

# WISCONSIN WEST VIRTUAL LEARNING CENTER

NATIONAL  
VLC



## RUSH ROLLS ON

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

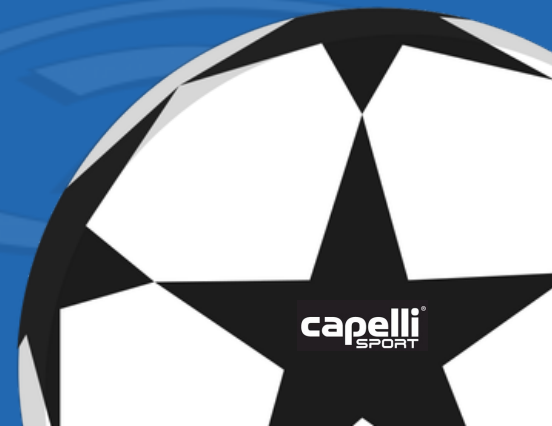
#RUSHROLLSON

COMPETITIVE - WEEK 5

#STAYHOME

#KEEPTHEGAMEALIVE

MY  
PERSONAL  
FOOTBALL  
COACH  
+  
.COM



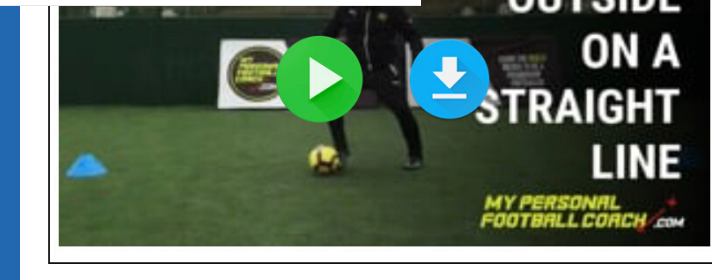
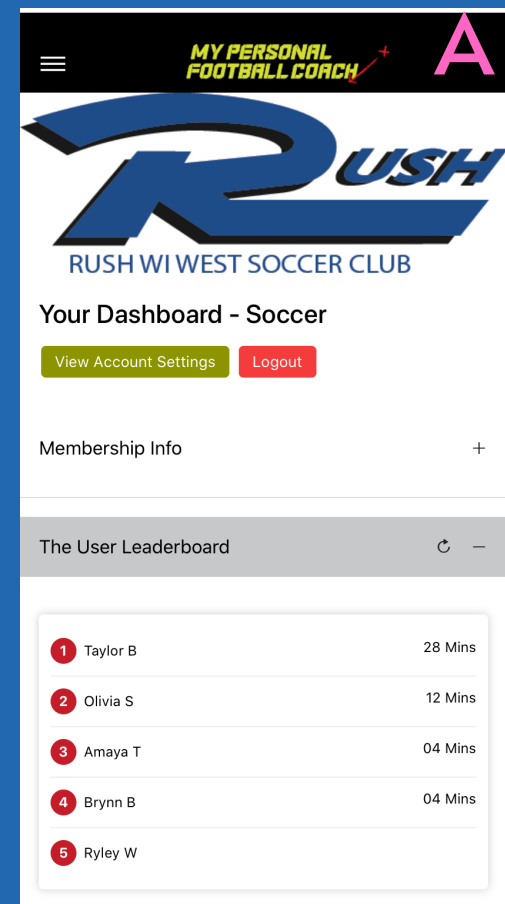
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# HOW IT WORKS

## MY PERSONAL FOOTBALL COACH APP

### WHATS NEW!

- "User Leaderboard"
  - Shown on screen shot A
  - Keeps track of the top 10 users of the App on your team for the week!
  - Will you be the leader this week?
- Offline Training
  - When online, click the blue arrow button on a video to download that video (see screen shot B)
  - You can then view downloaded videos offline so you can train anywhere!



### ACCOUNTABILITY

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



# MONDAY APRIL 13

GRADED ITEMS

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 20 MINS

- Dynamic Ball Mastery Training Programme
  - Unit 7
  - Upload video to "my team videos"
  - Video should be a quick clip - less than 2 mins
  - Save your video as NAME UNIT #

## COMPETITION TRAINING

### KAHOOT VOCAB CHALLENGE 2 - 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?
- Type in your full name so we can congratulate the winner



ESTIMATED 30 MINS+





# TUESDAY APRIL 14

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP

-20 MINS

- My Featured Practices
  - #4 Technical Challenge Super Slalom - working on tight touches, dynamic movement, and juggle during rest periods
  - #11 Anthony Benvenuto, New York - Can you master his move? If you do... we want to see it! Email us your video.



## PHYSICAL TRAINING

### WOKROUT - 10 MINS

- Soccer specific
- Quick workout
- Only need a small space, 4 cones/makers, and a ball



ESTIMATED 30 MINS+



CATCH UP DAY!

# WEDNESDAY APRIL 15

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

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP

-20 MINS

- Ivl Skills Library - at least 10 mins each
  - Use both feet
  - #26 Outside Cuts: so basic, yet so effective if mastered correctly!
  - #12 Step Over Turn: adding flair to your outside cut, nice skill to have to be able to create space and change direction



## MOVIE TIME

### GOAL THE DREAM BEGINS- 1 HR 58 MINS

- Rated PG-13
- Get parent permission before watching this movie!



# #STAYMOTIVATED

ESTIMATED 20 MINS+



# THURSDAY APRIL 16

GRADED ITEMS

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 20 MINS

- Dynamic Ball Mastery Training Programme
  - Unit 8
  - Focus on technique first, then speed

## TACTICAL TRAINING

### QUIZ- 10 MINS

- Academy (7v7)
  - Defending from the front
- U11-U12 (9v9)
  - Defending as a forward
- U13-U19 (11v11)
  - Attacking and defending principles



ESTIMATED 30 MINS+



OPTIONAL DAY!

7

# FRIDAY APRIL 17

## #VIRTUALWIWEST

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

## ZINEDINE ZIDANE

## GAME TACTICS

### THE FRENCH FOOTBALLER

### A LESSON IN TEAM DEFENDING

- PROFESSIONAL HISTORY
- JUVENTUS - REAL MADRID
- 2006 WORLD CUP
- THAT FAMOUS HEAD BUTT!

JUVENTUS



- ATHLETICO MADRID V. JUVENTUS
- THE BEAUTY OF WORKING TOGETHER



## SOCIAL MEDIA

## GET FIT. GET FASTER.

### FLIP THE SWITCH TIKTOK CHALLENGE

### SOCCER SPECIFIC FITNESS

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



- STAMINA
- AGILITY
- CHANGE OF DIRECTION
- VERTICAL
- SPEED



## #RUSHSWITCH

## #RUSHROLLSON

ESTIMATED 60 MINS+





# GOALKEEPER TRAINING

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

## TACTICS

### KEEPER RESPONSIBILITY QUIZ

- DISTRIBUTION
- CONTROLLING THE BOX
- COMMUNICATION



## HIGHLIGHTS!

### TOP 10 GIANLUIGI BUFFON SAVES

- WE READ ABOUT HIM LAST WEEK!

## SOLO TRAINING

### WATCH THE VIDEO - THEN GO TRAIN!

- HIGH BALLS
- REACTION TIME
- DIVING
- ONLY NEED BALL & GLOVES!



## ONE OF THE GREATEST

### BRIANA SCURRY

- ONE OF THE GREATEST GOALKEEPERS OF ALL TIME
- WAS PART OF THE HISTORIC 1999 USWNT
- SHE'S FROM MINNESOTA!

ESTIMATED 60 MINS+