

WISCONSIN WEST VIRTUAL LEARNING CENTER

MORE?



RUSH ROLLS ON

HOW TO KEEP YOUR FEET ON THE BALL & MIND IN THE GAME AT HOME!

#RUSHROLLSON

WEEK 3

#KEEPTHEGAMEALIVE

#STAYHOME



HOW IT WORKS

MY PERSONAL FOOTBALL COACH APP

- Go the App store and download the My Personal Football Coach
- Last week you got an email from your coach with your username and password, virtualwiwest123, use that to login
- Watch this video if you need help
- Need more help? Ask your coach!
- This App is used by professionals!

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?**
- Girls Accountability Chart
- Boys Accountability Chart
- **Items listed in pink font are what you are being graded on this week!**





MONDAY MARCH 30

GRADED ITEMS

TECHNICAL TRAINING

MY PERSONAL FOOTBALL COACH APP - 20 MINS

- Dynamic Ball Mastery Training Programme
 - Unit 3
 - Upload video to "my team videos"
 - Video should be a quick clip - less than 2 mins, 1 skill that you choose!
 - Upload with Name and Unit # (Example: Bob Unit 1)



MENTAL TRAINING

SOCCKER JOURNAL #2 - 10 MINS

- What have you enjoyed most about Week 1 and Week 2 of Virtual WI West? How will this help you once we get outside?



ESTIMATED 30 MINS+



TUESDAY MARCH 31

GRADED ITEMS

TECHNICAL TRAINING

MY PERSONAL FOOTBALL COACH APP - 20 MINS

- Ivl Skills Library
 - Choose any 2 skills to work on!

TACTICAL TRAINING

QUIZ - 10 MINS

- For Academy players - 7v7
- For U11, U12 players - 9v9
- For U13-U19 players - 11v11



ESTIMATED 30 MINS+



CATCH UP DAY!

WEDNESDAY APRIL 1

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

TECHNICAL TRAINING

MY PERSONAL FOOTBALL COACH APP - 28 MINS

- Ask the Coach
 - #1 - How do I improve my long range passing? - 3 mins
 - Practice long range passes- 15 mins
- Juggle
 - 10 mins
 - Did you beat your high score?

PHYSICAL TRAINING

HOME WORKOUT - 9 MINS

- Simple quick activities to build muscle and flexibility!

#STAYMOTIVATED



ESTIMATED 40 MINS+



THURSDAY APRIL 2

TECHNICAL TRAINING

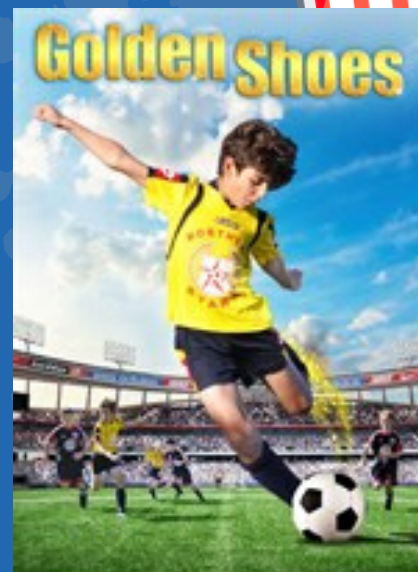
MY PERSONAL FOOTBALL COACH APP - 20 MINS

- Dynamic Ball Mastery Training Programme
 - Unit 4

MOVIE TIME

GOLDEN SHOES

- 1 Hour 29 mins
- With his father missing in action, and his mother critical in hospital, a young boy consoles himself with dreams of playing in the youth soccer league. To do so, he must overcome adult deception, bullying, and his solitude.



ESTIMATED 150 MINS+



OPTIONAL DAY!

7

FRIDAY APRIL 3

MAKE SURE ALL YOUR GRADED ASSIGNMENTS ARE SUBMITTED - THEN DO MORE IF YOU WANT!

#RUSHROLLSON

SOCIAL MEDIA CHALLENGE

TP JUGGLING

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



LETS READ!

HOW TO GROW YOUR CONFIDENCE!



THE RUSH DAILY SHOW

RECOGNIZE ANYONE?

- NEW EPISODES EVERY DAY!



FITNESS!

WANT TO GET IN SHAPE?

- CHECK OUT THESE EXTRA WORKOUT ACTIVITIES THAT WILL HELP YOU GET FIT AND READY FOR THE SEASON!



#VIRTUALWIWEST

ESTIMATED 60 MINS+



GOALKEEPER TRAINING

FOR THE DEDICATED GOALKEEPER – OR
GIVE IT A TRY IF YOU ARE INTERESTED!

SOLO TRAINING 3 SIMPLE ACTIVITIES

- GOALKEEPER GLOVES
- 4 CONES
- 5 BALLS
- OR FIND OTHER ITEMS THAT WILL WORK!

ASK THE COACH! WHAT DO COACHES LOOK FOR AT TRYOUTS?

- POSITIONING
- PROPER HANDLING
- ATTACKING HIGHBALLS
- ABILITY TO DIVE
- SIMPLE DISTRIBUTION

PLAYING ON THE EDGE!

THE PSYCHOLOGY OF A GOALKEEPER

- WE ARE ALL CRAZY



HIGHLIGHTS

BEST SAVES

- 2019-2020 MEN



ESTIMATED 45 MINS+