

WISCONSIN WEST VIRTUAL LEARNING CENTER

NATIONAL
VLC



RUSH ROLLS ON

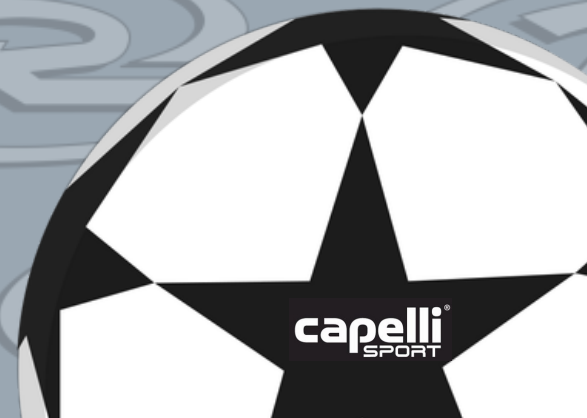
HOW TO KEEP YOUR FEET ON THE BALL & MIND IN THE GAME AT HOME!

#RUSHROLLSON

ADVANCED - WEEK 4

#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 what the Rush Select 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 4

- Need more? Check out the National VLC link on the cover page for more at home soccer training activities!
 - Soccer is sport played around the world - watch the AC Milan Documentary to learn more about the Italian Club
 - Click here to see our new LIVE Training Schedule!
 - Join us every Tuesday and Sunday on Google Hangout
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[#STAYMOTIVATED](#)



WEEK 4: APRIL 27- MAY 1



ESTIMATED 120+ MINS

ASSIGNMENT PAGE

MENTAL TRAINING

Feedback & Documentary - 40 Mins

- How is training going? We want to hear from you!
- Fill out this form
- Watch this Documentary on the AC Milan Professional Futbol Club



PHYSICAL TRAINING

Soccer Specific- 5 Mins

- Soccer specific fitness that will get you fit and keep you sharp for season
- Watch the video, and do activities twice a week!

TECHNICAL TRAINING

How to shoot with power - 10 Mins

- Watch the video to learn about shooting technique, accuracy, and power
- Go out and practice this for at least 15 mins, 3 times this week!



TACTICAL TRAINING

Game Analysis - 15 Mins

- Watching professional player Matthew Sheldon break down one of his USL games
- Matt plays right defender for the Tulsa Roughnecks FC
- Can you train your brain to see the game like a professional?



BONUS ACTIVITIES

#RUSHROLLSON

SOCIAL MEDIA CHALLENGE

WHAT DO YOU MISS?

- UPLOAD A PHOTO ABOUT WHAT YOU MISS MOST DURING COVID-19
- TAG US AND USE THE HASHTAG #VIRTUALWIWEST
- EMAIL YOUR VIDEO TO SOCIALMEDIA@RUSHWIWEST.COM



GOALKEEPER TRAINING

SOLO TRAINING

- WATCH AND TRAIN
- FRONT SMOTHERS
- FOOTWORK
- DIVING

LETS READ!

MALLORY PUGH

- US WOMENS NATIONAL TEAM PLAYER!

LEARN RUSH CHANTS

BIG FAT RUSH

- DO YOU HAVE SPIRIT?



#VIRTUALWIWEST