

WISCONSIN WEST VIRTUAL LEARNING CENTER

NATIONAL
VLC



RUSH ROLLS ON

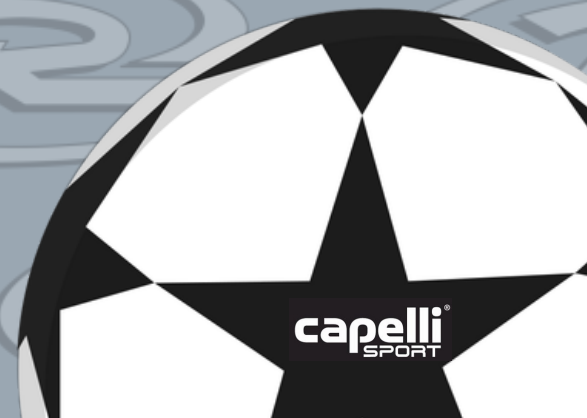
HOW TO KEEP YOUR FEET ON THE BALL & MIND IN THE GAME AT HOME!

#RUSHROLLSON

ADVANCED - WEEK 5

#KEEPTHEGAMEALIVE

#CHASEYOURDREAMS






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 Core Values 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 5

- Need more? Check out the National VLC link on the cover page for more at home soccer training activities!
 - [Click here to see our new LIVE Training Schedule!](#)
 - Join us every Tuesday and Sunday on Google Hangout
 - Thinking about college soccer? Join the College Coach Chat every Thursday. [See the schedule here.](#)
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[#STAYMOTIVATED](#)



MONDAY & TUESDAY MAY 4-5

3

ESTIMATED 120+ MINS



ASSIGNMENT PAGE

TECHNICAL TRAINING WATCH THEN TRAIN

- Ball Mastery Skills
- Remember to practice on both feet
- Do twice this week!



LIVE MENTAL TRAINING JOIN US TUESDAY @ 5:30 PM

- Learn how to set goals
- With Coach Kourtni and Coach Kyle
- Have a pencil and paper!

WEDNESDAY & THURSDAY MAY 6-7

ESTIMATED 120+ MINS



ASSIGNMENT PAGE

PHYSICAL TRAINING LADDER SPRINTS

- Click above for video!
- Do each activity 5 times (5 sets)
- 30 sec rest in between each set
- 1 minute rest between each activity

TACTICAL TRAINING TAKE THE QUIZ!

- Learn how and when to play balls to the front line
- When should midfielders support the forwards?
- Quick 5 question quiz



FRIDAY & SATURDAY MAY 8-9

4

ESTIMATED 20+ MINS



ASSIGNMENT PAGE

KAHOOT CHALLENGE 5

TAKE THE QUIZ HERE

- [Click here to study the Rush Vocab](#)
- When ready, click the Kahoot Quiz link above
- Can you get to the top of the leader board?
- Type in your full name so we can congratulate the winner
- Take it Friday, then try to beat your score on Saturday



SUNDAY MAY 10

ESTIMATED 60+ MINS



ASSIGNMENT PAGE

LIVE TECHNICAL TRAINING

JOIN US HERE @ 5:30 PM

- Goalkeeper training with Coach Rick and Coach Meghan
- Be ready to keep a clean net!



#VIRTUALWIWEST