

# 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 4

#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 professional soccer players!



## 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 APRIL 6

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 20 MINS

- Dynamic Ball Mastery Training Programme
  - Unit 5

## TACTICAL TRAINING

### GAME ANALYSIS - 14 MINS

- Watching professional player Matthew Sheldon break down one of his USL games
- Matt plays right defender for the Tulsa Roughnecks FC
- Can you train your brain to see the game like a professional?
- Notice how even professionals make mistakes!



ESTIMATED 34 MINS+



# TUESDAY APRIL 7

## GRADED ITEMS

### TECHNICAL TRAINING

#### MY PERSONAL FOOTBALL COACH APP

-20 MINS

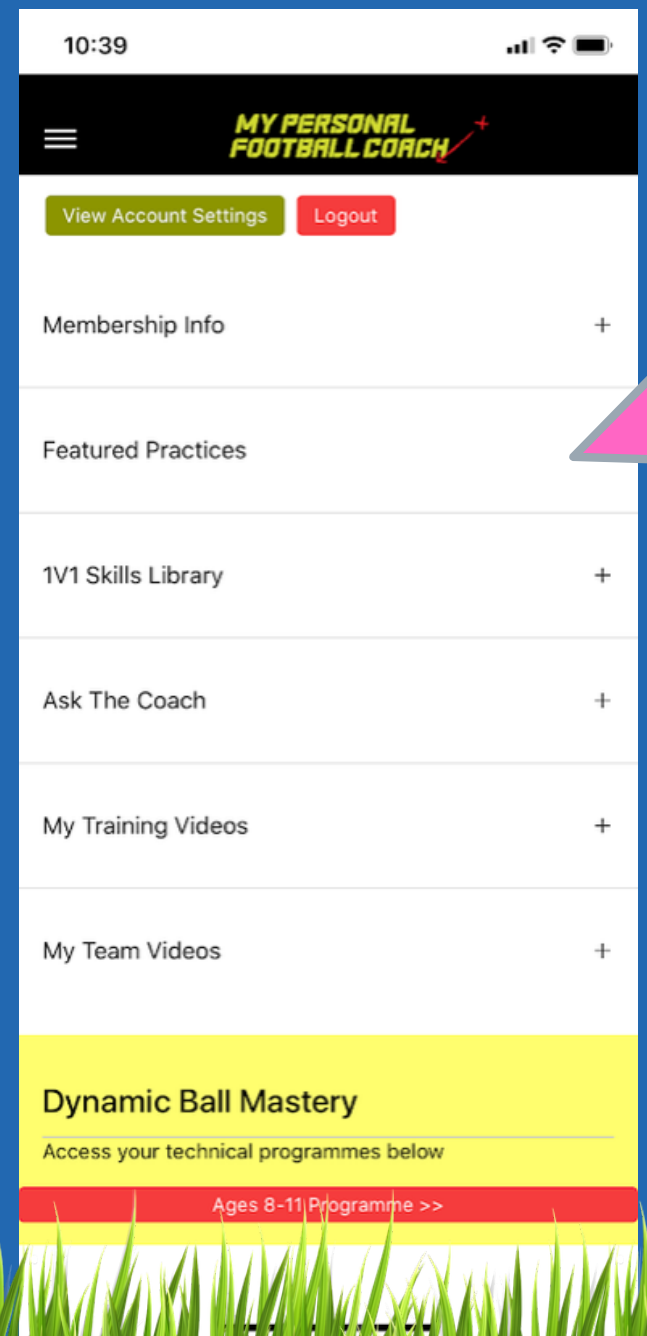
- My Featured Practices
  - Choose any 2 skills to work on!

### MENTAL TRAINING

#### GOAL REFLECTION - 10 MINS

- Use the link above to fill out the form!
- Did you reach your short term goal?
- What will you achieve by May 1st?

#STAYMOTIVATED



ESTIMATED 30 MINS+



CATCH UP DAY!

5

# WEDNESDAY APRIL 8

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

## MENTAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 10 MINS

- Ask the Coach
  - #7 - Top 5 Attributes to be a Professional Soccer Player
- 5 minute reflection in your soccer journal
  - Of the 5 attributes; What is your strongest? Which ones do you need to focus on improving?



## COMPETITION TRAINING

### RUSH VOCAB KAHOOT CHALLENGE - 10 MINS

- [Click here to study the Rush Vocab](#)
- When you are ready click the kahoot link above!
- Can you get to the top of the leader board?



ESTIMATED 20 MINS+



ASSIGNMENT PAGE

# THURSDAY APRIL 9

GRADED ITEMS

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 20 MINS

- Dynamic Ball Mastery Training Programme
  - Unit 6
  - Upload video to "my team videos"
  - Video should be a quick clip - less than 2 mins
  - Save your video as NAME UNIT #

## MOVIE TIME

### FOOTBALL'S GREAT TEAMS - AC MILAN

- 26 minute documentary
- Associazione Calcio Milan, commonly referred to as A.C. Milan or simply Milan, is a professional football club in Milan, Italy, founded in 1899. The club has spent its entire history, with the exception of the 1980–81 and 1982–83 seasons, in the top flight of Italian football, known as Serie A since 1929–30.



ESTIMATED 45 MINS+



OPTIONAL DAY!

# FRIDAY APRIL 10

## #VIRTUALWIWEST

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

### SOCIAL MEDIA CHALLENGE



## STAY IN SHAPE!

### WHAT DO YOU MISS?

- UPLOAD A PHOTO ABOUT WHAT YOU MISS MOST DURING COVID-19
- TAG US AND USE THE HASHTAG #VIRTUALWIWEST
- EMAIL YOUR VIDEO TO SOCIALMEDIA@RUSHWIWEST.COM



### GET UP & STAY FIT

- SOCCER SPECIFIC FITNESS THAT WILL GET YOU FIT AND KEEP YOUR SHARP FOR SEASON

### THE RECKLESS CHILD! A MALLORY PUGH ARTICLE

## LEARN RUSH CHANTS

### BIG FAT RUSH

- DO YOU HAVE SPIRIT?



## #RUSHROLLSON

ESTIMATED 60 MINS+





# GOALKEEPER TRAINING

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

## SOLO TRAINING

WATCH THE VIDEO -  
THEN GO TRAIN!

- FRONT SMOTHERS
- FOOTWORK
- DIVING
- AGILITY

## HIGHLIGHTS!

WOMENS WORLD CUP

- 2019 FRANCE



ONE OF THE GREATEST

GIANLUIGI BUFFON

- ONE OF THE GREATEST GOALKEEPERS OF ALL TIME
- STILL PLAYING PROFESSIONALLY AT AGE 42
- "THIS IS WHAT I LIVE FOR, TO MAKE PEOPLE EAT THEIR WORDS"

DIVING TIPS!

FUNDAMENTALS

- READY STANCE
- DIVING TECHNIQUE
- WEIGHT FORWARD



ESTIMATED 60 MINS+