

WISCONSIN WEST VIRTUAL CURRICULUM



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capelli
SPORT

HOW IT WORKS

ASSIGNMENT PAGE (PAGE 4)

- Day 1: 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 how the juggling club works?
- Before training - you do this on day 1, this is your starting point
- Training - what you will be working on every day
- After training - you do this on the last day of the week, after you finished everything else on the assignment page

ACCOUNTABILITY

- Accountability is a Rush Core Value: **Be accountable for your actions and hold others accountable for their actions. Who am I ultimately accountable to, and who judges my work?**
- Coaches will use charts to record assignments so we can help each other stay accountable to ourselves and to our teams!
- Girls Accountability Chart
- Boys Accountability Chart

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WEEK 1: PAGE 4

Week 1 is simple on purpose! It is suppose to allow players and families flexibility as they figure out their "new routine" until life goes back to "normal."

We will get through this together and make the most of it. Let's enjoy what we do have while we improve ourselves at home!

[#STAYMOTIVATED](#)



WEEK 1: MARCH 17-21

DUE DATE: MARCH 21

BEFORE TRAINING

DAY 1

- COMPLETE JUGGLE LOG (10 MINS).
- INDIVIDUAL GOAL FORM (30 MINS).

TRAINING

DAY 1, 2, 3, 4

- JUGGLE 4 X WEEK, 15 MINS (60 MINS)
- WALK/RUN 4 X WEEK, 15 MINS (60 MINS)
- WORK TOWARDS YOUR SHORT/LONG TERM GOALS (VARIES)

AFTER TRAINING

DAY 4

- COMPLETE JUGGLE LOG (5 MINS).
- FIND A NOTEBOOK - LABEL IT "SOCCER NOTEBOOK"





BONUS ACTIVITY

SOCIAL MEDIA CHALLENGE

STEP 1

- FOLLOW US ON FACEBOOK @RUSH WISCONSIN WEST
- FOLLOW US INSTAGRAM @RUSHWIWEST



STEP 2

- GET CREATIVE AND MAKE A VIDEO OF YOURSELF COMPLETING THE WEEK 1 VIRTUAL ACTIVITIES
- WEAR YOUR RUSH TRAINING GEAR IN THE VIDEO!

STEP 3

- UPLOAD YOUR VIDEO TO SOCIAL MEDIA
- TAG US AND USE THE HASHTAG #VIRTUALWIWEST
- COACHES WILL SELECT BEST VIDEOS TO REPOST



#VIRTUALWIWEST