

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 II



#KEEPTHEGAMEALIVE

#CHASEYOURDREAMS

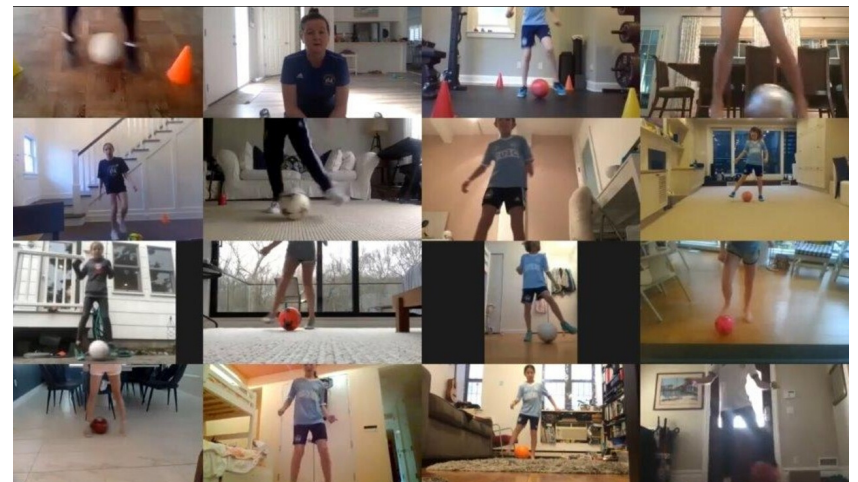
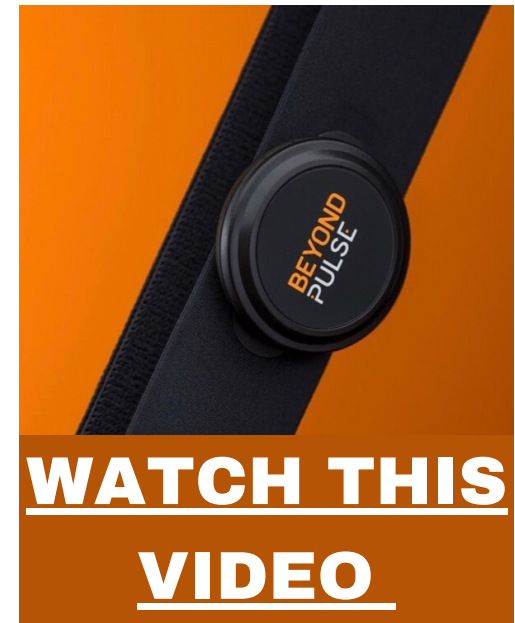


RUSH WISCONSIN WEST

HOW IT WORKS

WHAT'S 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 Evan/Kayla Ketehtut, Apollo/Andre de la Rosa, Logan/Isabella Tibbits, and Mallory Meighan for being selected during Week 10!
- Live Training Schedule
 - Tuesdays and Sundays
 - [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 25

TACTICAL TRAINING

QUIZ- 10 MINS

- Academy (7v7)
 - Transition to Defend
- U11-U12 (9v9)
 - Transition to Defend
- U13-U19 (11v11)
 - Building out of the Back

Soccer Journal

Today is your last tactical quiz. What have you learned over the spring season?

TECHNICAL TRAINING

MY PERSONAL FOOTBALL COACH APP

- Ivl Training Library
 - #1- L Shape Fake Challenge
 - #17- Double Ronaldo
- Remember to practice with both feet!
- Change of speed, change of direction



ESTIMATED 60 MINS+





TUESDAY MAY 26

TECHNICAL TRAINING

MY PERSONAL FOOTBALL COACH APP

- Dynamic Ball Mastery Training Programme
 - Unit 19
 - Upload in the team training videos



LIVE WITH COACH CLINT & COACH MICHAEL

JOIN US HERE @5:30PM

- Learn about "why failure is a good thing"
- Have you ever failed before?
- How do you move forward?

LIVE WITH THE NATIONAL CAP DIRECTOR

JOIN US HERE @6:30PM



- Learn about College Fit Finder!

ESTIMATED 120 MINS+



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

WEDNESDAY MAY 27



COMPETITION TRAINING KAHOOT CHALLENGE

- Soccer "who is this!"
- 15 questions based on Women's Soccer
- Type in your full name so we can congratulate the winner

PHYSICAL TRAINING THE RUSH "CRUSH IT" WORKOUT

On this episode: Burpees, Lateral Lunges, Power Jumps, Shoulder Taps, Moving Push Ups, & Burpee Squats

DON'T FORGET!

- Today is early offer day for team placement for the 2020-2021 season!
- Today is the Fields for Kids Car Parade from 6-7pm!

#STAYMOTIVATED

ESTIMATED 30 MINS+





THURSDAY MAY 28

TECHNICAL TRAINING

MY PERSONAL FOOTBALL COACH APP

- Dynamic Ball Mastery Training Programme
 - Unit 20
 - Create good habits
 - Train at a speed out of your comfort zone !

COLLEGE COACH CHAT!

JOIN THE GOOGLE HANGOUT @5PM

- Madison College - Women's
- Viterbo University- Men's
- Highly recommend for boys and girls 2006-2001 birth years
- Anyone is welcome to join!

"I WANTED TO ACHIEVE THIS FEELING, WHERE I COULD CONTROL THE BALL WITHOUT EVEN THINKING"



ESTIMATED 60 MINS+



EXTRA ACTIVITIES & LIVE TRAINING

7

FRI, SAT, SUN - MAY 29, 30, 31



FRIDAY

MY PERSONAL FOOTBALL COACH APP

- Featured Practices
 - #31- Balance & Turns!
 - #39- Speed, Agility, Quickness
- Train with both feet
- Push yourself

SATURDAY

HOW DATA IS CHANGING FOOTBALL

- Watch how technology plays a role in soccer today!



SUNDAY

LIVE WITH COACH LORI & COACH PAUL

- Fitness & Footwork!
- Bring a ball & 2 cones

#VIRTUALWIWEST

#RUSHROLLSON

ESTIMATED 90 MINS+



RUSH WISCONSIN WEST



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



GOALKEEPER TRAINING

TRAINING

WATCH THE VIDEO

- Improve your goal kicks!



TACTICS

CATCHING QUIZ

- Take the 5 question quiz!
- Do you know the proper technique?



HIGHLIGHTS!

THE BEST SAVES FROM TIM & ALYSSA

- Tim Howard Saves
- Alyssa Naeher Saves

ESTIMATED 60 MINS+