Activity 1: **Nutrition Guide**: Nutrition Information for High School Athletes

Fitness Plan ([Here](#))

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

**Ball Mastery ([Video Here](#))**:
- Sole Rolls (30 secs)
- Pull Back Vs (30 secs)
- 2 Touch Cruyff Pushes (30 secs)
- The U Control (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 11: Master the stepover with SBU’s Meredith Cazales! ([Video Here](#))

**Game of the Week!**

Week 11: England vs Argentina: Women’s World Cup Last 16, 1998 ([Video Here](#))

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