

# 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 8



**#KEEPTHEGAMEALIVE**

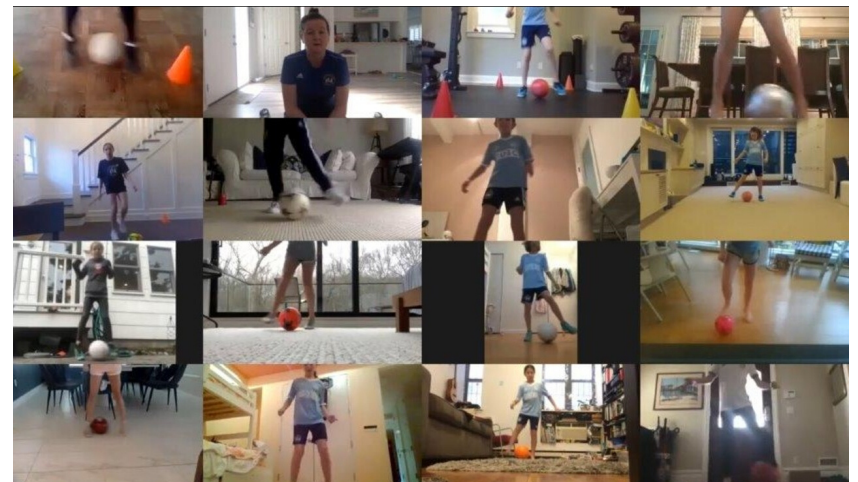
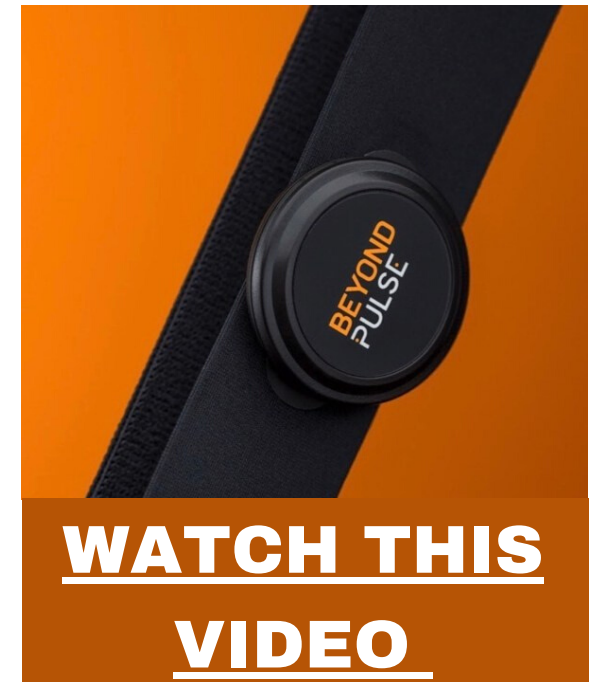
**#CHASEYOURDREAMS**



# 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 Taylor and Talia Bembnister, Tess Higgins, Aditya Chauhan, and Brody Schauf for being selected during Week 7!
- 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 MAY 4

## TACTICAL TRAINING

### QUIZ- 10 MINS

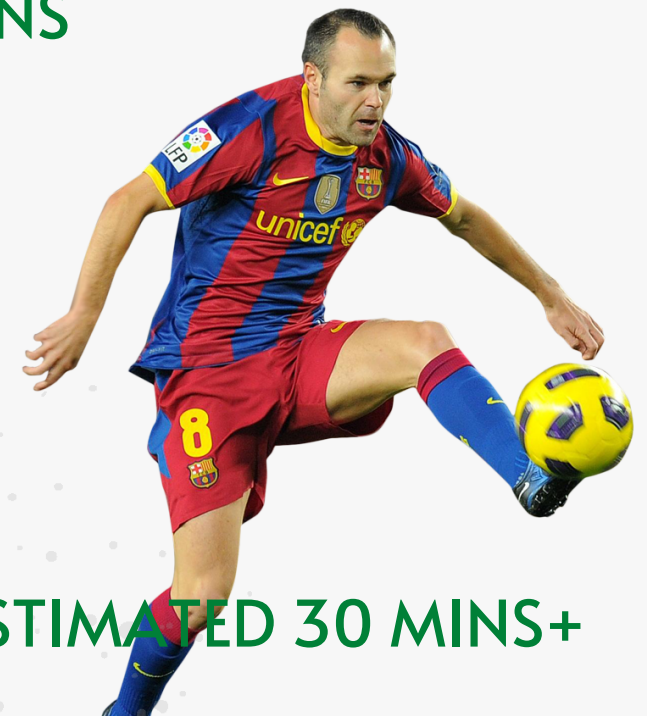
- Academy (7v7)
  - Playing into the forwards
- U11-U12 (9v9)
  - Playing into the frontline
- U13-U19 (11v11)
  - Decisions in the final third



## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 20 MINS

- 1v1 Training Library
  - #3- 1v1 Hocus Pocus Skill
  - #18 - Push & Roll
- Remember to practice with both feet!
- Change of speed, change of direction



ESTIMATED 30 MINS+



# TUESDAY MAY 5

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 20 MINS

- Dynamic Ball Mastery Training Programme
  - Unit 13
  - Upload in the team training videos
  - Create good habits
  - Make sure you are using both feet

## LIVE WITH COACH KOURTNI & COACH KYLE

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

- Learn how to set goals
- Are you setting the right goals for you?
- Bring a pencil and paper

### Soccer Journal



After you attend the live session with Coach Kourtnei and Coach Kyle - reflect on what you learned. Do you need to re think some of your goals? Do you need to adjust them? Were they too easy? Too hard?

**ESTIMATED 60 MINS+**



CATCH UP DAY!

5

# WEDNESDAY MAY 6

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

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 30 MINS

- Featured Practice - at least 10 mins each
  - #1 V Work Challenge- Get the rythm down and then do then challengee yourself to go as quick as you can
  - #38 Wing Wizardy like Draxler & Robben- Fake the defender, change speed, use both feet.



## COMPETITION TRAINING

### KAHOOT VOCAB CHALLENGE 5 - 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 3 and 4!
- Type in your full name so we can congratulate the winner



**#STAYMOTIVATED**

ESTIMATED 40 MINS+





# THURSDAY MAY 7

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 20 MINS +

- Dynamic Ball Mastery Training Programme
  - Unit 14
  - Create good habits
  - Train a speed out of your comfort zone

## COLLEGE COACH CHAT!

### JOIN THE GOOGLE HANGOUT @5PM

- UW-Stevens Point - Women's
- Aurora University - Women's
- Highly recommend for boys and girls 2006-2001 birth years
- Anyone is welcome to join!

## FITNESS TRAINING

- Click above for video!
- Ladder Sprints - 5 Sets with 30 sec rest in between
- Figure 8 Ladder Sprints - 5 Sets with 30 sec rest in between
- Circle Cone Ladder Sprints-5 Sets with 30 sec rest in between
- Watch the video for more!



ESTIMATED 90 MINS+



EXTRA ACTIVITIES & LIVE TRAINING

7

# FRI, SAT, SUN - MAY 8, 9, 10

## FRIDAY

### WHAT IS LEADERSHIP?

- Click on the link above
- Watch the two leadership videos
- Take the Rush Soccer Leadership Quiz
- What are the key qualities of being a leader?
- What type of leader do you want to be?



## SATURDAY

### 2012 EURO CUP SEMI FINAL

- Check out this full game!
- Portugal vs. Spain
- What style of play do you prefer?



## SUNDAY

### JOIN LIVE TRAINING @5:30PM

- Join Coach Meghan and Coach Rick live on google hangout
- Technical training for goalkeepers

#VIRTUALWIWEST

#RUSHROLLSON

ESTIMATED 10 MINS+



RUSH WISCONSIN WEST



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



# GOALKEEPER TRAINING

## TRAINING

### WATCH THE VIDEO

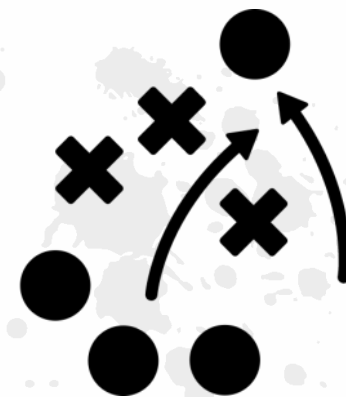
- Activities with a partner
- Fundamentals are key!
- Focus on the details



## TACTICS

### QUIZ

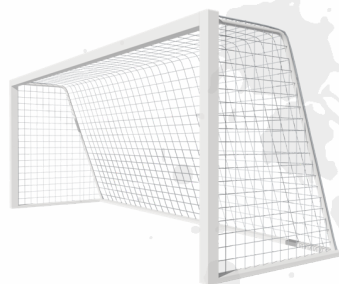
- Take the 5 question quiz!
- What does correct form look like for a goalkeeper?



## READ & LEARN

### THE ART OF DISTRIBUTION

- Quick tips on how to make better decisions with your distribution
- Hand and feet distribution
- Have a plan!



## HIGHLIGHTS!

### 100 BEST GOALKEEPER SAVES

- 100 best goalkeeper saves of the decade!
- Which are your favorite?
- What makes a good save?

ESTIMATED 60 MINS+

