

WISCONSIN WEST VIRTUAL LEARNING CENTER

NATIONAL
VLC



RUSH ROLLS ON

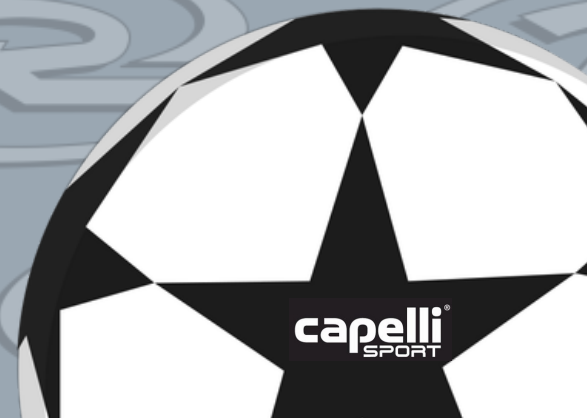
HOW TO KEEP YOUR FEET ON THE BALL & MIND IN THE GAME AT HOME!

#RUSHROLLSON

ADVANCED - WEEK 7

#KEEPTHEGAMEALIVE

#CHASEYOURDREAMS



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: Have you met our Coaching Staff?
- 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 7

- 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 18-19

3

ESTIMATED 90+ MINS



ASSIGNMENT PAGE

TECHNICAL TRAINING WATCH THEN TRAIN

- Join professional player Mark Lavery
- Improve our touch, technique, footwork, and confidence



LIVE MENTAL TRAINING JOIN US TUESDAY @ 5:30 PM

- Learn about what coaches look for in players with Coach Ben and Coach Luke!
- Have a pencil and paper

WEDNESDAY & THURSDAY MAY 20-21

ESTIMATED 60+ MINS



ASSIGNMENT PAGE

PHYSICAL TRAINING RUSH "CRUSH IT" WORKOUT

- On this episode: 2 footed ball jumps side to side, ball squats, 2 footed ball jumps forward & backward, overhead squats, toe taps, overhead squats, football taps

LIVE COLLEGE CHAT THURSDAY @ 5:00PM

- Could you be interested in playing college soccer?
- Listen in and talk to College Coaches from Northern Michigan University and St. Ambrose University



FRIDAY & SATURDAY MAY 22-23

4

ESTIMATED 20+ MINS



ASSIGNMENT PAGE

KAHOOT CHALLENGE 7

TAKE THE QUIZ HERE

- Soccer "who is this!"
- 30 quick questions to see if you can recognize these famous soccer stars
- See winners here from challenge 5 and 6!
- Type in your full name so we can congratulate the winner



SUNDAY MAY 24

ESTIMATED 20+ MINS



ASSIGNMENT PAGE

MENTAL TRAINING

WORD SEARCH

- | | |
|---------|---------|
| GRASS | SWEAT |
| UNIFORM | SUN |
| GAME | TRAIN |
| GOALIE | SAVE |
| PASS | DRIBBLE |

D	R	I	B	B	L	E	Z
S	A	V	S	A	V	E	F
T	R	A	I	N	N	U	S
T	O	T	S	W	E	A	T
L	U	N	I	F	O	R	M
G	R	A	S	S	A	R	Z
E	I	L	A	O	G	G	Q
S	S	A	P	G	A	M	E

