Activity 1: Fitness- Learn a New Exercise Every Week!

This week is CLOSE GATES (Video Here)
Refresh your memory with every other exercise we’ve learnt this season! (Video Here)
- High Knees
- Jumping Jacks
- Butt Kicks
- Open Gates
- Running on the Spot
- Header Jumps
- Side Hops

Activity 2: Learn a New Soccer Move Every Week!

This week is Push Forward Roll Backs (Video Here)
Refresh your memory from last week! (Video Here)
- Toe Taps
- Soccer Pendulums
- No Touch Stepover
- Soccer ‘U’s
- Pull Backs
- Moving Toe Taps
- Sole Rolls

Skill of the Week!

Week 10: Learn the Maradona turn with SBU’s Latif Diaoune! (Video Here)

Game of the Week!

Week 10: Japan vs USA: Women’s World Cup Final, 2011 (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