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

This week is Circle Runs (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
- Forward/Back Jump

Activity 2: Learn a New Soccer Move Every Week!

This week is we are introducing Thigh Juggling (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
- Brazilian Toe Taps

Skill of the Week!

Week 13: Master the Scissors Fake with SBU’s Sanoussi Cisse! (Video Here)

Game of the Week!

Week 13: Liverpool vs AC Milan, Champions League Final 2005 (Video Here)

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