

WISCONSIN WEST VIRTUAL CURRICULUM



CLICK ME



#STAYHOME

#KEEPTHEGAMEALIVE

You Tube



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: Read more about our coaches here?
- 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 2: PAGE 4

Week 2 is about the getting familiar with the My Personal Football Coach App. An email will be sent to your parent with your login and password. Go to the app store and download the app. Click here to watch a video on how to best use the app! Are you still having problems? Email your coach for help.

#STAYMOTIVATED





WEEK 2: MARCH 23-27

DUE DATE: MARCH 27

BEFORE TRAINING

DAY 1

- Journal in your soccer notebook: What was difficult about week 1? How can you fix it in week 2? (15 mins)
- Setting Goal Quiz (10 mins)



TRAINING - MY PERSONAL FOOTBALL COACH APP

DAY 1, 2, 3, 4

- Dynamic Ball Mastery Training Programme
 - Unit 1 and Unit 2 (40 mins)
- Complete 2 featured practices and 2 lvl skill practices (60 mins)
- Work towards your short/long term goal (Varies)

AFTER TRAINING

DAY 4

- Upload video of you doing Unit 1 to "my team videos" in the app
- Fill out Juggle Form if you increased your high score

ESTIMATED 135 MINS+



BONUS ACTIVITY

SOCIAL MEDIA CHALLENGE

STEP 1

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



STEP 2

- WEAR YOUR RUSH SOCCER GEAR
- CREATE YOUR OWN SOCCER DANCE VIDEO
- [EXAMPLE 1](#), [EXAMPLE 2](#)



STEP 3

- UPLOAD YOUR VIDEO TO SOCIAL MEDIA
- TAG US AND USE THE HASHTAG #VIRTUALWIWEST
- EMAIL YOUR VIDEO TO SOCIALMEDIA@RUSHWIWEST.COM

#VIRTUALWIWEST



MOVIE TIME

GRAB YOUR POPCORN

A FOOTBALL FAIRY TALE

- MO SALAH DOCUMENTARY
- EGYPTIAN PROFESSIONAL PLAYER
- CURRENTLY PLAYS FOR LIVERPOOL FC
- 47 MINS

USWNT: A NATION'S STORY

- UNITED STATES WOMEN'S NATIONAL TEAM
- 2019 FIFA WORLD CUP JOURNEY
- BEHIND THE SCENE WITH THE TEAM
- 27 MINS



#VIRTUALWIWEST

#RUSHROLLSON



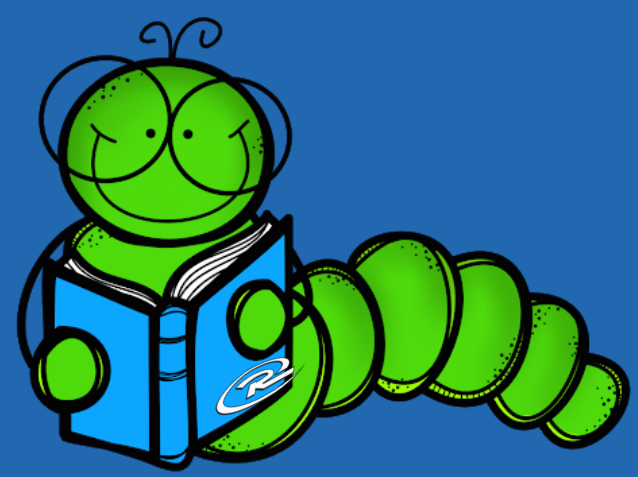
NEED MORE?



RUSH TELEVISION
CHECK IT OUT!

LETS READ

TIPS FOR
SCORING GOALS



COLLEGE
ADVISORY
PROGRAM



RSVP!

MARCH 24TH 2PM

