

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

COMPETITIVE - WEEK 10



#KEEPTHEGAMEALIVE

#CHASEYOURDREAMS

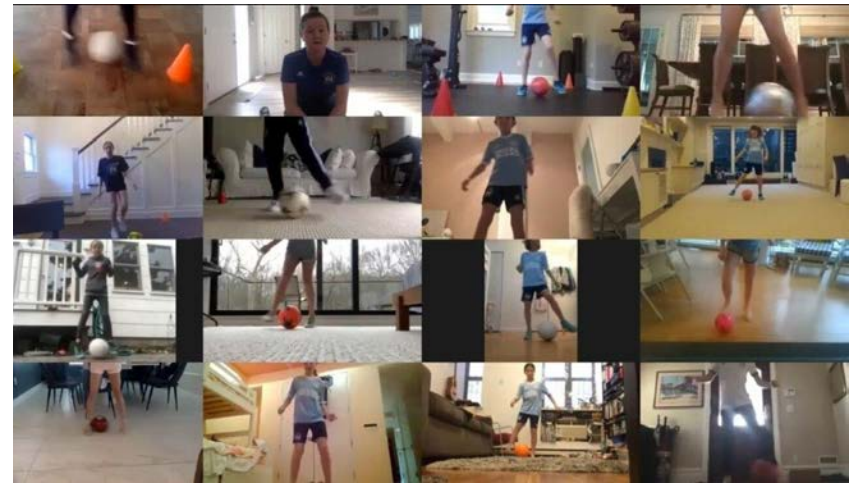
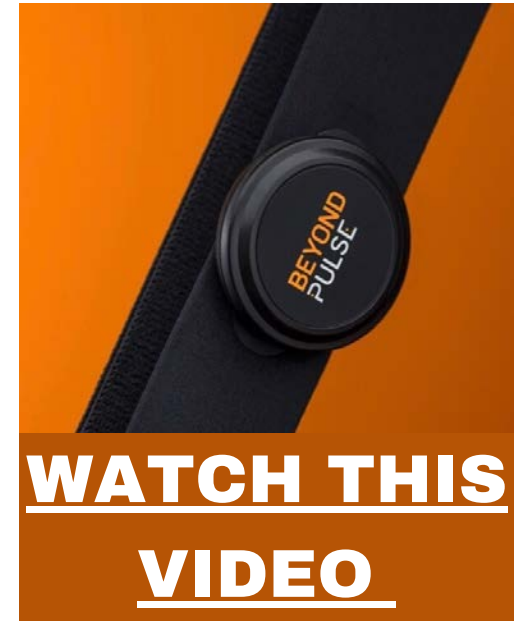


RUSH WISCONSIN WEST

HOW IT WORKS

WHATS NEW THIS WEEK!

- Beyond Pulse Reward
 - Are you crushing your at home training?
 - You may get selected to participate to use a Beyond Pulse Smart Belt
 - Congrats to Summer Nicolai, Tatum Walters, Trevin Johnson, and Dominick Konkel for being selected during Week 9!
- Live Training Schedule
 - Tuesdays and Sundays
 - Different types of training
 - [Click here for the schedule](#)
 - All ages welcome!



ACCOUNTABILITY

- Items listed in pink font are what you are being graded on this week!
- [Girls Accountability Chart](#)
- [Boys Accountability Chart](#)



MONDAY MAY 18

TACTICAL TRAINING

QUIZ- 10 MINS

- Academy (7v7)
 - Attacking Runs
- UII-UI2 (9v9)
 - Attacking Runs
- UI3-UI9 (11v11)
 - Switching the Point of Attack

TECHNICAL TRAINING

MY PERSONAL FOOTBALL COACH APP

- Ivl Training Library
 - #2- Side to Side Challenge
 - #11- Summer Insanity Workout
- Remember to practice with both feet!
- Change of speed, change of direction



ESTIMATED 60 MINS+



TUESDAY MAY 19

TECHNICAL TRAINING

MY PERSONAL FOOTBALL COACH APP - 20 MINS

- Dynamic Ball Mastery Training Programme
 - Unit 17
 - Upload in the team training videos
 - Create good habits
 - Make sure you are using both feet

LIVE WITH COACH BEN & COACH LUKE

JOIN US HERE @5:30PM -45 MINS

- Learn what coaches look for in players!
- Do you have what it takes?
- What improvements can you make?



Soccer JOURNAL



Are you doing any of the things Coach Luke and Coach Ben discussed? What can you do better?

ESTIMATED 60 MINS+



MAKE SURE MONDAY & TUESDAY ARE DONE - THEN
DO MORE IF YOU WANT! OR TAKE THE DAY OFF

5

WEDNESDAY MAY 20



PHYSICAL TRAINING THE RUSH "CRUSH IT" WORK OUT

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

COMPETITION TRAINING KAHOOT CHALLENGE

- 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



#STAYMOTIVATED

ESTIMATED 30 MINS+





THURSDAY MAY 21

TECHNICAL TRAINING

MY PERSONAL FOOTBALL COACH APP - 20 MINS +

- Dynamic Ball Mastery Training Programme
 - Unit 18
 - Create good habits
 - Train a speed out of your comfort zone

COLLEGE COACH CHAT!

JOIN THE GOOGLE HANGOUT @5PM

- Northern Michigan U- Women's
- St. Ambrose University- Men's
- Highly recommend for boys and girls 2006-2001 birth years
- Anyone is welcome to join!

ASK THE COACH!

- My Personal Football Coach App
- **Ask the Coach #5 - How do you stand out at tryouts?**
- Preparing yourself as much as possible
- Ensure technical details for your specific position are all on point
- Making sure you're 100% fit - you need to be sharp and explosive
- Good personality and asserting yourself - take risks, stand out and be vocal



ESTIMATED 60 MINS+





FRI, SAT, SUN - MAY 22, 23, 24

FRIDAY

WORD SEARCH!

- MLS
- NACHOS
- NWSL
- GAME DAY
- CELEBRATE
- CHEER
- CHAMPION
- VICTORY
- FANS
- HALF TIME
- CUP
- JERSEY

M	L	S	S	L	P	N	W	S	L	P	L	C	U	P
C	E	L	E	B	R	A	T	E	L	O	L	L	X	F
H	J	E	R	S	E	Y	X	W	L	S	G	A	T	E
E	P	N	C	H	A	M	P	I	O	N	F	A	N	S
E	Y	R	O	T	C	I	V	Y	T	O	M	B	A	U
R	P	A	N	I	C	B	R	A	Z	I	Y	B	T	Q
N	A	C	H	O	Y	T	Q	C	H	E	E	S	E	Y
H	A	L	F	T	I	M	E	Y	E	S	R	E	J	O

SATURDAY

GREATEST RONALDINHO DOCUMENTARY

- One of the greatest players of all time



#VIRTUALWIWEST

SUNDAY

INJURY PREVENTION TRAINING

- Learn the FIFA II+ injury prevention protocol warm up
- Learn to warm up the proper way for your at home training!

#RUSHROLLSON

ESTIMATED 60 MINS+



FOR THE DEDICATED GOALKEEPER - OR
FOR THOSE THAT WANT TO TRY IT!



GOALKEEPER TRAINING

TRAINING

WATCH THE VIDEO

- Activities to do with a rebounder!

FEET TRAINING

IMPROVE YOUR LONG RANGE PASSING

- The best keepers are good with their feet!

TACTICS

QUIZ

- Take the 5 question quiz!



ESTIMATED 60 MINS+

