



TOPIC OF THE DAY

TRAINING PROGRAM

WATCH

READ / QUIZ / OTHERS

BONUS

SOCIAL & FUN CHALLENGES

COACH LEARNING

25

MONDAY

RUSH WAY:
UP A GOAL,
DOWN A GOAL

INJURY PREVENTION & RECOVERY

SMART PLAYS IN SOCCER

RUSH WAY: UP A GOAL / DOWN A GOAL

UP A GOAL / DOWN A GOAL QUIZ

SENIOR DIVISION CURRICULUM

SENIOR DIV QUIZ

27

WEDNESDAY

PRESSING & PRESSURE

AGILITY, COORDINATION & SPEED ENDURANCE

TCM DAVID MOYES' M MASTERCLASS

442: WHO REALLY INVENTED THE PRESSING GAME?

BARCELONA'S COUNTER PRESSING

KAHOOT CHALLENGE ABOUT THE RUSH WAY!

DIFFERENCES BETWEEN KLOPP'S & GUARDIOLA'S PRESSING

29

FRIDAY

HISTORY OF SOCCER: GERMANY

LIVE WITH PSC 4 PM EST

NETFLIX BECOMING CHAMPIONS EP 3: THE FLIGHT OF THE PHOENIX

HISTORY OF GERMAN FOOTBALL

FRANZ BECKENBAUER FIFA CLASSIC PLAYER

CV: RYAN GIGGS PLAYING ON THE FLANK

RUSH CLUBS LIVE VIRTUAL EVENTS CALENDAR

#RushWay - #RUID - #RUSHROLLSON - #ScareTheRush

