCIAL MEDIA CHALLENGE

### TP JUGGLING

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

## FTINESS!

### DAY BY DAY

- FITNESS FOR THE DEDICATED PLAYER
- STAY FIT FOR SEASON



## LETS READ!

### YOU GOT THIS

- HOW TO GROW YOUR CONFIDENCE ON THE FIELD



## THE RUSH DAILY SHOW

### RUSH TV

- NEW EPISODES EVERY DAY



# #RUSHROLLSON

# #VIRTUALWIWEST