Activity 1: SBU Remote Fitness & Nutrition Plans

Find Week 3’s New Fitness Program [Here](#)
Nutrition: Information on Dietary Supplements 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** ([Video Here](#)):
Inside Push-Pull (30 secs)  
Laces Push-Pull (30 secs)  
30 sec rest. Repeat x5

**Dribbling: Different Skills** ([Video Here](#)):
Dip/Fake (1 min, 1 min rest)  
Stepover (1 min, 1 min rest)  

**Wall Passes** ([Video Here](#)):
One Touch Passing (30 secs)  
Control Across Body (30 secs)  
Receive and Open Up (30 secs)  
30 sec rest. Repeat x5

**Skill of the Week!**

Week 7: Learn the ‘Shoulder Drop’ with SBU’s own Kevin Sika-Nartey! ([Video Here](#))
Send in your videos to our social media team!

**Game of the Week!**

Week 7: Man City vs Tottenham: Champions League Quarter-Final, 2019 ([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)