Activity 1: Nutrition Guide: Nutrition in Isolation

Fitness Plan (Here)

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

Ball Mastery (Video Here):
- Pendulums (30 secs)
- Shuffle Stops (30 secs)
- Outside Stops (30 secs)
- Shuffle Stop Push (30 secs)

Shuffle Stops (30 secs)
Shuffle Stop Push (30 secs)

1 min rest. Repeat x5

Dribbling: Z Runs (Video Here):
- Right Foot (1 min, 1 min rest)
- Left Foot (1 min, 1 min rest)
- Rollover (1 min, 1 min rest)
- Chop (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 12: Master the CR Scissors with SBU’s Oscar Sanchez! (Video Here)

Game of the Week!

Week 12: USA vs Brazil: Tournament of Nations, 2017 (Video Here)

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