

# WISCONSIN WEST VIRTUAL LEARNING CENTER

NATIONAL  
VLC



## RUSH ROLLS ON

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

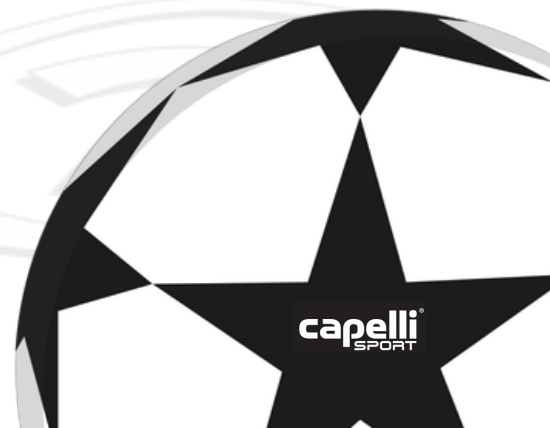
#RUSHROLLSON

COMPETITIVE - WEEK 6



#STAYHOME

#KEEPTHEGAMEALIVE



# HOW IT WORKS

## MY PERSONAL FOOTBALL COACH APP

### WHATS NEW!

- FIFA Tournament
  - Sign up here by April 23
  - Rush WI West & Rush Wisconsin players invited
  - Open to all ages!
- College Coach Chat
  - Every Thursday at 5pm
  - See details here
  - Highly recommended for 2006-2001 players



### ACCOUNTABILITY

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



# MONDAY APRIL 20

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 20 MINS

- Dynamic Ball Mastery Training Programme
  - Unit 9
  - Email your training video to [socialmedia@rushwiwest.com](mailto:socialmedia@rushwiwest.com)

## COMPETITION TRAINING

### KAHOOT VOCAB CHALLENGE 3 - 10 MINS

- [Click here to study the Rush Vocab](#)
- When ready, click the Kahoot! link above
- Can you get to the top of the leader board?  
[See winners here from challenge 1 and 2!](#)
- Type in your full name so we can congratulate the winner



ESTIMATED 30 MINS+



# TUESDAY APRIL 21

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP

-20 MINS

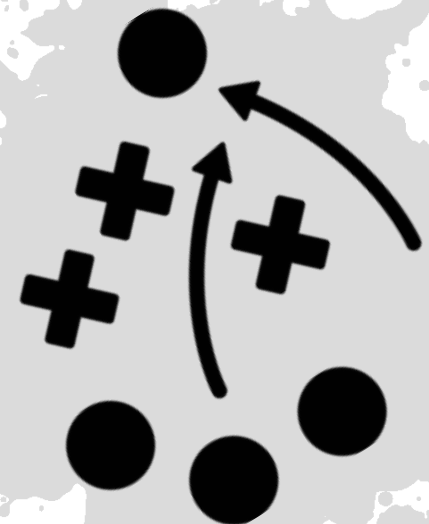
- Dynamic Ball Mastery Training Programme
  - Unit 10
  - Focus on technique first, then speed
  - Improve your technical to get to the next level



## TACTICAL TRAINING

### QUIZ- 10 MINS

- Academy (7v7)
  - Give and Go, Overlapping Runs
- U11-U12 (9v9)
  - Give and Go, Overlapping Rush
- U13-U19 (11v11)
  - Decision Making



ESTIMATED 30 MINS+



CATCH UP DAY!

5

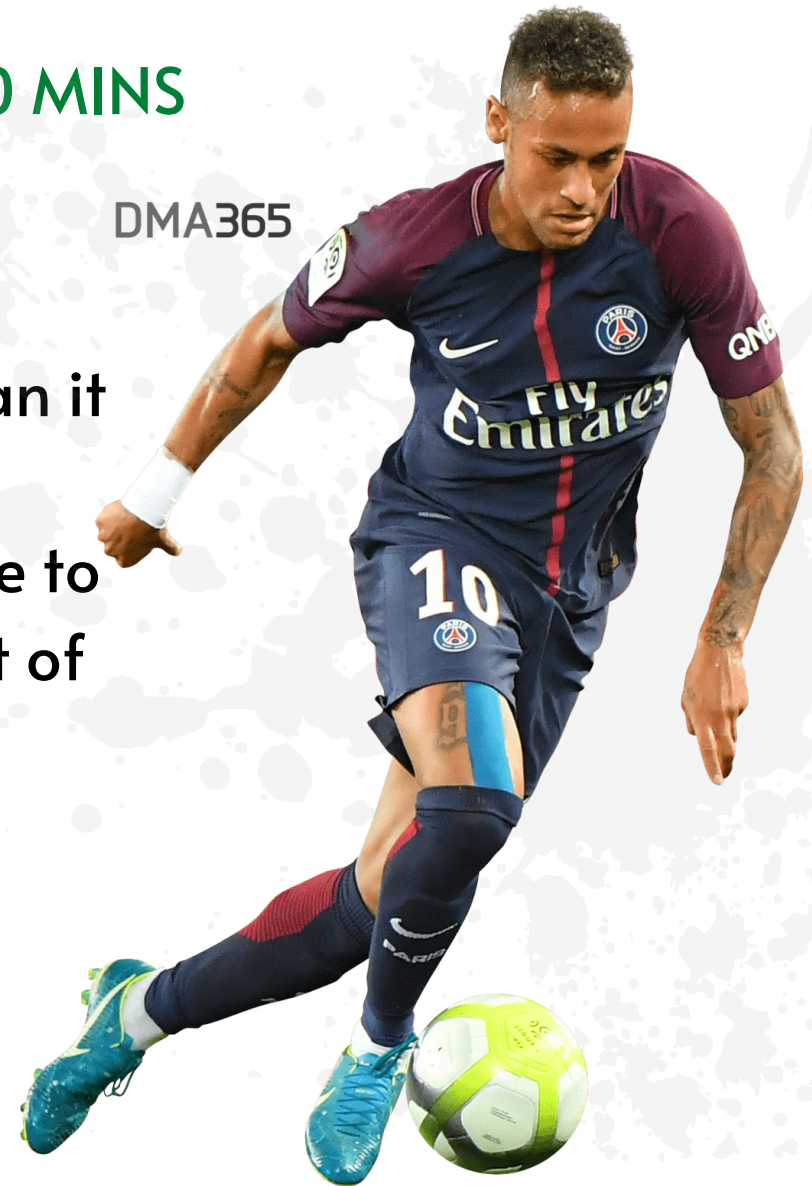
# WEDNESDAY APRIL 22

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 DMA365
  - Use both feet
  - #4 Flip Flap: looks a lot #4 easier than it is to master!
  - #27 Hazard Turn: great move to have to be able to fool defenders and get out of traffic



## PHYSICAL TRAINING

### GET OUTSIDE- 1 HR

- Do something physical outside today
- Pick your own activity - walk, run, bike, soccer - you decide!

**#STAYMOTIVATED**

ESTIMATED 20 MINS+





# THURSDAY APRIL 23

## MENTAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 10 MINS

- Ask the Coach!
  - #3 How Important is Intensity at training?
  - You need to replicate the game as much as possible! Train the way you play.
  - Soccer Journal: What can you do at home to make sure you are training at game pace? What do you need to do better? What is going well?



## FIFA SIGN UP & COLLEGE COACH CHAT!

### FIFA TOURNAMENT SIGN UP

- All players welcome!
- Rush WI West & Rush WI
- Need PlayStation or Xbox to join
- Last day to sign up

### COLLEGE COACH CHAT @5PM

- Monmouth College - Women's
- Lakeland College - Women's
- Recommend for all 2006-2001 players

ESTIMATED 30 MINS+





GRADED ITEMS

OPTIONAL DAY!

7

FRIDAY APRIL 24

# CLUB VIDEO PROJECT



## WATCH COACH JOE'S EXAMPLE

- WHAT DOES RUSH WISCONSIN WEST OR SOCCER MEAN TO YOU?
- MAKE A VIDEO (15 SEC MAX.) ANSWERING THE QUESTION ABOVE
- SAVE YOUR VIDEO WITH FIRSTLASTNAMETEAM
- EXAMPLE: JOELEWISI3G
- EMAIL IT TO YOUR COACH
- MAKE SURE YOU WEAR YOUR UNIFORM OR TRAINING GEAR!

#VIRTUALWIWEST

#RUSHROLLSON

ESTIMATED 10 MINS+





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

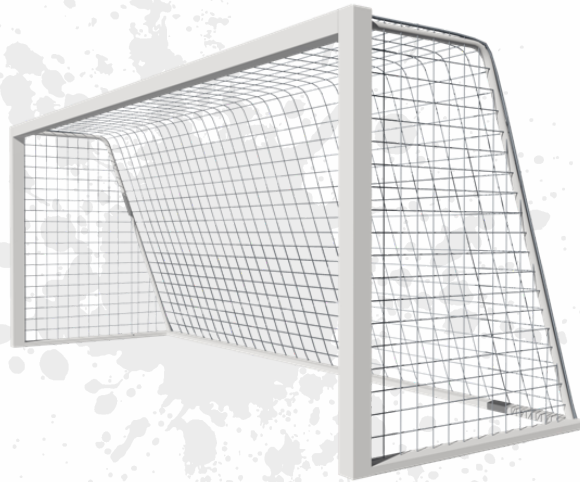


# GOALKEEPER TRAINING

## SOLO TRAINING

### WATCH THE VIDEO

- TECHNIQUE
- FOOTWORK
- DECISION MAKING
- CHANGE OF DIRECTION



## THE EVOLUTION OF THE GOALKEEPER

### WHAT MAKES THE PERFECT MODER DAY #1

- NO ROLE HAS UNDERGONE MORE OF AN EVOLUTION OVER THE LAST 25 YEARS THAN THE GOALKEEPER



## TACTICS

### QUIZ ON MOVEMENT

- MOVEMENT
- POSITION



## HIGHLIGHTS!

### BRIANNA SCURRY 1999 WORLD CUP

- WE READ ABOUT HER LAST WEEK!
- WATCH HER IN PENALTY KICKS

ESTIMATED 60 MINS+