Activity 1: SBU Remote Fitness & Nutrition Plans

Find Week 2’s New Fitness Program [Here](#)

Nutrition: Importance of Nutrition for Young Athletes [Here](#)

To check out more fitness & nutrition ideas follow @sbunutrition on instagram!

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

**Ball Mastery:**
- **Pull Backs** (30 secs)
- **Cruyff Pushes** (30 secs) 1 min rest. Repeat x5

**Different Turns Dribbling ([Video Here](#)):**
- Pull Backs (1 min, 1 min rest)
- Inside Hook (1 min, 1 min rest)
- Outside Hook (1 min, 1 min rest)
- Cruyff Turn (1 min, 1 min rest)
- Stepover (1 min, 1 min rest)

**Wall Passes ([Video Here](#)):**
- Inside Foot Across (30 secs)
- Outside Foot Across (30 secs)
- Cruyff Turn Across (30 secs) 1 min rest. Repeat x5

**Skill of the Week!**

Week 6: Learn the ‘Scissors’ with SBU’s own Kevin Sika-Nartey! ([Video Here](#))

Send in your videos to our social media team!

**Game of the Week!**

Week 6: Germany vs France: Women’s World Cup Quarter-Final, 2015 ([Video Here](#))

**PLEASE FOLLOW US ON SOCIAL MEDIA AND SHARE VIDEOS!**

Instagram: @southbronxunited  
Facebook: [https://www.facebook.com/southbronxunited/](https://www.facebook.com/southbronxunited/)  
Twitter: @sbronxunited

Please find all other soccer plans and other COVID-19 resources on our website at: [https://www.southbronxunited.org/covid19](https://www.southbronxunited.org/covid19)