

WISCONSIN WEST VIRTUAL LEARNING CENTER

NATIONAL
VLC



RUSH ROLLS ON

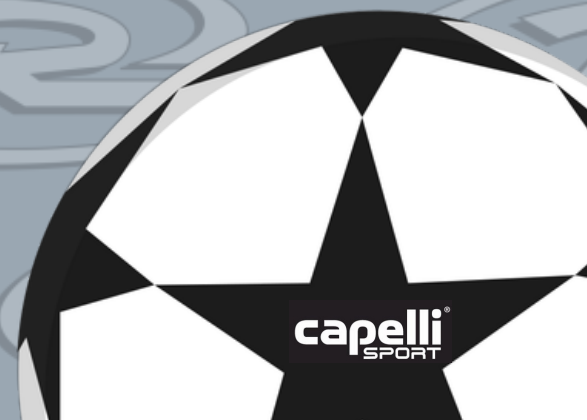
HOW TO KEEP YOUR FEET ON THE BALL & MIND IN THE GAME AT HOME!

#RUSHROLLSON

ADVANCED - WEEK 6

#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 CAP 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!
- Make the best of the situation and keep your playing the game!

WEEK 6

- 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.](#)

[#STAYMOTIVATED](#)



MONDAY & TUESDAY MAY 11-12

3

ESTIMATED 90+ 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 about Game Management
- With Coach Joe and Coach Skyler
- Have a pencil and paper!

WEDNESDAY & THURSDAY MAY 13-14

ESTIMATED 120+ MINS



ASSIGNMENT PAGE

TACTICAL TRAINING TAKE THE QUIZ!

- Learn how to be a smart defender
- Make good defensive choices!
- Quick 5 question quiz

PHYSICAL TRAINING UPPER BODY WORKOUT

- This document provides individual training sessions. Make this more enjoyable by doing it to music, play your favorite songs!

FRIDAY & SATURDAY MAY 15-16 ⁴

ESTIMATED 20+ MINS



ASSIGNMENT PAGE

KAHOOT CHALLENGE 6

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 17

ESTIMATED 45+ MINS



ASSIGNMENT PAGE



LIVE TECHNICAL TRAINING

JOIN US HERE @ 5:30 PM

- Live training with Coach Kourtni and Coach Madany
- Work on your footwork!
- Stay sharp for season

#VIRTUALWIWEST