Activity 1: SBU Remote Fitness & Nutrition Plans

Fitness Program [HERE]

Nutrition Guide: Fulham FC: Nutrition in the Off Season ([Video Here])

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

Ball Mastery ([Video Here]):

Sole Rolls (30 secs) 2 Touch Cruyff Pushes (30 secs)
Pull Back Vs (30 secs) The U Control (30 secs)

1 min rest. Repeat x5

Dribbling: ‘X’ Runs ([Video Here]):

Right Foot (1 min, 1 min rest) Insides Only (1 min, 1 min rest)
Left Foot (1 min, 1 min rest) Outsides Only (1 min, 1 min rest)

1 min rest. Repeat x5

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 9: Practice last week’s Elastico turn with a tutorial from SBU’s Kelvin Fosu ([Video Here])

Game of the Week!

Week 9: Manchester Utd vs Real Madrid: Champions League Quarter-Final, 2003 ([Video Here])

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Please find all other soccer plans and other COVID-19 resources on our website at:

https://www.southbronxunited.org/covid19