



TOPIC OF THE DAY

TRAINING PROGRAM

PLAYER ONLINE LEARNING

READING, QUIZZES & OTHERS

EXTRAS

SOCIAL & FUN CHALLENGES

COACH ONLINE LEARNING

18 MONDAY

RUSH WAY: STYLES OF PLAY

FULL BODY

TIFO ON TOTAL FOOTBALL

RW STYLE OF PLAY

BEST COUNTERATTACKS EVER

STRATEGIES TO MAX PERFORMANCE & RECOVERY

STYLE OF PLAY QUIZ

19 TUESDAY

SOCCER STATISTICS

AGILITY & COORD

442: THE #5 GAME: HOW DATA IS CHANGING FOOTBALL

WORLD CUP HISTORICAL STATS

ALL TIME TOP SCORERS DYNAMICS

HOW TO MAKE EFFECTIVE SUBS ACCORDING TO SCIENCE

ALL TIME TOP SCORERS

GOAL COMPARISON AT SAME AGE

20 WEDNESDAY

HISTORY OF SOCCER: JUVENTUS FC

INJURY PREVENTION

NETFLIX: 1ST TEAM JUVENTUS

JUVENTUS HISTORY

JUVENTUS FC LEGENDS

KAHOOT CHALLENGE ABOUT THE RUSH WAY!

TIFO ON M. ALLEGRI JUVENTUS FC

21 THURSDAY

FREE KICKS

UPPER BODY

FK MASTERCLASS W/ PJANIC
KNUCKLE BALLS W/ CARETH BALE

442: TIPS FROM JUNINHO ON FKS

INCREDIBLE SET PIECES
LEGENDARY FREE KICKS

CV: NUNO ESPIRITO SANTO
VALENCIA 2-1 REAL MADRID 2015

22 FRIDAY

PRO PLAYER STORIES: RONALDINHO

LIVE W/ PSC SPEED & STRENGTH END 4 PM EST

DOCUMENTARY RONALDINHO

BEST OF RONALDINHO

RONALDINHO & MESSI: THE 10'S GIFT

AN SPECIFIC SOCCER CONDITIONING APPROACH

RUSH CLUBS LIVE VIRTUAL EVENTS CALENDAR

#RushWay - #RUID - #RUSHROLLSON - #ScareTheRush

