Activity 1: SBU Remote Fitness & Nutrition Plans

Fitness Program [HERE] Nutrition Guide: In Defence of Food ([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]):
- Squares (30 secs)
- Triangles Left Foot (30 secs)
- Triangles Right Foot (30 secs)
- Stepover Outside Foot (30 secs)
  
1 min rest. Repeat x5

Dribbling: ‘Z’ Dribbling ([Video Here]):
- Right Foot (1 min, 1 min rest)
- Rollover (1 min, 1 min rest)
- Left Foot (1 min, 1 min rest)
- Chop (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 8: Learn the Elastico Turn ([Video Here])

Game of the Week!
Week 8: USA vs Brazil: World Cup Quarter-Final, 2011 ([Video Here])

PLEASE FOLLOW US ON SOCIAL MEDIA AND SHARE VIDEOS!

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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)