

# 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 9



**#KEEPTHEGAMEALIVE**

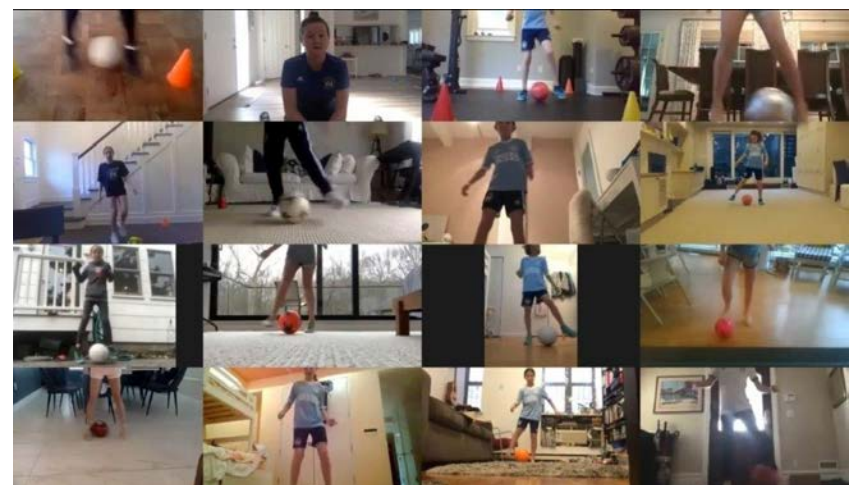
**#CHASEYOURDREAMS**



# 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 Chale Yang, Connor Zwicki, Ellie & Amaya Thesing, and Chloe & Lilly Ackerman for being selected during Week 8!
- 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 11

## TACTICAL TRAINING

### QUIZ- 10 MINS

- Academy (7v7)
  - Movement off the ball
- U11-U12 (9v9)
  - Movement off the ball
- U13-U19 (11v11)
  - Situational Choices

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP

- Ivl Training Library
  - #10- One and a half step overs
  - #23 -Rooney
- Remember to practice with both feet!
- Change of speed, change of direction

## LIVE WITH COLLEGE FIT

### FINDER 6PM-HERE!

- Check out the college search process with College Fit Finder
- Tips and tricks!
- What should you be doing now?



ESTIMATED 60 MINS+



# TUESDAY MAY 12

## TECHNICAL TRAINING

### MY PERSONAL FOOTBALL COACH APP - 20 MINS

- Dynamic Ball Mastery Training Programme
  - Unit 15
  - Upload in the team training videos
  - Create good habits
  - Make sure you are using both feet

## LIVE WITH COACH JOE & COACH SKYLER

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

- Do you know how to manage a game? How should you adjust based on the score? Based on the opponent?
- Learning game management tactics!



### Soccer JOURNAL



Think of a game that you played in fall. How would you change the way you played based on what you learned during the live training session with Coach Joe and Coach Skyler!

### ESTIMATED 60 MINS+



CATCH UP DAY!

5

# WEDNESDAY MAY 13

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

## PHYSICAL TRAINING

### RUSH UPPER BODY WORKOUT-70 MINS

- This document provides individual training sessions. Make this more enjoyable by doing it to music, play your favorite songs, stimulate positive thoughts, record it and share with friends, etc.



## COMPETITION TRAINING

### KAHOOT VOCAB CHALLENGE 6-10 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 14

## TECHNICAL TRAINING

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

- Dynamic Ball Mastery Training Programme
  - Unit 16
  - Create good habits
  - Train a speed out of your comfort zone

### ASK THE COACH!

- My Personal Football Coach App
- Ask the Coach #9 - Top 5 Skills to Beat the Defender
- 5 most used soccer skills in the best leagues around the world
- Master them on both feet
- work on speed and explosive power to make you unbeatable

## COLLEGE COACH CHAT!

### JOIN THE GOOGLE HANGOUT @5PM

- UW-Whitewater - Women's
- Edgewood College - Women's
- Highly recommend for boys and girls 2006-2001 birth years
- Anyone is welcome to join!



ESTIMATED 90 MINS+





EXTRA ACTIVITIES & LIVE TRAINING

7

# FRI, SAT, SUN - MAY 15, 16, 17

## FRIDAY

### WORD SEARCH!

- Rush Soccer
- Referee
- Water
- Whistle
- Coach
- Ball
- Goal
- Teammate
- Cleats
- Field
- Capelli
- Snacks

R	U	S	H	S	O	C	C	E	R	W	A	T	E	R
E	Z	F	W	H	I	S	T	L	E	E	A	T	Z	Q
F	U	S	C	O	O	C	O	A	C	H	O	T	S	I
E	B	A	L	L	Z	F	I	M	A	T	E	F	I	E
R	S	T	A	E	L	C	R	B	I	F	I	E	L	D
E	C	A	P	P	S	C	A	P	E	L	L	I	O	N
E	G	L	A	K	E	G	O	A	L	S	C	O	P	E
R	T	E	A	M	M	A	T	E	S	N	A	C	K	S

## SATURDAY

### SPAIN DOCUMENTARY

- One of the greatest international teams to play!
- Spain 2008-2012



#VIRTUALWIWEST

## SUNDAY

### JOIN LIVE TRAINING @5:30PM

- Join Coach Kourtni and Coach Madany live on google hangout
- Technical training
- Keep your feet moving!

#RUSHROLLSON

ESTIMATED 90 MINS+



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



# GOALKEEPER TRAINING

## TRAINING

### WATCH THE VIDEO

- Perfect your low diving technique
- Basic positioning
- Follow the steps

## HIGHLIGHTS!

### GOALKEEPER SAVES

- Insane saves by female goalkeepers
- Do you have what it takes to make a save like these?
- Keep training hard!

## TACTICS

### QUIZ

- Learn to make the save
- Take the 5 question quiz!

ESTIMATED 45 MINS+

- A look at how the pros train!

