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

This week is ONE FOOT SIDE HOPS (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
- Two Foot Side Hops
- Close Gates

Activity 2: Learn a New Soccer Move Every Week!

This week is No Touch Fake (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
- Push Forward Roll Backs

Skill of the Week!

Week 11: Master the stepover with SBU’s Meredith Cazales! (Video Here)

Game of the Week!

Week 11: England vs Argentina: Women’s World Cup Last 16, 1998 (Video Here)

PLEASE FOLLOW US ON SOCIAL MEDIA AND SHARE VIDEOS!
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Please find all other soccer plans and other COVID-19 resources on our website at:
https://www.southbronxunited.org/covid19