Activity 1: Nutrition Guide: Daily Routine with Tyler Adams

Fitness Plan [Here]

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

Ball Mastery [Video Here]:
- Roll Over, Stop (30 secs)
- Inside x4, Stop, Slide (30 secs)
- Inside x4, Roll Over (30 secs)
- Inside Cut, Outside Push (30 secs)

1 min rest. Repeat x5

Figure 8 Dribbling [Video Here]:
- Right Foot (1 min, 1 min rest)
- Left Foot (1 min, 1 min rest)
- Both Feet (1 min, 1 min rest)

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

1 min rest. Repeat x5

Skill of the Week!

Week 13: Master the Scissors Fake with SBU’s Sanoussi Cisse! [Video Here]

Game of the Week!

Week 13: Liverpool vs AC Milan, Champions League Final 2005 [Video Here]

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https://www.southbronxunited.org/covid19