

RUSH WISCONSIN WEST SUMMER TRAINING PROGRAM



GUIDELINES FOR THE PROGRAM




AT HOME SUMMER WORKOUT PROGRAM

1. This document is not mandatory but a suggested way for players to stay in shape during this period in order to be most prepared for the 2020 Fall Season.
2. This document contains a 6 week program to guide the player in individual player development specifically in regards to technical and physical ability.
3. Every day the player will refer to the calendar for the daily workout. If they need to they will refer to the resources pages as references on what a specific tasks is and the details of how to do it.

AGE GROUP PRE SEASON GOALS

WORK HARD TO REACH THE GOALS BY AUGUST 17!

	ACADEMY (2013-2011)	U11/U12 (2010/2009)	U13/U14 (2008/2007)	U15-U18 (2006-2002)
JUGGLE	30 JUGGLES	75 JUGGLES	200 JUGGLES	500 JUGGLES
MILE TIME	9:00 MINUTES	8:15 MINUTES	7:45 MINUTES	7:00 MINUTES
<u>SHUTTLE RUN</u>	10 SECONDS	9.5 SECONDS	9.0 SECONDS	8.7 SECONDS



JULY 2020

SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1-	2-	3-	
			ON YOUR OWN - HOLIDAY BREAK			
5- REST Record Juggles	6- 30 Mins Ball Exercises A	7- 30 Mins Juggling Exercises A Club Training	8- 45 Minutes of Physical Activity	9- 30 Mins Ball Exercises B Club Training	10- 30 Mins Juggling Exercises B	11- 45 Minutes of Physical Activity
12- REST Record Juggles	13- 30 Mins Ball Exercises A Club Training	14- 30 Mins Juggling Exercises A Club Training	15- 45 Minutes of Physical Activity	16- 30 Mins Ball Exercises B Club Training	17- 30 Mins Juggling Exercises B	18- 45 Minutes of Physical Activity
19- REST Record Juggles	20- 30 Mins Ball Exercises A	21- 30 Mins Juggling Exercises A Club Training	22- 45 Minutes of Physical Activity	23- 30 Mins Ball Exercises B Club Training	24- 30 Mins Juggling Exercises B	25- 45 Minutes of Physical Activity
26- REST Record Juggles	27- 30 Mins Ball Exercises A	28- 30 Mins Juggling Exercises A Club Training	29- 45 Minutes of Physical Activity	30- 30 Mins Ball Exercises B Club Training	31- 30 Mins Juggling Exercises B	SEASON IS ALMOST HERE! ARE YOU READY?



AUGUST 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1- 45 Minutes of Physical Activity
Record Juggles						
2- REST Record Juggles	3- 30 Mins Ball Exercises A Optional Camp	4- 30 Mins Juggling Exercises A Optional Camp	5- 45 Minutes of Physical Activity Optional Camp	6- 30 Mins Ball Exercises B Optional Camp	7- 30 Mins Juggling Exercises B	8- 45 Minutes of Physical Activity
9- REST Record Juggles	10- 30 Mins Ball Exercises A Optional Camp	11- 30 Mins Juggling Exercises A Optional Camp	12- 45 Mins of Physical Activity Optional Camp	13- 30 Mins Ball Exercises B Optional Camp	14- 30 Mins Juggling Exercises B	15- 45 Minutes of Physical Activity
16- REST Record Juggles	17- 30 Mins Ball Exercises A Season Starts!	18- 30 Mins Juggling Exercises A Season Training	19- 30 Mins Ball Exercises B Season Training	20- 30 Mins of Physical Activity Season Training	21- 30 Mins Juggling Exercises B	22- 45 Minutes of Physical Activity
23- REST Record Juggles 30- Tournament WI Dells	24- Season Training 31- Season Training	25- 30 Mins Juggling Exercises A Season Training	26- Season Training	27- 30 Mins of Physical Activity Season Training	28- 30 Mins Juggling Exercises B	29- Tournament WI Dells

BALL EXERCISES



The following are diagrams and suggestions to keep players active with touches on the ball. If you have other exercises, please feel free to add them to your training. The ultimate goal is that you are getting in quality touches. Please note that your My Personal Football Coach App membership does not expire until 2021 so you can continue to use technical activities from there as well.

**Cones can be replaced with shoes, bags, etc.*



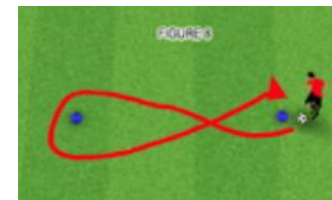
BALL EXERCISES - A

1.	PASSING & RECEIVING <ul style="list-style-type: none">Using both feet/different surfaces to pass and receive the ballFocus on keep first touch first and passing to the targetUse a partner or a wall	Video Example
2.	FIGURE 8 DRIBBLING <ul style="list-style-type: none">Using both feet/different surfaces for the patternPush yourself to go at a speed that challenges your ability	Video Example
3.	5x5 BOX GATES <ul style="list-style-type: none">Using both feet and different surfaces to dribble in and out of gatesGet your eyes up and check your shoulder often	Video Example

1



2



3



BALL EXERCISES - B

4.	ZIG ZAG DRIBBLING <ul style="list-style-type: none">• Using both feet/different surfaces for the pattern• Tight, sharp turns while lifting your eyes up• Burst of speed out of the turn to shake the opponent• Can end with a shot on a goal	Video Example
5.	TOE TAPS <ul style="list-style-type: none">• Light feet, get eyes up• Stationary and on the move• Go for time or number of touches!	Video Example
6.	4 GATE DRIBBLING <ul style="list-style-type: none">• Dribble from one gate to the middle, turn and dribble thru another gate• Use both feet/different surfaces• Challenge yourself to go at a difficult pace	Video Example

4



5



6



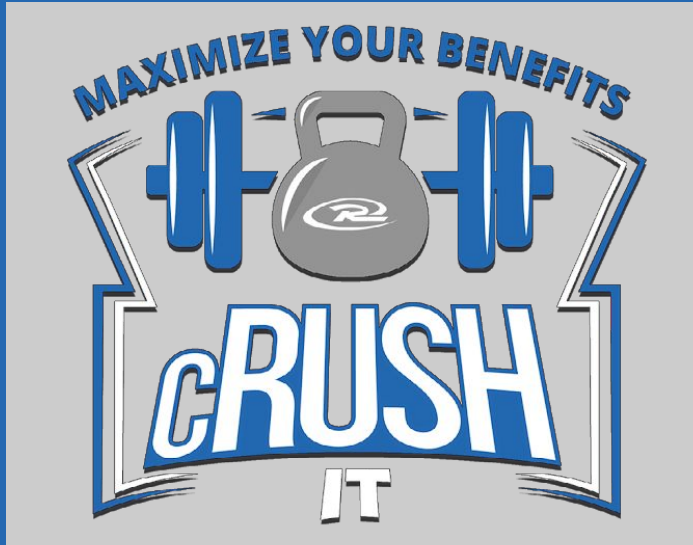
JUGGLE EXERCISES



A	<u>Feet Only</u> <ul style="list-style-type: none">● Only use your feet to juggle● Can start it with your hands● Try to improve your score by 1 everyday
A	<u>Bounce and Catch</u> <ul style="list-style-type: none">● Drop ball on ground● Kick up to hands & repeat
A	<u>Freestyle</u> <ul style="list-style-type: none">● Using all body parts● How many can you get?
B	<u>Thighs Only</u> <ul style="list-style-type: none">● Start in with your hands● Try to improve your score by 1 everyday● Can you alternate thighs?
B	<u>One Bounce Juggle</u> <ul style="list-style-type: none">● Soft touches● Can you alternate feet?
B	<u>Juggle on the Run</u> <ul style="list-style-type: none">● Go for distance!● Get backspin on the ball and go forward

**Academy Graduation Goal is 50 consecutive juggles
Reach 100 Juggles? Email Coach Nicole at nlukic@rushsoccer.com*

PHYSICAL ACTIVITIES



Walk/Jog

Run/Sprints

Bike

Swim

Other Sports

Rush "Crush It"

Full Body Warm Up

Core Workout

Ball Workout

Strength Workout

“YOU ARE YOUR ONLY LIMIT”



SUMMER 2020