



HOW IT WORKS



ASSIGNMENT PAGE (PAGE 4)

- Day I: 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 I, 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 <u>Rush Core Value</u>: 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









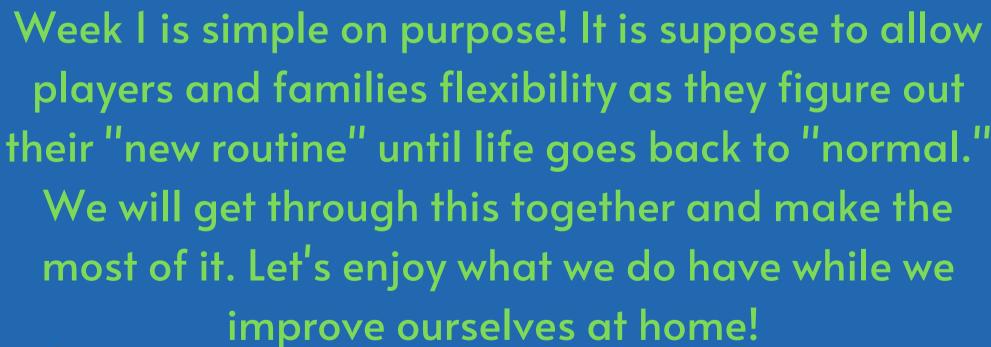


TABLE OF CONTENTS





WEEK 1: PAGE 4





#STAYMOTIVATED











WEEK 1: MARCH 17-21

DUE DATE: MARCH 21

BEFORE TRAINING DAY I

- 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"







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 I 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



