

WISCONSIN WEST VIRTUAL LEARNING CENTER

NATIONAL
VLC



RUSH ROLLS ON

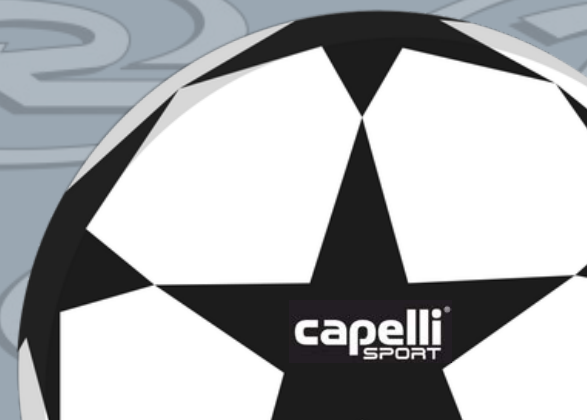
HOW TO KEEP YOUR FEET ON THE BALL & MIND IN THE GAME AT HOME!

#RUSHROLLSON

ADVANCED - WEEK 8

#KEEPTHEGAMEALIVE

#CHASEYOURDREAMS





HOW IT WORKS



ASSIGNMENT PAGE -PAGE 3-

- Before you start, read everything on your assignment page
- Everything that is underlined has a link, click it for further instruction. Example: Are you interested in the upcoming Tryouts?
- Your assignments are broken into four categories of training: mental, technical, tactical, and physical
- How you complete the training is up to you!
- Make the best of the situation and keep your playing the game!

WEEK 7

- Need more? Check out the National VLC link on the cover page for more at home soccer training activities!
- [Click here to see our new LIVE Training Schedule!](#)
- Join us every Tuesday and Sunday on Google Hangout
- Thinking about college soccer? Join the College Coach Chat every Thursday. [See the schedule here.](#)

[#STAYMOTIVATED](#)



MONDAY & TUESDAY MAY 25-26

3

ESTIMATED 90+ MINS



ASSIGNMENT PAGE

TECHNICAL TRAINING WATCH THEN TRAIN

- 5 Easy Skills to Master Step Overs
- Improve your lvl skills!



LIVE MENTAL TRAINING JOIN US TUESDAY @ 5:30 PM

- Learn about "why failure is good" with Coach Clint & Coach Michael!
- Have a pencil and paper

WEDNESDAY & THURSDAY MAY 27-28

ESTIMATED 20+ MINS



ASSIGNMENT PAGE

PHYSICAL TRAINING RUSH "CRUSH IT" WORKOUT

- On this episode: Burpees, Lateral Lunges, Power Jumps, Shoulder Taps, Moving Push Ups, & Burpee Squats



TACTICAL TRAINING UP A GOAL, DOWN A GOAL QUIZ



- Use this link to learn about how your team should adjust to different situations
- Then take the quiz above to see what you learned!

FRIDAY & SATURDAY MAY 29-30

4

ESTIMATED 20+ MINS



ASSIGNMENT PAGE

KAHOOT CHALLENGE 8

TAKE THE QUIZ HERE

- Soccer "who is this!"
- 15 quick questions to see if you can recognize these famous soccer stars – Women's Soccer Focus
- See winners here from challenge 5 and 6!
- Type in your full name so we can congratulate the winner



SUNDAY MAY 31

ESTIMATED 45+ MINS



ASSIGNMENT PAGE

LIVE TECHNICAL TRAINING

JOIN US HERE @ 5:30 PM

- Join Coach Lori and Coach Paul as they teach you how to stay fit and clean up your touches!
- Grab a ball and 2 cones!

