Activity 1: Nutrition Guide: Reading FC: Importance of Nutrition for Soccer Performance

Fitness Plan (Here)

Activity 2: Ball Mastery, Dribbling & Passing: 3 times per week

Activity 2: Turning, Dribbling & Passing: 3 times per week

Turning with Quick Feet (Video Here):
- Pull Back (30 secs)
- Inside Hook (30 secs)
- Outside Hook (30 secs)
- Cruyff Turn (30 secs)

1 min rest. Repeat x5

Dribbling: Star Runs (Video Here):
- Right Foot (1 min, 1 min rest)
- Left Foot (1 min, 1 min rest)
- Insides Only (1 min, 1 min rest)
- Outsides Only (1 min, 1 min rest)

1 min rest. Repeat x5

Wall Passes (Video Here):
- Inside Across Body (30 secs)
- Outside Across Body (30 secs)
- Cruyff Turn Across (30 secs)
- Rollover Across (30 secs)

1 min rest. Repeat x5

Skill of the Week!

Week 10: Learn the Maradona turn with SBU’s Latif Diaoune! (Video Here)

Game of the Week!

Week 10: Japan vs USA: Women’s World Cup Final, 2011 (Video Here)

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