

# 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 7



#STAYHOME

#KEEPTHEGAMEALIVE

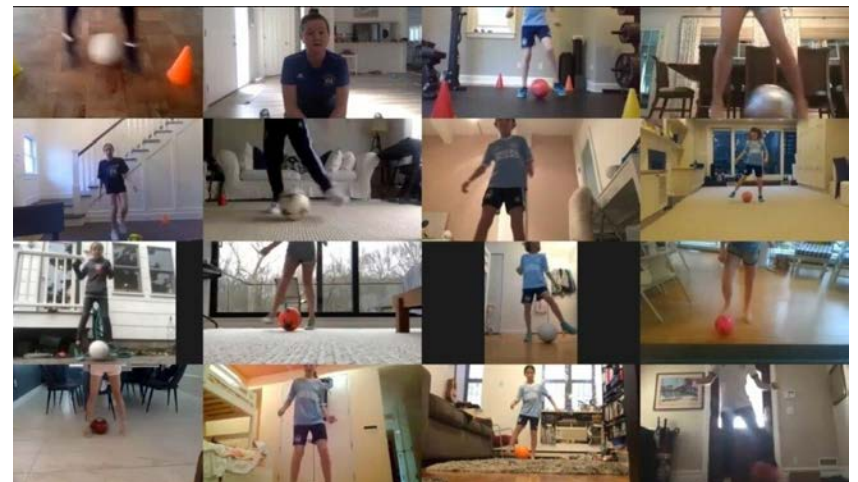
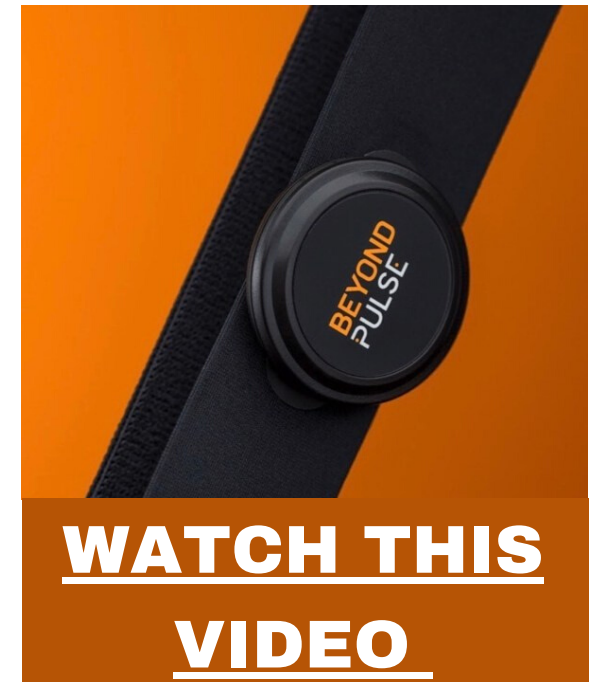


RUSH WISCONSIN WEST

# HOW IT WORKS

## WHATS NEW THIS WEEK!

- Beyond Pulse Reward
  - Are you crushing your at home training?
  - You may get selected to participate to use a Beyond Pulse Smart Belt
  - Congrats to Alec Olson, Parker Bassuener, Ryley Winrich, and Kate Heiderscheit for being selected during Week 6!
- Live Training Schedule
  - Tuesdays and Sundays
  - Different types of training
  - [Click here for the schedule](#)
  - All ages welcome!



## ACCOUNTABILITY

- Items listed in pink font are what you are being graded on this week!
- [Girls Accountability Chart](#)
- [Boys Accountability Chart](#)



# MONDAY APRIL 27

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 20 MINS

- Dynamic Ball Mastery Training Programme
  - Unit II
  - Post on your social media account and tag us!



## TACTICAL TRAINING

### QUIZ- 10 MINS

- Academy (7v7)
  - Introduction to pressure, cover, balance
- U11-U12 (9v9)
  - Defensive Shifting
- U13-U19 (11v11)
  - Choices in the final third

## NATIONAL CAP CHAT

### JOIN HERE @6PM

- Josh Tyler from Rush Soccer checking in with Rush WI West and Rush WI players on the college search process
- All players welcome!
- Highly encouraged for U14 and older

ESTIMATED 30 MINS+





# TUESDAY APRIL 28

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 20 MINS

- Dynamic Ball Mastery Training Programme
  - Unit 12
  - Upload in the team training videos
  - Create good habits and get your eyes up every couple of touches



## LIVE WITH COACH NICOLE & COACH DEAN

### JOIN US HERE @5:30PM -45 MINS

- Tips for future live training
- Catching up with players
- Get to know Coach Dean and what his role will be with the club

### SOCCER JOURNAL



How do you think it will be to finally get back on the field with your teammates? Are there certain activities you are looking forward to?

**ESTIMATED 60 MINS+**



CATCH UP DAY!

5

# WEDNESDAY APRIL 29

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

- Featured Practice - at least 10 mins each
  - Five Step Technical Challenge- Receiving First Touch: You need a wall or a passing partner
  - Diamond Attack: Working on ball control and change of direction

## COMPETITION TRAINING

### KAHOOT VOCAB CHALLENGE 4 - 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



**#STAYMOTIVATED**

ESTIMATED 30 MINS+





# THURSDAY APRIL 30

## MENTAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 15 MINS +

- Ask the Coach!
  - #6 How can you control the ball with your chest?
  - Cushion or wedge the ball
  - Rotate where you want it to go
  - Practice for 15-30 mins!

## COLLEGE COACH CHAT!

### JOIN THE GOOGLE HANGOUT @5PM

- Lawrence University - Men's
- North Central College - Men's
- Recommend for all 2006-2001 players

## PHYSICAL TRAINING

Will you be game ready when the moment comes?

Run 2 miles today!

Push yourself to get it done.



ESTIMATED 30 MINS+



# FRI, SAT, SUN - MAY 1, 2, 3

## FRIDAY

### MOVIE DAY - ARSENAL DOCUMENTARY

- ONE OF THE GREATEST TEAMS OF ALL TIME
- ARSENAL FOOTBALL CLUB IS A PROFESSIONAL CLUB BASED IN ISLINGTON, LONDON, ENGLAND THAT PLAYS IN THE TOP FLIGHT OF THE ENGLISH PREMIER LEAGUE



## SATURDAY

### RUSH WAY KAHOOT QUIZ

- COMPETE WITH PLAYERS FROM ALL OVER THE COUNTRY
- DO YOU KNOW THE RUSH WAY?
- CAN YOU REACH THE TOP OF THE LEADER BOARD?

#VIRTUALWIWEST

## SUNDAY

### JOIN LIVE TRAINING @5:30PM

- JOIN COACH GERALD & COACH YOSHI LIVE ON GOOGLE HANGOUT
- TECHNICAL TRAINING
- GRAB A BALL AND TUNE IN!

#RUSHROLLSON

ESTIMATED 10 MINS+





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



# GOALKEEPER TRAINING

## SOLO TRAINING

### WATCH THE VIDEO

- HANDLING
- LOW DIVING
- SPREAD
- CORE



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## TACTICS

### QUIZ

- DOES THIS GOALKEEPER HAVE THE CORRECT POSITIONING?



## READ & LEARN

### STANFORD GOALKEEPER INTERVIEW

- INSIDE INFORMATION ON WHAT HAPPENED ON THE FIELD DURING THE NCCA TOURNAMENT
- HOW SHE HANDLES PRESSURE
- HOW SHE COMPETES

## HIGHLIGHTS!

### 2019 NCAA DI CHAMPIONSHIPS

- STANFORD V. NORTH CAROLINA
- WOMEN'S COLLEGE HIGHLIGHTS
- FINALS DECIDED IN PENALTY KICKS



ESTIMATED 60 MINS+

