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

This week is Forward/Back Jump (Video Here)

Refresh your memory with every other exercise we’ve learnt this season! (Video Here)

- High Knees
- Jumping Jacks
- Butt Kicks
- Open Gates
- One Foot Side Hop
- Running on the Spot
- Header Jumps
- Two Foot Side Hops
- Close Gates

Activity 2: Learn a New Soccer Move Every Week!

This week is we will dance like a Brazilian soccer star doing BRAZILIAN TOE TAPS (Video Here)

Refresh your memory from last week! (Video Here)

- Toe Taps
- Soccer Pendulums
- No Touch Stepover
- Soccer ‘U’s
- No Touch Fake
- Pull Backs
- Moving Toe Taps
- Sole Rolls
- Push Forward Roll Backs

Skill of the Week!

Week 12: Master the CR Scissors with SBU’s Oscar Sanchez! (Video Here)

Game of the Week!

Week 12: USA vs Brazil: Tournament of Nations, 2017 (Video Here)

PLEASE FOLLOW US ON SOCIAL MEDIA AND SHARE VIDEOS!

Instagram: @southbronxunited Facebook: https://www.facebook.com/southbronxunited/
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Please find all other soccer plans and other COVID-19 resources on our website at:

https://www.southbronxunited.org/covid19